

Fueling Your Workout through Food

Let's Talk About Sugar

First A Question For YOU!

What is one guilty
pleasure you started
during the pandemic that
you plan on continuing
afterwards?

First A Question For YOU!

What do you hope to
get out of today's
presentation?

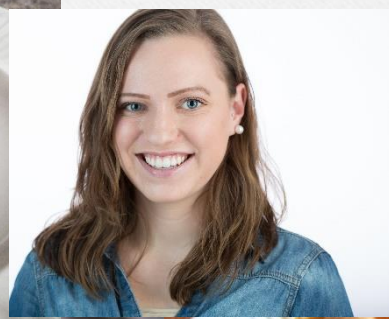
To begin

- A bit about myself
- Difference between a dietitian and a nutritionist





A bit about myself...



NUTRITIONIST

DIETITIAN

QUALIFICATION

- None required
- Self-proclaimed title

LEGAL STATUS

- Not legally accepted as an expert
- Not a Regulated Health Professional

✗ Not covered under extended health benefit plans

QUALIFICATION

- Bachelor's of Science degree from an accredited University
- Master's degree and/or Dietetic Internship
- Passed a national exam
- Maintains continuing education credits

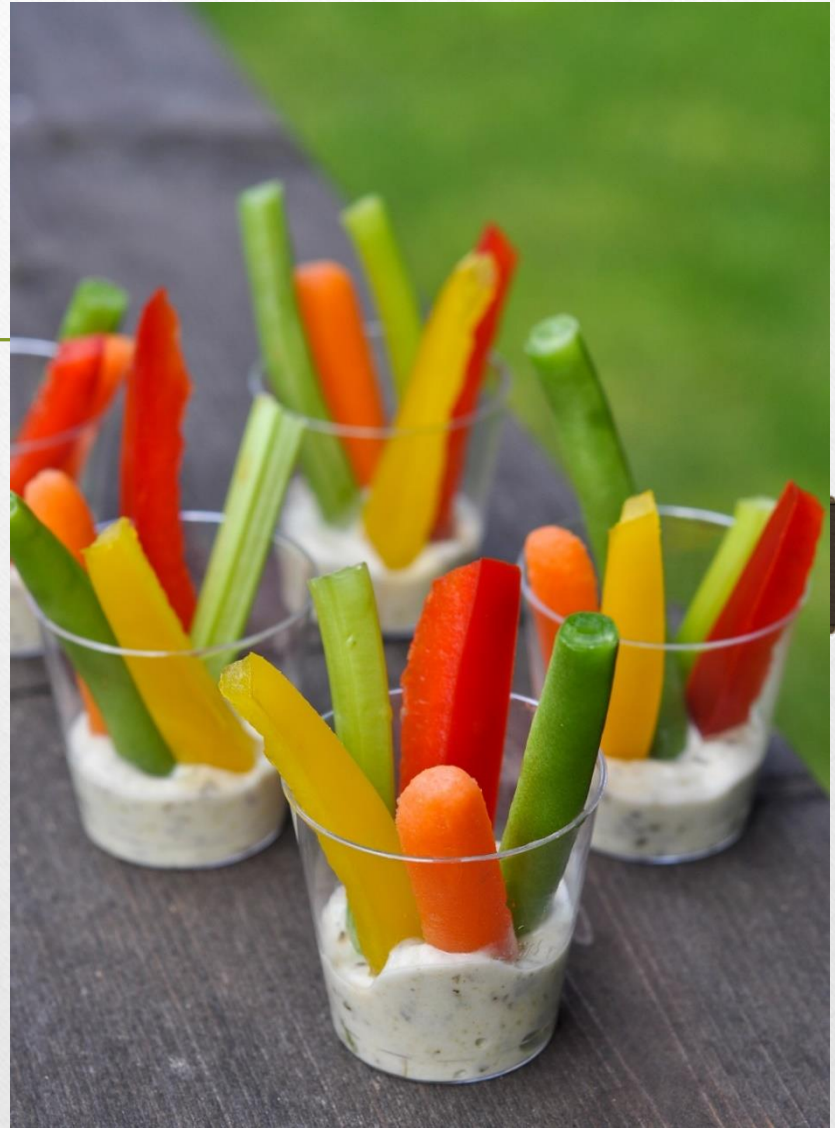
LEGAL STATUS

- An expert in nutrition
- Regulated Health Professional in Ontario
- Registered with the College of Dietitians of Ontario

✓ Covered under extended health benefit plans

Fueling your workout through Food

- Carbohydrates
- Protein
 - Base: 0.8 g/kg/day
 - If Active: 1.2-2.0 g/kg/day
 - $\frac{1}{4}$ plate
- Fluid

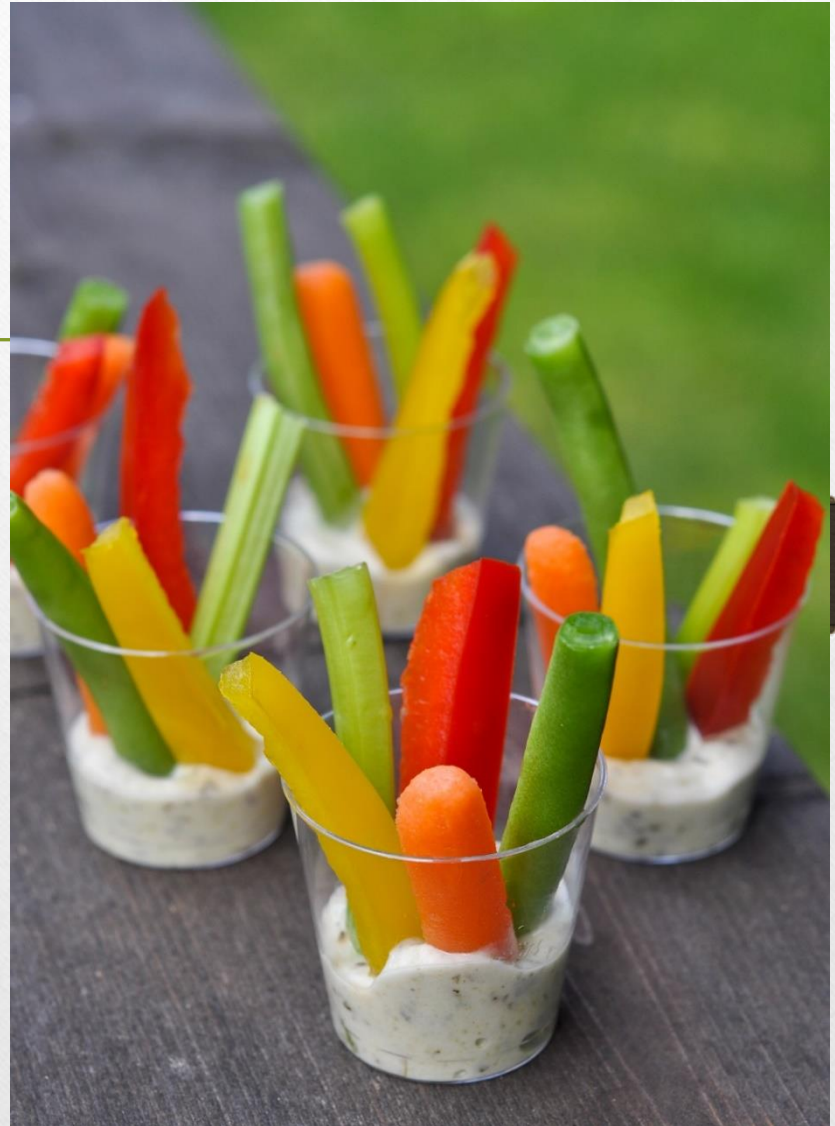


QUESTION

How many cups of WATER
do you drink each day?

Fueling your workout through Food

- Carbohydrates
- Protein
 - Base: 0.8 g/kg/day
 - If Active: 1.2-2.0 g/kg/day
- Fluid
 - 40 ml/kg (active individual)



BEFORE

- Carbohydrates
 - 1-4 hours prior
 - Low in fibre
- Fluid
 - At least 1 cup (if not more!) in the few hours prior



DURING

- Carbohydrates
 - If activity is intense and longer than one hour
 - 30-60 g per hour
 - Low in fibre
- Fluid
 - Sip during



AFTER

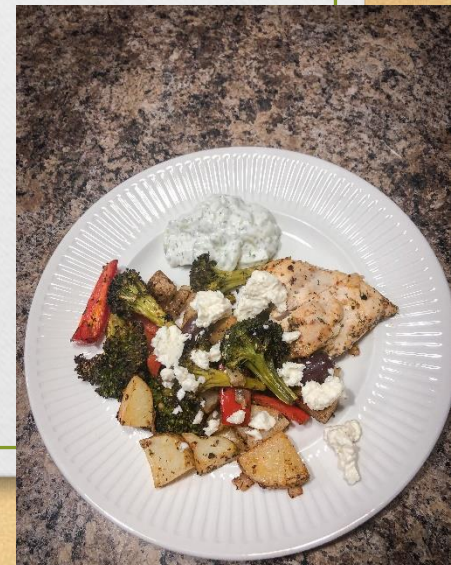
- Carbohydrates
 - If activity is intense and longer than one hour
 - Meal or snack within 30 minutes
- Fluid
 - Did you remember before/during ?
- Protein
 - 15-25 g within a few hours





Example Day

- NBF STRONG Class on Tuesday at 6PM
- Normal eating Breakfast and Lunch
- PM snack – probably 3-4PM
- 6-7PM STRONG
- 7PM Dinner
- WATER ALL DAY



Challenge

TRY IT

Challenge you to put some of these practices to use and see how it affects your performance.

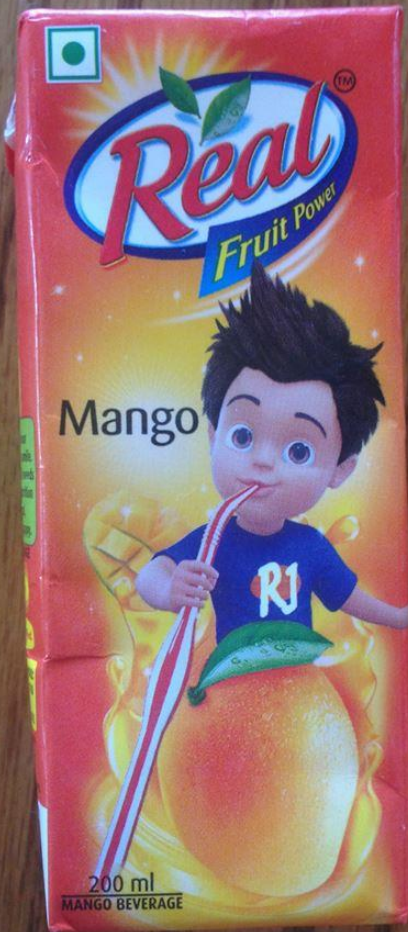
SUGAR



Added Sugars!



"Finally a product with no added sugar!"



QUESTION

What foods have
NATURALLY OCCURRING
Sugars in them?

Nutrition Facts
Valeur nutritive

Per 3/4 cup (175 g)
pour 3/4 de tasse (175 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 0 g	0 %
Saturates / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 100 mg	4 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 5 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	50 %
Iron / Fer	0 %

18g DE
PROTEINES
POUR 3/4
DE TASSE
(175 g)

**YOGOURT
GREC**

PRESENTATION SUGGEREE
SERVIR AU REFRIGERATEUR

INGREDIENTS: SKIM MILK, BACTERIAL CULTURE.
INGRÉDIENTS : LAIT ÉCRÉMÉ, CULTURE BACTÉRIENNE.

SEE BEST BEFORE DATE ON LID
MEILLEUR AVANT LA DATE INDIQUÉE SUR LE COUVERCLE

0% M.L.
908 g

Sugar has more than one name!

- Brown sugar
- Cane juice extract
- Corn syrup
- Demerara or Turbinado sugar
- Dextrose
- Evaporated cane juice
- Fructose
- Galactose
- Glucose
- Glucose-fructose
- Honey
- Invert sugar
- Lactose
- Liquid sugar
- Maltose
- Molasses
- Sucrose
- Syrup
- Treacle
- High-fructose corn syrup

How much?

- H&S Recommendation: Less than 5% and no more than 10%
- 25-50 g of sugar
- 6-12 tsp added sugar / d
- This does not include naturally occurring sugars found in whole fruit/vegetables, milk/yogurt, and whole grain products

Challenge

- GO through your cupboards / fridges and become familiar with what foods contain **ADDED SUGARS**
- Determine if you can find a way to decrease this added sugar in your life
- Example

Questions??



@charizardtheRD



Charlotte Jones,
Registered Dietitian

References:

- Heart and Stroke: <https://www.heartandstroke.ca/healthy-living/healthy-eating/reduce-sugar>
- Charlotte Jones Photography
- Nicole Osinga RD <https://nicoleosinga.com/2013/11/22/what-is-a-registered-dietitian/>
- Google Images: https://www.cartoonstock.com/directory/s/sugar_content.asp
- Pen Nutrition: Global Resource for Nutrition Practice