

PERFORMANCE NUTRITION

OCTOBER, 2024



SCAN THE QR CODE BELOW TO SCHEDULE
YOUR NUTRITION CONSULTATION



FOCAL POINTS

- IRON FORTIFICATION
- BODY COMPOSITION
- SLEEP 101
- FUN RECIPES

WHAT IS THE LOWDOWN WITH IRON?

IRON IS NECESSARY FOR MANY PROCESSES IN THE BODY, INCLUDING:

BONE

IRON IS NECESSARY FOR ACTIVATION OF VITAMIN D
VITAMIN D HELPS THE ABSORPTION OF IRON
IRON IS NECESSARY FOR INCREASED BONE GROWTH/STRENGTH

BLOOD/RED BLOOD CELLS

LOW IRON AFFECTS PRODUCTION OF HEMOGLOBIN, WHICH CAN
AFFECT AMOUNT OF OXYGEN CARRIED AND LEAD TO FATIGUE

SLEEP

LOW IRON AND OXYGEN LEVELS CAN AFFECT AN ATHLETES SLEEP
AND CAUSE THEM TO WAKE FREQUENTLY
LOW IRON HAS BEEN ASSOCIATED WITH RESTLESS LEG SYNDROME

MENSTRUAL CYCLE

LOW IRON CAN AFFECT CHANGES/LOSS TO MENSTRUAL CYCLE,
WHICH HAS BEEN LINKED TO LOW ENERGY AVAILABILITY
AND RED-S (RELATIVE ENERGY DEFICIENCY IN SPORT)

RECOMMENDATIONS

CONSULT WITH PHYSICIAN/RD
DISCUSS IRON PROTOCOL NEEDS
WORK ON INCREASING IRON
FORTIFIED FOODS EACH DAY

A GOOD IRON SUPPLEMENT IS
LINKED BELOW:



Are you?



Feeling pressure to be lighter

Frequently sick and/
or injured



Always feeling tired

Struggling with
body image



Struggling with
confidence

Struggling to complete
training sessions



Thinking about weight a lot

YOUR HYDRATION

Could you be focusing too much on weight and body composition?
If so, it may be time to speak to your support team.

Things to act on to improve performance

- ✓ Eat consistently across the day and around training sessions.
- ✓ Spread protein intake across meals and hit carb target
- ✓ Stay on top of fluid intake
- ✓ Use preferred recovery strategies
- ✓ Adopt stress management techniques
- ✓ Sleep 7-9 hrs per night



Seeking support from a health professional will help you perform and stay healthy

Remember...

Weight and Body Composition is important but **NOT** the sole determinant of your performance



Weight and Body Composition is just **ONE** aspect contributing to how I perform and feel.



Seeking support from a health professional will help you perform and stay healthy



YOGURT PARFAIT

- 1, 5 oz. fav. Yogurt container
- 2 tbsp. favorite granola or cereal
- 2 tbsp. chia or flax seed
- 1-2 tbsp. favorite toppings....
 - chocolate chips
 - jam/jelly/preserve
 - nuts/seeds
 - fresh berries



SOUP – EXTREME!

Now that the weather is getting cooler, it is time to enjoy SOUP more often!

Soup can enhance hydration, improve sodium losses after training, make it easier for athletes to consume calories, and add extra nutrients more easily!

DINING HALL HACKS:

Favorite soup + one or more options....

- 1 scoop diced chicken/tofu (salad bar)
- 1 scoop beans/legumes (salad bar)
- 1 large handful spinach/greens
- dinner roll/bread (for dunking)



BELVITA SANDWICHES

- 4 Belvita cookies or favorite plain cookies
- 2 tbsp. favorite spread
 - Nutella
 - Nut Butter
 - Seed Butter
 - Jam/Jelly/Preserve
- 1/2 apple or pear, sliced
- 2 tbsp. favorite dried fruit

SLEEP 101

SLEEP IS THE UNDEFEATED RECOVERY TOOL WE HAVE

QUALITY AND QUANTITY ARE IMPORTANT FACTORS FOR ATHLETES

7-9 HOURS EACH NIGHT IS REQUIRED

ATHLETES WHO GET < 6 HOURS ARE AT A GREATER RISK OF INJURY

ATHLETES WHO CONSISTENTLY GET LESS SLEEP OFTEN INCREASE FAT ACCUMULATION AND REDUCE MUSCLE



HOW TO IMPROVE MY SLEEP

FOOD

chocolate, dark cherries, kiwis, nuts, seeds, dairy

Can naturally increase melatonin levels

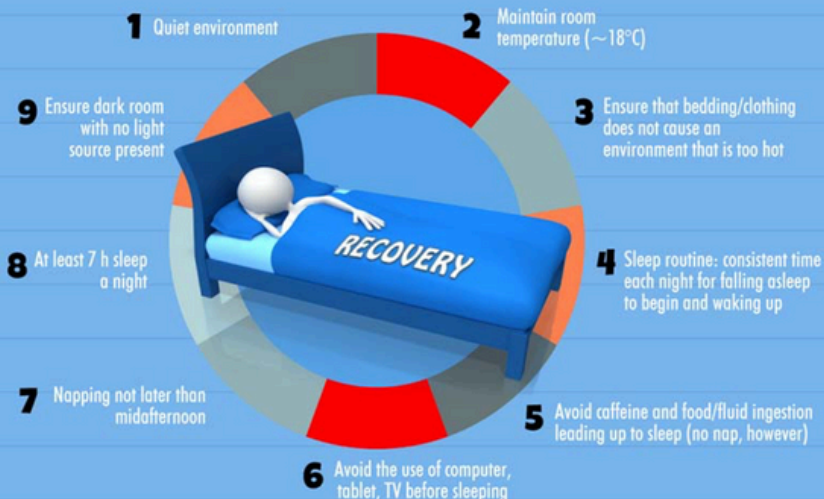
HABITS

7-9 hours of sleep each night
no stimulants 4-6 hours before bed
no blue light - set NIGHT MODE on phone
Breathing Techniques - 2 min. belly breathing
drink at least 1-2 cups, 1-2 hrs before bed
last snack before bed - PROTEIN!

ENVIRONMENT

Cool, dark rooms (65-70 F)
No TV, phone. music and books are GOOD
keep water at side
Add calming scents to room to reduce stress

CHECKLIST FOR ATHLETES TO CONSIDER TO ENHANCE SLEEP



Reference: by Marshall & Turner, Strength Cond J, 2016

Designed by @YLMsportScience