

Tourney Fuel Upgrades

Katie Heyl, Rooted Nutrition & Health, LLC



@rootednutritionandhealth
rootednutritionandhealth.com
katie@rootednutritionandhealth.com



Electrolyte Drinks

Too much added refined sugar, natural low- and non-calorie sweeteners, harmful dyes.



Consuming too much sugar can negatively impact sports performance by causing energy crashes, digestive issues, dehydration, and impaired focus

It's counterproductive to sugar up our athletes then expect them to perform their best!



Electrolytes Upgrade



Salty Snacks

Refined grains, little to no fiber, seed oils, too many preservatives, etc.



Salty Snack Upgrade



Sweet Snacks

Too much added refined sugar, harmful dyes, refined grains,, preservatives, etc.

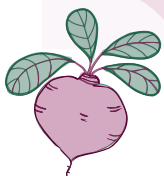


Consuming too much sugar can negatively impact sports performance by causing energy crashes, digestive issues, dehydration, and impaired focus

It's counterproductive to sugar up our athletes then expect them to perform their best!



Sweet Snack Upgrade



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Ingredients to avoid if / when purchasing processed foods:

refined added sugar

Why?

- increases blood sugar
- provides no nutritional value
- leads to overeating and weight gain
- fuels growth of cancer cells
- hinders cell's ability to make energy
- addictive qualities
- shuts down satiety cues
- decreases immune system functioning
- lowers alertness, increases fatigue
- increases bacteria in mouth, dental problems
- contributes to mood swings, depression, anxiety
- remember: we're talking about *refined. added. sugar.*

refined grains

Why?

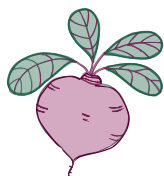
- can cause digestive issues
- increase blood sugar
- contribute to energy crashes
- promote longer (aka, chronic) inflammatory response
- diets high in refined grains associated with higher risk of chronic diseases such as type II diabetes, heart disease, and certain types of cancer
- have less fiber = less filling = increased cravings = overeating = weight gain
- remember: we're talking about *refined. grains.* Not "carbs" in general. Not all carbs are created equal

refined industrial seed oils

Why?

- highly processed (extraction with chemical solvents like hexane, heating to over 150 degrees F, bleaching, and dewaxing)
- high in omega-6 fats which skew our omega-3 to omega-6 ratio
- increases inflammation
- highly caloric
- lack nutritional value compared to more natural counterparts-- olive, avocado and coconut oil

*The above are all ingredients found in **ultra-processed foods (UPFs)** which we need to significantly reduce/eliminate. UPFs are lab-made, food-like substances containing hundreds of ingredients literally not meant for human consumption.*



The Many Disguises of Sugar

Katie Heyl, Rooted Nutrition & Health, LLC



@rootednutritionandhealth
rootednutritionandhealth.com
katie@rootednutritionandhealth.com

adapted from Michael I. Goran, PhD and Emily E. Ventura, PhD, MPH book "Sugarproof"

Maximum Daily Added Sugar Intake

Age (years)	Boys	Girls
0-2	ZERO!	ZERO!
2-3	14g	14g
3	14g	14g
4	15g	15g
5	17g	16g
6	17g	16g
7	19g	19g
8	20g	19g
9	20g	19g
10	20g	19g
11	23g	21g
12	24g	22g
13	26g	23g
14	27g	23g
15	29g	23g
16+ (to adulthood)	30g	24g

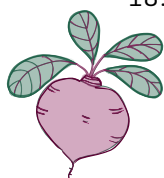
Common names for Artificial and Natural Low- or Non-Calorie Sweeteners

1. Acesulfame K (AceK)
2. Advantame
3. Allulose
4. Aspartame (Equal)
5. Cyclamate
6. Erythritol
7. Lactitol
8. Malitol
9. Mannitol
10. Monk fruit
11. Neotame
12. Saccharin (Sweet N' Low)
13. Stevia
14. Sucralose (Splenda)
15. Truvia (Rebaudioside A)
16. Sorbitol
17. Xylitol
18. Yacon Syrup

81 Common Names for Sugar

1. Agave nectar
2. Apple juice concentrate
3. Barbados sugar
4. Barley malt
5. Barley malt syrup
6. Beet sugar
7. Blackstrap molasses
8. Brown rice syrup
9. Brown sugar
10. Buttered syrup
11. Cane juice
12. Cane juice crystals
13. Cane sugar
14. Cane syrup
15. Caramel
16. Carob syrup
17. Caster sugar
18. Coconut nectar
19. Coconut sugar
20. Confectioners' sugar
21. Corn sugar
22. Corn sweetener
23. Corn syrup
24. Corn syrup solids
25. Crystalline fructose
26. Date sugar
27. Dehydrated cane juice
28. Demerara sugar
29. Dextran
30. Dextrose
31. Evaporated can juice
32. Free-flowing brown sugar
33. Fructose
34. Fruit juice
35. Fruit juice concentrate
36. Galactose
37. Glucose
38. Glucose solids
39. Golden sugar
40. Golden syrup
41. Grape sugar
42. High-fructose corn syrup
43. Honey
44. Icing sugar
45. Invert sugar
46. Jaggery
47. Lactose
48. Malt syrup
49. Maltodextrin
50. Maltol
51. Maltose
52. Malt sugar
53. Mannose
54. Maple syrup
55. Molasses
56. Muscovado
57. Organic agave nectar
58. Organic brown rice syrup
59. Organic cane sugar
60. Organic invert sugar
61. Palm sugar
62. Panela
63. Panocha
64. Pear juice concentrate
65. Piloncillo
66. Powdered sugar
67. Raw sugar
68. Refiners' syrup
69. Rice sugar
70. Rice syrup
71. Saccharose
72. Sorghum syrup
73. Sucanat
74. Sucrose
75. Sugar (granulated)
76. Sweet sorghum
77. Syrup
78. Treacle
79. Trehalose
80. Turbinado sugar
81. Wheat sugar

We are being absolutely inundated by the sugar and big food industries. Most of us have *no idea* how much sugar we are actually consuming on a daily basis. Check your labels and look for little to no "Added Sugar" on the Nutrition Label. OR opt for whole fruits and you're good to go!



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