

# Fuel for Function

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p.r.e.p. Talk

# Types of Exercise



## High Volume, Low Intensity

distance, endurance, any burst lasting longer than 20 seconds

Uses more fat for energy



## Low Volume, High Intensity

strength training, HIIT, bursts shorter than 20 seconds

Uses more carbohydrates for energy (glucose in blood)

# General Recommendations

- ▶ Don't eat less than 30 minutes to 1 hour before working out
- ▶ Post-workout snacks for the purpose of refueling should occur within 30 minutes of your workout
  - ▶ If you ate a full meal 1-2 hours before your workout, and did light to moderate exercise, you don't need a post workout snack
  - ▶ If you ate more than 2 hours before your workout, or did a very high intensity or long endurance (1 hour or more) workout, then you will want a post workout snack.
- ▶ Increase your daily protein intake to gain muscle and lose fat. Aim for 1.2g of protein per kg of body weight.
  - ▶ Vary your protein sources to get enough of each amino acid.

# Protein

- ▶ The RDA for protein intake is .8g per kg of body weight.
  - ▶  $\text{Weight in lbs} / 2.2 \times 0.8 = \text{your total protein need}$
- ▶ The need for athletes could be higher at 1.2-2.2g per kilogram of body weight.
  - ▶ There is no established upper limit of protein, but there isn't evidence that much more is helpful.
- ▶ People on a calorie restricted diet should increase protein intake so as not to lose muscle.
- ▶ If you are aiming to gain muscle and lose fat, you should increase protein intake to at least 1.2g/kg/day

# Sources of Protein

- ▶ Whey protein powder seems to be better absorbed
- ▶ Whole food sources of protein include:
  - ▶ Beans/lentils
  - ▶ Nuts/seeds
  - ▶ Meat
  - ▶ Fish
  - ▶ Grains like quinoa and brown/wild rice
  - ▶ Dairy products (not butter or cream)
- ▶ It is best to get your protein from a variety of sources to optimize amino acid profile

# Water

- ▶ Daily water requirement: Your body weight/2
  - ▶ If you weigh 200lbs, you need 100oz of water daily
- ▶ Days when you work out: ADD 16oz per 30 minutes of exercise
  - ▶ If you weigh 200lbs and you work out for 1 hour, you need: 132oz that day

Being properly hydrated has an impact on multiple body systems.

- ▶ Improves your body's ability to heal and regenerate muscle
- ▶ Supports proper digestion
- ▶ Improves energy during and post workout

# Weight Lifting + HIIT

- ▶ Before exercise: 12g protein + 35g carbohydrates
- ▶ Post exercise: 20-25g protein within 30 minutes of completing exercise.
  - ▶ Studies show that increasing that to 40g only added 11% muscle growth.



# Pre-Workout Snack Ideas

- ▶ 2 hard boiled eggs and an apple
- ▶ 4 tbsp peanut butter, 2 slices whole grain bread
- ▶ ½ - 1 scoop protein powder blended with a banana and almond milk
- ▶ Greek yogurt w/ 1 cup blueberries

Aim to have your pre-workout snack 1 hour before your workout.



# Post-Workout Snack/M meal Ideas

- ▶ Chicken salad: 3oz shredded chicken breast, ½ tsp mayo or Greek yogurt, sliced pickle and/or celery on crackers or 1 slice whole grain bread
- ▶ Protein Shake: 1-2 scoops protein powder, milk of choice, handful spinach, 1 cup berries
- ▶ 1.5 cup roasted chickpeas, or place canned chickpeas on top of a green salad
- ▶ Protein Bar (Cliff Builder, Rx, Epic, GoMacro)

After a difficult session, be sure to eat your post-workout meal or snack within 30 minutes of finishing. If you have a protein packed snack right after your workout, wait at least 2 hours before having a full meal.



# Endurance Exercise

- ▶ .5g carbohydrates per kg immediately post workout to restore glycogen
  - ▶ This would be 80g carbohydrates for a 160lbs person
- ▶ Protein requirements don't change much: 1.2-2g per kg per day

# Pre-Workout Meal Ideas

- ▶ A piece of fruit - banana, apple, etc
- ▶ Protein Bar (Rx, Epic, GoMacro)
- ▶ Snack ball
  - ▶ Sample recipe: 1 cup walnuts, 1/2 cup raisins, 10-15 dates, 1 cup unsweetened dried coconut, 1 cup grated carrot, 2 tsp cinnamon, 1/4 tsp sea salt

Aim to have your pre-workout snack 30 min to 1 hour before your workout.

# Post Workout Snack/M meal Ideas

- ▶ 4oz meat, baked sweet potato and broccoli
- ▶ Protein Shake: 20g protein powder either blended with fruit or have a piece of fruit on the side
- ▶ Stir fry over 1 cup rice
- ▶ Trail mix w/ chocolate pieces, dried fruit and nuts

Your body is going to process carbohydrates the most efficiently within 24 hours of exercise.

# What is your goal?



If your goal is build lean muscle, lose fat, and be more healthy then you should focus a lot more on what you eat in each meal



If your goal is to bulk up or increase endurance performance, eating a snack right after a workout becomes more important.



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