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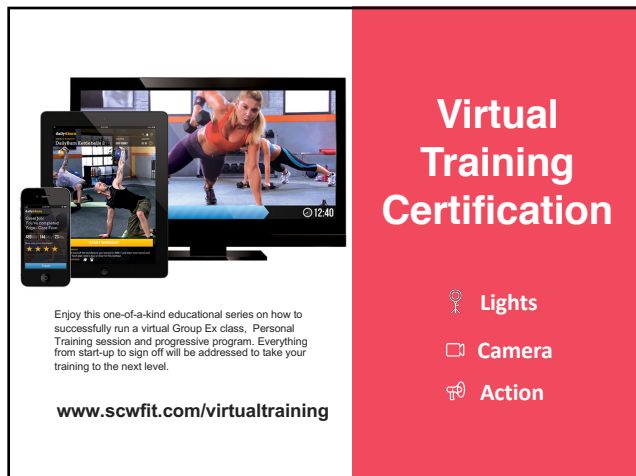
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jeff howard
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Diet vs. Exercise: Why Food Always Wins--Outline

Created by Amanda Fearheiley, RDN, LD, CPT

October 6, 2020

Nutrition Basics

- After being in the nutrition field for 20 years I have seen what works and what doesn't
- Fad diets don't work. If it's too good to be true, it's too good to be true
- Sustainable lifestyle changes are where its at
- Examples: "I can't eat dairy because it will make me fat," "carbs are bad" "Never eat sugar"
- Food is not enemy—food is fuel

Which Food Guide Pyramid?

- Shift in thinking over the past 20 years
- Top 2 diets every year ranked by U.S. News and World Reports
 - D.A.S.H Diet
 - Mediterranean Diet

Wellness as a Unifying Topic

- We know the importance of taking care of our bodies on the inside and out
- Share this enthusiasm with your clients
- Do not be the food police/ no food shaming please
- Everyone's journey is different. Meet them where they are at and then provide ways to make short-term and long-term goals

Remember Professional Boundaries

Fad Diets

- Intermittent Fasting
- Keto Diet
- Juice Cleansing
- Low Carb, High Protein
- Paleo
- Gluten Free
- The List goes on....

Nutrition for Performance

(and possibly every-day life)

- Macronutrients (Carbohydrates, protein, fat, water)
- Electrolytes

Protein Calculations

- How to calculate protein needs: PER DAY
- How to calculate based on athlete's personal goals

Timing of Macronutrients



Carbohydrate (Carb) Guidelines Before Exercise

Carbohydrate Guidelines after Exercise

Carbohydrate Loading

For endurance events....

Timing for Protein

High Quality Protein

Supplements

- Think food first, supplements second—Nutrition is always the best defense to meet your training needs
- If considering a supplement, do your research and consult with a RDN (registered dietitian nutritionist) to evaluate whether it is safe, effective and free of banned supplements
- Remember that few supplements that claim to enhance performance are supported by sound evidence

Caffeine

- Pros/Cons/Sources

How can you help your clients achieve their nutrition goals?

Questions?