




Nutrition Newsletter!

By: Antuan Palmer



**Take care of your
body. It's the only
place you
have to live.
—Jim Rohn**



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01

What is Nutrition?

- Science
- Benefits



Science

Social Science

- **The relationship between food and human behavior and the environment, or how and why people eat.**

Pure Science

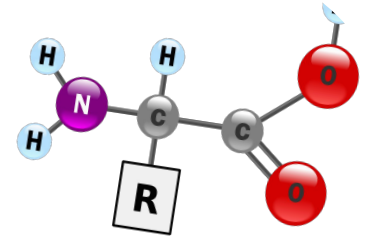
- **The relationship on how the body utilizes nutrients.**



Science

Body Utilizing Nutrients

- **Energy Respiration -**
 - **Glucose + Oxygen → Carbon Dioxide + Water + ATP**
- **Build and Repair -**
 - **Essential and Non-Essential Amino Acid Function.**
- **Maintaining Body Order -**
 - **Homeostatic Balance and Maintenance.**
- **Immune Defense -**
 - **Antioxidant Stimulation and Strengthening.**
- **Storage -**
 - **Glycogen Body Mobility.**





Minerals



Carbohydrates

Healthy Source
of Six
Essential Nutrients



Proteins



Fats

Water



Vitamins





Science

Nutrition Psychology

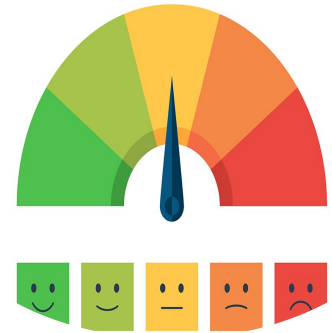
- “The area of study that examines the relationship between our dietary and nutrient intake patterns, and our mood, behavior, and mental health”



Cognition



Mental Illness



Mood and Behavior



Benefits



Aging

- Skin Health
- Body Mobility



Energy

- Strength
- Endurance



Healthy Weight

- Blood Pressure
- Caloric Intake



Illness Prevention

- Immune Defense
- Organ Function



Mental Wellbeing

- Memory
- Mood



Understanding Nutrition

- Nutrient Facts
- Supplementation



Reading Nutrition Labels

1. Know how much is in each serving.
2. Calories are listed **PER SERVING**.
 - a. $_ \text{Calories} \times _ \text{Servings} = \text{Total Calories}$
3. Know the type of calories burned.
 - a. Limit Saturated and Trans fat.
 - b. Total Fat (<30%), Total Carbohydrate (55-60%), and Total Protein (10-15%)
 - c. $\text{Calories/Recommended calories} \times 100 = \%$
 - d. 1 g Carb (4 kcal), 1g Pro (4 kcal), 1g Fat (9 kcal).
4. Watch Daily Value Intake
 - a. Over 5% and Under 20% per serving based on a 2000 calorie diet. May be higher/lower on your needs.
5. Consume enough of healthy nutrients
 - a. Vitamins, Calcium, Iron, etc.
6. Be able to recognize and “pronounce” ingredients.
 - a. Limit excessive ingredients for lower preservatives.

Nutrition facts

Serving size 1 cup (9 oz - 255g)
Servings per container 2

Amount per serving
Calories 485 Calories from fat 220

	% Daily Value*
Total fat 1 oz - 28 g	32%
Saturated fat 0.5 oz - 14g	38%
Trans fat 0.2 oz - 6g	
Sodium 0.03 oz - 0.9g	13%
Total carbohydrate 1.5 oz - 42g	11%
Dietary fiber 0 oz - 0g	0%
Sugars 0.2 oz - 6g	
Protein 0.2 oz - 6g	
Vitamin A 5%	Calcium 18%
Vitamin C 3%	Iron 6%

* Percent Daily Value are based on a 2500 calorie diet. Your Daily Value may be higher or lower depending on your calorie need.

Limit these nutrients



Get enough of these nutrients



Quick Guide to % Daily Value:

5% or less is low

20% or more is high

Supplementation

*Supplements are only there to
“supplement” the fundamentals.*



Supplementation

Wide Spectrum

Know the purpose of different types of supplements

- Single nutrients
- Bodybuilding
- Weight Loss

Nutrient Buildup

Excessive Nutrients can accumulate health issues

- Dissolve as Fat
- Kidney Dysfunction

Specific Regime

Specific Dietary Needs for Specific Goals

- Health status/conditions
- Nutritional Goals
- Healthcare Provider

03

Nutrition Meals

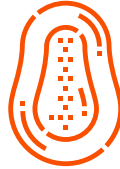
- Meals Points
- Recipes



Meal Points (Eating)

Periodize Nutrition & Training Together

Hard training day = high calorie and carbs
Rest day = lower calorie and carbs.



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Eat high carb meals around training

Planning higher carb meals around training will significantly improve energy levels. Keep fat low in these meals, as it slows down digestion.

Consume 1g of protein per lb of bodyweight



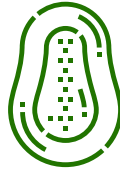
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The majority of athletes do not consume enough protein to support muscle growth and recovery.

Meal Points (Eating)

Looking to lean up? Aim to lose 0.5–1% of BW per week

As an athlete you can't afford to drastically cut weight as training and performance will suffer. 0.5-1% of BW/week is a good rule of thumb



4

5



**Looking to build muscle?
Aim to gain 0.5–1% of BW
per month**

Also, you cannot afford to gain excess fat mass when gaining weight. Muscle growth is a low process, aim for 0.5-1% of BW per month

**Focus on developing
long-lasting habits**

Don't jump on a rigid meal plan and expect long-term success. Lay small on-top of small for long-term success. It can be adding an extra scoop of protein to your oats.

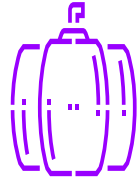


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Meal Points (Hydration)

**About 15.5 cups (men)
and 11.5 cups (women)**

Advised by the National Academies of Sciences,
Engineering, and Medicine but is tentative
regarding the individual



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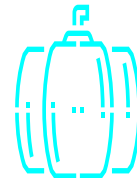
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**Aim to drink 16-32 oz of
water about 2-3 hours
before training**

**Aim to drink 8 oz of fluids
every 15-20 minutes of
training.**

Opt for a sports drink with a mix of
carbs and electrolytes to maintain
maximal energy levels.



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Around 1 hour before, drink 8-10 oz of an
electrolyte drink to stabilize internal body
temperature and prevent heat-related illnesses.

04

Interactive Activity

- Recipes
- Demo



Recipes

Vegan Wrap -

From Vegan Tipster by @wholesomehedonista

Ingredients:

- Almond Flour Tortilla wrap
- Pesto (*making your own is optional or Trader Joe's vegan kale cashew pesto*)
- Mediterranean Grilled Mushrooms (*brushed with olive oil, balsamic, rosemary, salt, and thyme*)
- Hummus (*of choice*)
- Avocado (*Mashed*)
- Caramelized Onions (*sliced red onions in a pan with ½ cup veg broth, cooked on medium until thick and caramelized. Add more broth as needed and some coconut aminos (optional) for flavor*)

Instructions:

1. *Make a cut halfway down a large tortilla.*
2. *Fill each quarter with ingredient toppings.*
3. *Fold, starting with the cut end first. Grill in pan on stovetop or panini press until golden and both sides.*



Recipes

Curry Chickpeas and Chicken Breast Mix-

Ingredients: (Chicken)

- *1 medium-sized onion*
- *2 stalk of Green Onion*
- *Half scotch bonnet pepper*
- *2 Tbsp of curry*
- *1 Tsp Black Pepper*
- *1 Tbsp All-Purpose Goya*
- *1 ½ lbs Chicken Breast*
- *¼ Cup of Vegetable Oil*
- *3 garlic cloves*
- *1 sprig of Thyme*
- *1 Tsp of salt*
- *1 Tsp Garlic Powder*
- *1 Tsp of Tumeric*
- *5-6 crushed Pimento*

Ingredients: (Chickpeas)

- *2 tins of Dakota Chickpeas*
- *1 pack of Grace coconut milk (mixed with 1 ½ cup of water)*
- *½ medium-sized onion*
- *1 stalk of Green Onion*
- *Half Bell Pepper*
- *1 Tsp Black Pepper*
- *1 Tsp Cayenne Pepper*
- *1 Tsp All-Purpose Goya*
- *1 ½ Tbsp of Curry*
- *1 Tbsp of Vegetable Oil*

Recipes

Curry Chickpeas and Chicken Breast Mix-

Instructions: (Chicken)

- *Clean and dice Chicken Breast in water, salt, and vinegar.*
- *Cut and apply seasoned ingredients unto chicken (let marinate for 15-20 minutes)*
- *Heat nonstick skillet on medium fire with vegetable oil for 5 minutes.*
- *Insert marinated chicken into skillet, cover, and let cook until tenderized (about 30 minutes).*
- *Test chicken until desired feel of preference.*
- *Turn off heat and let sit for 5 minutes.*

Instructions (Chickpeas)

- *Heat nonstick skillet on low-medium fire with vegetable oil.*
- *Sautae seasoned ingredients unto skillet for about 3 minutes and insert coconut milk and let sit for another 3-5 minutes.*
- *Insert chickpeas into sautae skillet and let cook for 10 minutes.*
- *Turn off heat and let sit for 5 minutes.*



Recipes

Vegetarian Pizza -

Ingredients:

- *1 ½ inch pizza crust (Cobbler crust or Pizza Crust)*
- *¾ cup Simple Cheese Sauce*
- *1 cup pasta sauce or 8 ounces can season tomato sauce*
- *¼ cup sliced olives*
- *¼ mushrooms*
- *1 cup finely diced onions, green, red, and yellow bell peppers, etc.*
- *1 cup shredded white sliceable cashew*
- *cheese or pine nuts (optional)*

Instructions:

1. *Spread pizza crust with 1 cup of simple cheese sauce, covering the entire surface. Spoon the pasta sauce over the cheese and swirl gently into the cheese.*
2. *Scatter surface with mushrooms, olives, and vegetables of choice. Just before serving, bake at 350 degrees for about 10 minutes.*

**Option: A nice finishing touch: sprinkle shredded white sliceable cashew cheese or pine nuts over the top.*

Vegetarian Pizza







Thanks!

Do you have any questions?

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