

# Foods to Fuel Your Performance

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Promotion



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# Foods to Fuel Your Performance

- Introduction of the speaker
- What is your body's main source fuel
- What are the common performance foods
- Why is water so important
- Why have “carbs” gotten a bad reputation
- Why is even a small amount of exercise a day beneficial
- Are Fitness Trackers and Food Trackers useful tools

# What is your bodies main fuel source

- Food is the fuel that helps us perform our best. Without it, endurance, strength and overall performance will be down. If you want to get the most out of your workouts and athletic capabilities, your diet should be a top priority in your fitness efforts.

# What is your bodies main fuel source

- As your body puts out energy through exercise and training, you need to replenish those lost nutrients, which can be done by choosing the right foods
- So, let's review some of the foods that will better help us fuel our performance

# What is your bodies main fuel source

- Berries: blackberries, raspberries and blueberries are delicious, but did you know that they are rich in antioxidants, which need to be replenished after physical activity? Darker berries contain phytochemicals and other protective elements that prevent oxidative stress that occurs in the body during strenuous activities.

# What is your bodies main fuel source

- Salmon: this oily fish is packed with lean, muscle-building protein and omega-3 fatty acids, which reduces the inflammation that can happen with continual athletic activity. It is also a natural artery cleaner, helping to prevent heart disease, which can affect even the most active people.

# What is your bodies main fuel source

- Beans & Legumes: vegetarians and meat eaters alike can get their fill of plant-based protein by eating beans and legumes. Black beans, pinto beans, kidney beans, lima beans... the varieties are endless. You can add them to a salad or cook them into a stew or chili.



# What is your bodies main fuel source

- Pasta: not all carbs are bad! In fact, carbs are an important part of the athlete's diet. Straight carbs act as fuel for the active person. Also, it is important to note: Whole grain pasta typically contains less sugar than white pasta, which can also help athletic performance.



# What is your bodies main fuel source

- Bananas: this is a low-calorie fruit, it is an excellent source of natural electrolytes, which need to be replaced after a workout or sporting event. They're also high in potassium, which makes them the perfect post-event snack.

# What is your bodies main fuel source

- Cruciferous Vegetables: dark, leafy greens such as spinach and kale, as well as broccoli, cauliflower and, brussel sprouts are rich in antioxidants, vitamins and minerals to boost your athletic abilities. They also contain high levels of vitamins A, K and B6, as well as calcium and iron, all of which protect the body against inflammation.

# What is your bodies main fuel source

- Nuts: are high in protein and healthy fats, making them a mainstay in an athletes' diet. Eaten with carbs, they help level out your blood sugar and sustain the carbs over a longer period of time, rather than burning them off right away. They're also easier to digest and don't upset your stomach.

# What is your bodies main fuel source

- Milk: is loaded with carbs and protein, which makes it a great post-workout drink for muscle recovery, and if you have chocolate milk, the caffeine found in chocolate dilates the blood vessels, helping them to relax after a workout.

# What is your bodies main fuel source

- Hydrating Foods: Radishes, watermelon, bell peppers, spinach, celery, dates, and oranges are just a handful of the refreshing foods you can eat to replenish your lost fluids. If you're tired of downing water bottles (not that you shouldn't), opt for one of these snacks to feel refreshed after exercising.

# What is your bodies main fuel source

- Sweet Potatoes: are rich in vitamins A and C, both antioxidants that remove free radicals from your body. They lower blood pressure, which is important for athletes to their heart health when participating in sports. They're high in vitamin and mineral content and contain the levels of potassium, iron, manganese and copper athletes need for healthy muscles.

# What is your bodies main fuel source

- Oatmeal: is an excellent source of an energy carb for athletes and is high in fiber, helping you feel fuller, longer. It's 100 percent whole grain, helping to lower your risk of heart disease. Be sure to choose steel-cut oats/or old-fashioned oats as opposed to instant oats.



# What is your bodies main fuel source

- **Whey Protein:** contains the essential amino acids. Quickly absorbed by the body, it lacks fat and cholesterol, which makes it an ideal formula for athletes to consume. Whey contains the levels of protein and amino acids necessary to rebuild muscles and protects against muscle breakdown.

# What is your bodies main fuel source

- Olive & flaxseed oils: the monounsaturated fats found in olive oil have anti-inflammatory properties, which athletes need when putting so much stress on their bodies. Flaxseed oil contains omega-3s, which is also anti-inflammatory, to help recover quickly with bumps and bruises. It also contains fiber and protein.

# What is your bodies main fuel source

- Cherries: are an antioxidant-filled fruit. Cherries aid in preventing muscle pain after running, and they reduce inflammation, which is what causes such striking pain. Many athletes consume cherries as another way to lower exercise-based muscle damage, which can help reduce soreness.

# Why is water so important

- Good hydration means getting the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy. If you're not hydrated, your body can't perform at its highest level

# Why is water so important

- What happens without water? If you do not drink enough water, you dehydrate. Dehydration can lead to a decrease in physical activity performance
- What are the signs of dehydration? Thirst, chills, clammy skin, elevated heart rate, nausea, headache, dizziness, shortness of breath, dry mouth

# Why is water so important

- What can dehydration lead to? heat exhaustion, heat stroke, muscle cramping/fatigue, and breakdown of skeletal muscle
- How much water should I drink? Exact amounts of water needed will vary from individual to individual based on certain factors

# Why is water so important

- What does water do for you? water assists in the regulation of internal body temperature, it protects and cushions vital organs, and aids the digestive system
- Did you also know that 60% of your total body weight is water, 75% of your muscles is water



# Why is water so important

- How you can prevent dehydration? Don't wait until you are thirsty! Thirst is an early sign of dehydration and if you wait until you are thirsty, you have already begun to dehydrate. Drink water before, during, and after exercise. Dress for the environment.

# Why have “carbs” gotten a bad reputation

- Over the years, carbohydrates have gotten a bad reputation. Certain low carb diets promote easy, rapid weight loss that can be very attractive to someone trying to lose weight.
- By restricting the amounts of carbohydrate that you eat, these diets claim that you can turn your body into a fat-burning machine.

# Why have “carbs” gotten a bad reputation

- What does my body use for fuel if I am not getting enough carbohydrates?
- If you are not getting enough carbohydrates from your diet, then your body must use fat and protein for energy. This is why the carb-restricted diets claim they are great for weight loss. However, neither protein nor fat is an efficient source of energy.

# Why have “carbs”: gotten a bad reputation

- Which carbohydrates should I eat? Skip the fruit juice and go straight to the fruit. Eat a variety of fruits and vegetables daily. Limit the serving of refined sugars, such as high-fructose corn syrup, corn syrup, agave, honey and white and brown sugar. These are often found in cakes, cookies and doughnuts. These lack nutrients and are high in calories.

# Why have “carbs” gotten a bad reputation

- The Bottom Line: carbohydrates are a major source of fuel and nutrients for our bodies. They should be part of a healthy diet, even when the goal is to lose weight. When adding carbohydrates, pay attention to portion size; choose whole fruits and make it a whole grain.

# Why is even a small amount of exercise a day beneficial

- In another recent study on the benefits of small doses of physical activity, researchers at the University of Utah School of Medicine found that people who got up and moved around for at least two minutes for every hour of sitting had a 33 percent lower risk of dying.

# Why is even a small amount of exercise a day beneficial

- You don't have to be a fitness fanatic to enjoy the benefits of exercise.
- Research shows that even modest amounts of exercise can make a difference. In fact, you can meaningfully benefit from 30-minutes of moderate activity per day, five times a week.



# Why is even a small amount of exercise a day beneficial

- The benefits of exercise
- Enhanced mood
  - As quickly as 5 minutes into physical activity, individuals can notice an enhancement in their mood
  - Research shows that exercise can help alleviate mild to moderate long-term depression (Exercise and Depression)

# Why is even a small amount of exercise a day beneficial

- Reduced stress
  - Exercise can help release stress and increase relaxation
  - Regular exercise has been shown to reduce symptoms of anxiety (Exercise for Stress and Anxiety)
- A boost in energy

# Why is even a small amount of exercise a day beneficial

- Integrate exercise into your life
- Develop an exercise routine and schedule that's realistic for you. If you have a regular lunch hour, try walking or using home gym equipment during that break. Avoid exercise just before going to bed since this can interfere with sleep

# Are “Fitness Trackers” and “Food Trackers” useful tools

- Personally, I use: “MyFitBit” daily, and my goal is to get 10,000 + steps daily-I use this as a motivation to get up & move (to see my step numbers go up)
- Personally, I use “MyFitnessPal” (free version) daily, it helps keep me on track for my cals, carbs, protein, fat, etc.

# Are “Fitness Trackers” and “Food Trackers” useful tools

- A fitness tracker lets you watch and record your heart rate, daily burned calories and steps. Self-tracking allows you to stick to a healthier diet, exercise more, and sleep better. Regular use of fitness tracker boosts your daily workouts and makes them achievable.

# Are “Fitness Trackers” and “Food Trackers” useful tools

- Tracking your food intake will give you insight into many aspects of your eating habits. The more specific and accurate you are with reporting, the more accurate your information will be. You may begin to see that you are missing entire food groups (ex: vegetables, dairy)

# Are “Fitness Trackers” and “Food Trackers” useful tools

- Do not forget to track all the little extras; coffee creamer and sugar, condiments, candies from your candy stash, beverages, etc. You may be shocked to find out how many calories are in these forgotten treats. As little as 100 extra calories could equate to 10 extra pounds per year. These are also easy items to cut out or substitute with healthier options



# Are “Fitness Trackers” and “Food Trackers” useful tools

- Tracking food intake will also show you what you are doing well already. Continue with these habits so that you don't have to start from scratch. Building on what you are currently doing and taking small steps to improve your eating habits will help you to be more successful.

# Questions

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# Thank You

