

# Nutrition Tid Bits

Dr. Theresa DeLorenzo, RD

Owner and Founder; Nutrition for  
Optimal Performance



# Overview

- ▶ Overview of healthy nutrition
- ▶ How to avoid diet traps
- ▶ Mindful eating
- ▶ Nutrients of concern
- ▶ Nutrient timing



# Nutrition Overview

- ▶ 50% carbohydrates
- ▶ 20% protein
- ▶ 30% fat
- ▶ 8, 8 oz cups of water
- ▶ 5-7 servings of fruits and vegetables
- ▶ 25-35 grams of fiber
- ▶ 5-6 meals/snacks per day





# Focus on What to Include vs what to cut out





# Whole Grains

- ▶ Brown rice
- ▶ Potatoes
- ▶ Sweet potatoes
- ▶ Whole wheat bread
- ▶ Quinoa
- ▶ Bulgar
- ▶ Oatmeal





# Lean Proteins

- ▶ Chicken
- ▶ Fish
- ▶ Turkey
- ▶ Ground poultry
- ▶ Tofu
- ▶ Beans





# Anti- Inflammatory Foods

- ▶ Avocado
- ▶ Chia, hemp and flax seeds
- ▶ Almonds and walnuts
- ▶ Fish
- ▶ Omega-3 eggs
- ▶ Olive oil
- ▶ Fruits and vegetables
- ▶ Ginger, turmeric, cinnamon





# Probiotic Foods

- ▶ Pickles
- ▶ Green olives
- ▶ Sourdough bread
- ▶ Kefir
- ▶ Yogurt
- ▶ Tofu
- ▶ Tempeh
- ▶ Sauerkraut
- ▶ Aged Cheese
- ▶ Nutritional Yeast





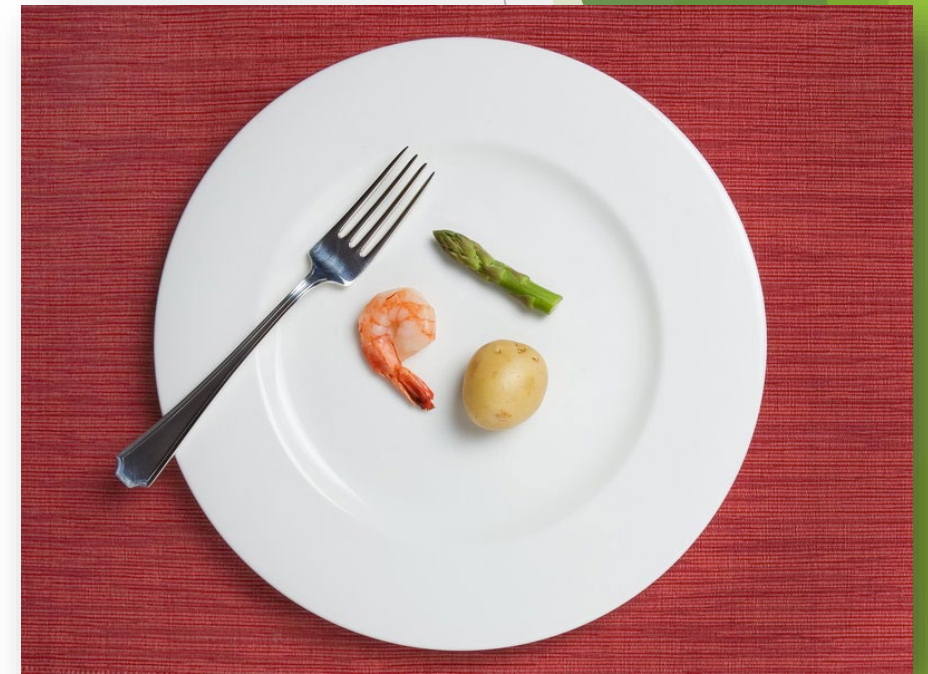
# Dangers of Fad Diets

- ▶ Often too high in protein- can't be stored
  - ▶ Dehydration
  - ▶ Organ damage
  - ▶ Calcium loss
- ▶ Often too low in carbohydrates
  - ▶ Void of fiber to prevent chronic disease
  - ▶ Brain needs carbohydrates
  - ▶ Breakdown of vital body tissues- decreased lean body mass



# Rapid Weight Loss Does not Mean Long Term Weight Loss

- ▶ Often overly restrictive
- ▶ Lowered metabolism due to not eating enough
- ▶ Not eating frequently enough tells our bodies to hold on to energy
- ▶ Deprived of favorite foods
- ▶ Leads to overindulging eventually
- ▶ Gain more weight back





If you Can't do it Forever, Don't do it!



# Do you Need to Lose Weight or Change Your Perception?

- ▶ One doesn't have to be thin to be healthy
- ▶ Just because someone is thin doesn't mean they are healthy
- ▶ Healthy body image acceptance is important





# SHOULD and SHOULDN'T





# Unpack the good food/ bad food bags





# All Foods Fit!





# Find the Balance





Or Have a Little of Each





Eat mindfully....



# Mindful Eating

- ▶ Using all of your senses when eating
- ▶ Pausing and evaluating what it is you want
- ▶ Not waiting until you are ravenously hungry
- ▶ Going slow and identifying when you are full
- ▶ Eating food you enjoy
- ▶ Avoiding using the word “should” to make food choices
- ▶ Being present; avoiding distractions





# Use All of Your Senses



- ▶ How does it smell?
- ▶ How does it look?
- ▶ How does it taste?
- ▶ How does it feel?





# Eat What you Crave!





# Obstacles to Mindful Eating

- ▶ Eating lunch while working at our desks
- ▶ Rushing around to and from sporting events
- ▶ Eating while watching TV
- ▶ Eating while scrolling through phone
- ▶ Body Image issues
- ▶ Diet rules
- ▶ Nutrient deficiencies



# What do Cravings Mean?

- ▶ Association with a certain place
- ▶ Not getting enough of a certain nutrient
- ▶ Depletion of a certain nutrient
- ▶ Restriction leading to feelings of deprivation





# Cravings and PMS

- ▶ PMS, or the luteal phase results in inefficient utilization of carbohydrates
- ▶ The hormones secreted during PMS also cause sodium wasting
- ▶ There is an increase in fluid retention
- ▶ All of this causes cravings for sodium and carbohydrates as well as calcium and magnesium to decrease the swelling
- ▶ The cravings serve a purpose
- ▶ 500 calories more burned per day
- ▶ The bloating causes increase in body image dysmorphia
- ▶ Athletic performance also impaired



# Track Cycle and be Prepared

- ▶ Honor the cravings
- ▶ Give yourself permission to eat more
- ▶ know that the bloating is fluid
- ▶ Recognize why you are feeling the way you are
- ▶ It will pass
- ▶ Know that performance is best when menstruation starts





What Happens if you Ignore your Cravings?



Yo- dieting  
Restriction  
Binging  
Loss of menstruation  
**INJURY!**





# Nutrients of Concern

- ▶ **Calcium-** bone health and blood pressure control
- ▶ **Iron-** oxygen transport
- ▶ **Magnesium-** muscle and nerve function, blood pressure control, protein metabolism calcium metabolism, cellular potassium uptake, more...
- ▶ **Vitamin D-** calcium, phosphorous and magnesium absorption, regulates inflammation



# Optimizing Calcium Intake

- ▶ Milk, cheese, yogurt
- ▶ Encourage beans and nuts, seeds
- ▶ Cooked green, leafy vegetables
- ▶ Avoid caramel colored drinks





# Optimizing Iron Intake

- ▶ Meat, poultry, fish
- ▶ Encourage beans, nuts and seeds
- ▶ cooked green, leafy vegetables
- ▶ Include source of vitamin C with plant sources
- ▶ avoid dairy with iron rich meals
- ▶ avoid iron rich meal
- ▶ use cast iron pans



# High Iron Losses with Exercise

- ▶ Lost via sweat
- ▶ Red blood cell breakdown with heel strike
- ▶ Gastrointestinal losses from micro-tears
- ▶ Menstrual losses (if getting period)
- ▶ Amenorrhea- body's way of reducing iron loss if levels low





# Magnesium

- ▶ Chocolate and peanut butter cravings often indicative of magnesium loss
- ▶ Sources are beans, nuts, seeds, avocado
- ▶ Inability to use calcium and potassium efficiently with deficiency



# Low Magnesium Intake & Losses with Exercise and Stress

- ▶ Sweat losses
- ▶ Muscle cramping a symptom
- ▶ Involved in over 300 processes in body
- ▶ Difficult to measure due to stored in many tissues in the body





# Vitamin D

- ▶ 70% of people deficient
- ▶ Obesity and dark skin increase risk
- ▶ Deficiency linked to inflammation and all diseases
- ▶ Only food sources are fortified milk, cheese, yogurt, fatty fish and shiitake mushrooms
- ▶ Supplementation may be needed



# Caffeine

- ▶ Caffeine intake with meals inhibits of absorption of calcium and iron
- ▶ Excessive caffeine used to decrease appetite
- ▶ Caffeine can diminish fatigue associated with under- fueling
- ▶ Coffee is not pre- exercise fuel





# Why Not Just Supplement?

- ▶ Risk of obtaining too much
- ▶ Don't really know what is in our supplements- not FDA regulated
- ▶ Absorption is better with small amounts at a time
- ▶ Microbiome imbalance
- ▶ Too much of one nutrient crowds out absorption of others i.e. zinc and copper



# When Should I eat?

- ▶ Before exercise
- ▶ Within 30- 60 minutes of exercise- not iron rich meal though
- ▶ When your hungry
- ▶ It's ok to eat after 6 pm!





# Setting yourself up for success

- ▶ Give yourself permission to eat the foods you crave
- ▶ Utilize yoga to connect your mind and body to facilitate identifying cravings, hunger and fullness
- ▶ Focus on obtaining nutrients from food first and only supplement when absolutely necessary



# Nutrition-4-op.com

- ▶ Food 4 thought- <https://nutrition-4-op.com/food4thought>
- ▶ Mindful Meals workshop <https://nutrition-4-op.com/mindful-meals>
- ▶ 1:1 Counseling <https://nutrition-4-op.com/high-performance-program>
- ▶ Journey into Positive Body Image <https://nutrition-4-op.com/the-journey-to-a-positive-body-image>
- ▶ Once a month Sip, Snack, Stretch events <https://nutrition-4-op.com/sip-snack-stretch>
- ▶ Recipes <https://nutrition-4-op.com/recipes>
- ▶ Join NFPO for challenges and once a week virtual yoga <https://nutrition-4-op.com/membership>
- ▶ Empowering Female Athletes Retreat <https://nutrition-4-op.com/empowering-female-athletes-retreat>
- ▶ Bali! <https://nutrition-4-op.com/bliss-in-bali-with-theresa-jennifer>





Questions!!!!???



# **HIGH INTENSITY INTERVAL TRAINING (HIIT)**

Women's Bar Association of the State of  
New York

Wellness Committee Presentation

February 6, 2023



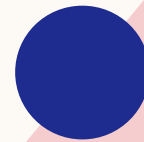
# OVERVIEW

Introduction

Benefits

Safety

HIIT Exercises



# INTRODUCTION

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

Interval training was first introduced in the 1950s as a higher intensity form called sprint interval training, which reached 100% maximum heart rate and was used to improve the performance of elite Olympic athletes.

-Harvard School of Public Health



# **A.K.A TABATA**

Other terms that are used interchangeably with HIIT are Tabata and circuit training. Tabata is a form of HIIT that was created by Professor Izumi Tabata in 1996 involving Olympic speedskaters. His exercise intervals were extremely high intensity, followed by very brief rest period.



# **BENEFITS**

Valuable Time and Health



# “I DON'T HAVE TIME”



HIIT can help to decrease body fat,  
increase strength and endurance,  
and improve health outcomes.

- boosts metabolism
- builds strength
- improved cardiovascular fitness





HIIT WORKOUTS HAVE BEEN SHOWN TO BURN 25 TO 30 PERCENT MORE CALORIES THAN MODERATE-INTENSITY EXERCISE. RESEARCH ALSO INDICATES THAT IT KEEPS YOUR METABOLISM, OR FAT-BURNING FURNACE, STOKED ALL DAY.

AARP

[How to Get the Most Out of Short Workouts \(aarp.org\)](http://aarp.org)

# SAFETY



## GENERAL

Research has generally found HIIT to be a safe and enjoyable exercise for a range of ages and medical conditions



## TOOLS

The American College of Sports Medicine provides screening tools that can be used to identify risk factors using the HIIT format



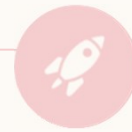
## MEDICAL CONDITIONS

People who are deconditioned, recovering from injury, elderly, have overweight, or have medical conditions should be followed and monitored closely by their physician and an exercise professional



## TAILORED WORKOUTS

HIIT workouts should be tailored to the individual's fitness level and medical conditions



## MEDICAL ADVICE

Always seek advice from your physician before engaging in a new exercise regime



# HIIT EXERCISES

## 40:20 / 30:10

**BURPEES**

**PLANK JACKS**

**HIGH KNEES**

**LUNGES**

**MT. CLIMBERS**

Modify by walk up instead of jumps

Modify on knees

Add alternating glute kicks

Lunge pulses (each side); Lunge switches

In plank or standing

# HIIT WORKOUTS

## 40:20 / 30:10

SQUAT JUMPS

PLANK TO  
PUSH UP

FAST RUNS

JUMPING JACKS

FROG JUMPS

Modify by replacing  
jump with hold

Modify on knees

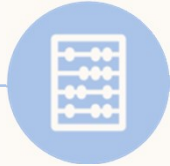
Add alternating glute  
kicks

Add variations

Modify with walks



# MAKE IT FUN



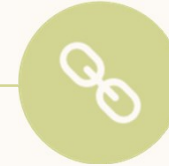
## MUSIC

- Upbeat music
- Spotify playlists



## VARIETY

- Change and/modify exercises
- Change time goals
- Create a HIIT “ladder” of your favorite exercises
- Attend a class with a friend
- Consider exercise challenges (e.g., 30 burpees every day)



## REST

- Give yourself days without HIIT exercises to prevent injury (e.g., walking, weight training)
- Allowing your body to recover (1-2 days) in between HIIT workouts will help ensure that you maintain proper form and your body is ready for more

# SUMMARY

Set a goal

-3 days a week for 20 mins

Take on the Challenge

Talk to your doctor

Have fun!!

# THANK YOU

Erin Lynch

[Erin.r.lynch@gmail.com](mailto:Erin.r.lynch@gmail.com)

(518) 859-1193