

Performance Based Nutrition

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www.xlathlete.com

Foundation Nutrients Concepts

Main Reasons for Proper Nutrition

1. General Health
2. Recovery
3. Performance
4. Facts and Fallacies

Foundation of General Health

- Issues with Health Seen in Athletes
- Measurable Results
- Inflammation and oxidation key factors of to much bad stress in athletes

Greatest Issues Concerning Health

- Probiotics – What are they? One hundred trillion
- 1. Benefits of Probiotics – improve nutrient bioavailability, vitamins and minerals
- 2. Aids in metabolism and the breakdown of toxins
- 3. Maintains appropriate bowel transit time
- 4. Promotes optimal fungal and viral levels in the body

Greatest Issues Concerning Health

- Supports normal inflammatory response
- Produces lactic acid for support of digestive processes and colonic pH balance – Bacteria Overgrowth
- Natural ways to get Probiotics
 1. Fermented foods like yogurt, sauerkraut and Kefir
 2. Not so natural – Take Probiotics supplements
 3. When? First thing in morning

Foundation of General Health

- Omega 3's – Healthy fats
- Benefits of Omega 3's –
 1. Fish oils, rich in the Omega-3 fatty acids may help prevent depression, stabilize the moods of maniac-depressives, and alleviate symptoms of schizophrenia. University of California's Johnsson Cancer
 2. Fish oils is one of the few substances known to lower concentrations of triglycerides (fatty substances) that pose a cardiovascular risk, in the blood. J Raloff Science

Foundation of General Health

4. Research has shown that supplementation with fish oils can markedly reduce interleukin-1beta production and results in a significant reduction in morning stiffness and the number of painful joints in rheumatoid arthritis patients. Darlington, L Gail and Stone
5. Epidemiological studies have shown that populations with a high intake of fish oils have a lower incidence of inflammatory diseases such as asthma. Int Arch Allerguy Appl Immurol, Vol.95, 1991,pp.156-57
6. Fish oils, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help prevent heart disease, depression, and cancer. Hans R. Larsen, Msc chE "Fish Oils: The Essential Nutrients"

Foundation of General Health

- Key to athletes – Increase Respiratory Function - Reduced Inflammation caused by exercise. Also caused by stress
- Ways to get Omega 3's natural- Fish Oils, Cod Liver oil from September to April - Freshly Ground Flax Seed, Grass Feed Beef/CLA, Krill Oil, and Walnuts
- When – 4 times a day – Carlson - Nordic

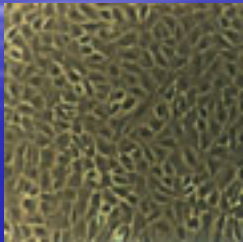
Foundation of General Health

The Most Basic Multi Vitamin

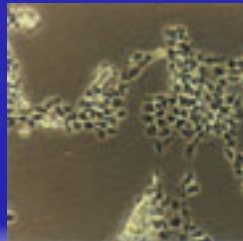
- The Most Basic is not so Basic or Good
- Name Brand are very poor. Around 20 percent at the highest.
- One type I personally use recommend is Usana.
- 90 Plus Percent Absorption Rate

THE WAR WITHIN OUR BODIES

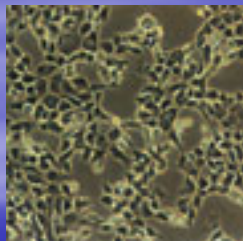
THE CELLS OF OUR BODIES ARE FIGHTING TO STAY HEALTHY AS THEY ARE ATTACKED BY FREE RADICALS.



Healthy human cells in culture



Damaged cells after adding digested products from a fatty meal



Similar cells when oxidation defense mechanisms are included



FREE RADICALS COME FROM:

- STRESS
- RADIATION FROM THE SUN
- ENVIRONMENTAL POLLUTION
- TOXIC CHEMICALS IN THE WATER
- DEPLETION OF NUTRIENTS IN THE FOOD SUPPLY

ARE WE CONTENT WITH LOSING THIS WAR AGAINST POOR HEALTH,
OR WILL WE ARM OUR CELLS WITH THE NUTRIENTS THEY NEED?

AM I RECEIVING THE NUTRIENTS I NEED?

The USDA surveyed 16,000 Americans and found that not one person obtained 100 percent of essential nutrients such as magnesium, vitamin E, and zinc.¹ Similarly, children and adolescents did not obtain enough essential nutrients such as folate, vitamin C, and calcium.²

1. Nutrition Today

2. USDA Nutrition Assistance Program Report Series CN-01-CD1

Consider what you must eat to receive an optimal amount of 400 IU of vitamin E, one of the most powerful oxidation defense agents for conquering free radicals:

<i>Food</i>	<i>To obtain 400 IU</i>
Spinach	33 pounds
Sunflower seeds	1.2 pounds
Wheat germ	5.2 pounds
Almonds	2.2 pounds
Safflower oil	1 quart



ARE WE USING SUPPLEMENTATION AS A SOLUTION?

NUTRITIONAL SUPPLEMENTS

“As many as 70% of Americans are taking supplements —mostly vitamins —to improve their health.”

—*Tufts e-news, April 2003*

ARE YOU GETTING WHAT YOU'RE PAYING FOR?

A study conducted at Yale New Haven Hospital tested 257 vitamin products. Only 49 were judged as having adequate ratios of nutrients.¹

1. Journal of the American Dietetic Association, 1987, Volume 87, p.341



“Commercially available health supplements fall far short of meeting the nutritional needs of the body’s cells.”

—*Dr. Myron Wentz*



Mega Antioxidant Part 1

VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, & ZINC ASCORBATES)	650 mg	1080%
VITAMIN D ₃ (AS CHOLECALCIFEROL)	300 IU	80%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLLOQUINONE)	30 µg	40%
THIAMIN (AS THIAMIN HCL)	13.5 mg	900%
RIBOFLAVIN	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B ₆ (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B ₁₂ (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%

Mega Antioxidant Part 2

OLIVOL [®] (OLIVE EXTRACT, <i>OLEA EUROPAEA</i> L., FRUIT)	15 mg	†
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN [<i>CITRUS</i> SPP. L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [<i>CAMELLIA</i> <i>SINENSIS</i> HUNT, LEAVES], POMEGRANATE EXTRACT [<i>PUNICA GRANATUM</i> L., FRUIT] CINNAMON EXTRACT [<i>CINNAMOMUM CASSIA</i> L., BARK], BILBERRY EXTRACT [<i>VACCINIUM MYRTILLUS</i> L., FRUIT])	99 mg	†
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
BROMELAIN	25 mg	†
ALPHA LIPOIC ACID	10 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (<i>CURCUMA LONGA</i> L., ROOT)	7.5 mg	†
LUTEIN (<i>TAGETES ERECTA</i> L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
BROCCOLI CONCENTRATE (<i>BRASSICA OLERACEA</i> V. <i>BOTRYTIS</i> L., FLOWER)	7.5 mg	†

Chelated Minerals

CALCIUM (AS CALCIUM CITRATE AND CARBONATE)	135 mg	15%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE)	150 mg	40%
IODINE (AS POTASSIUM IODIDE)	112.5 µg	80%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND PICOLINATE**)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
<hr/>		
BORON (AS BORON CITRATE)	1.5 mg	†
SILICON (AS SILICON AMINO ACID COMPLEX)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

Guidelines for Athlete

- Slow Cook Your Food
- Eat Majority of Fruits and Vegetables Raw
- Top Foods - Garlic, Tomatoes, Broccoli, Green tea, Salmon – From West, Blueberries, Nuts, Spinach, Legume-beans
- Bromelain in Pineapples – Aid Protein Digestion
- Replace Table Salt with Sea Salt

Guidelines for Athlete

- Spices/Herbs – Cinnamon, Nutmeg, Clove, Curry, Ginger, Turmeric, & Oregano – Monkeys Self Medicate with herbs
- Greens – Wheatgrass, Spirulina, & Chlorella – find one that has all 3
- Your Plate has 3 Parts 1/3 Protein and Fat 2/3 Fruit and Vegetable –
- Bad 4 – Bread, Potatoes, Rice, Pasta
- Low Glycemic Effect Carbohydrates

Guidelines for Athlete

- Shopping Guidelines for the Athlete – Shop on the outside of the store - don't shop the aisle or eat out of boxes.
- Vitamins Prior to Exercise
- Fish oils Post Exercise with food
- Take post workout nutrition – Chocolate milk.

Chocolate Milk For Recovery?

- 1.** The key is to drink within a 30 minute window post strenuous activity.
- 2.** Improves body composition and recovery research has shown.
- 3.** Chocolate Milk is 90% Water.

Chocolate Milk For Recovery?

- 1. Has key nutrients and electrolytes such as Calcium, Vitamin D. Phosphorus and Magnesium.**
- 2. Potassium to help muscle contract and regulate body fluids.**
- 3. B-Vitamins to help convert food energy to exercising Muscles.**

Chocolate Milk For Recovery?

- 1. Recovery is most important factor in training.**
- 2. Get boosters involved in buying process.**
- 3. Administration feels very comfortable about milk.**
- 4. The cost is as effective as the product.**

Recovery For Training

- BCAA – In between meals – Most important time is at Bed time. L- Arginine & L-Ornithine – 6 to 10 Grams – up to 20 Grams BCAA Total
- Glutamine – Post Exercise 3 to 5 Grams
- Melatonin (at night only for better sleep) – Sleep in a cave – Taurine and Zinc

Performance – PreGame

- Try to include plenty of raw foods (especially fruits and vegetables)
- Berries, pineapples, kiwi, mangos, bananas, are all very nutritious
- Don't Add to much fiber foods – if your not used to people
- If there are soups try to have them in a vegetable or meat broth – Also day before

Performance – Pre Game

- Avoid fried foods & High Fat – Slows Digestions
- Use meat sauces as opposed to creams or red sauce
- Salsa is an makes a nutritious topping
- 7 to 4 hours Prior – Snack 2 to 1 hours
- Snack some very digestible protein and carbs fat with low fat. Low fat Cottage cheese and low glycemic index. Granny smith apples

Performance

- **BEE POLLEN:**

This substance contains a wide spectrum of vitamins, hormones, carbohydrates, 22 amino acids, 27 mineral salts, thousands of enzymes and coenzymes, and more. It is also one of the few vegetable sources rich in vitamin B12. Royal Jelly and Honey in the mix

Enzymes Performance

- Sport Drink Home-Made
- Take distilled water and put Celtic Sea Salt into the water (you may have to start the salt very low and work them up) at about 1/4 tsp. per qt., a squeeze of fresh lime and a few drops of raw natural honey.

Other Performance Issues

- Training
- Mental Aspects
 1. Weakness vs. Strengths
 2. Belief in ones Abilities
 3. Will to Never XXXX
 4. Compete and train at all cost.

Facts and Fallacies

- Questions with Nutrition?
- Many Dogmas.
- Cal Dietz's E-mail can be found at the website www.xlathlete.com

- <http://www.mercola.com>
- <http://www.healthcastle.com>
- www.usana.com