

**FIVE PRESSING NUTRITION
QUESTIONS
ANSWERED!**

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? #1

What's the best eating plan for optimal health and performance?

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**Or is the REFINED CARBOHYDRATE DIET
the way to go???**



Mediterranean Diet



Leafy Green Vegetables

Eat every day

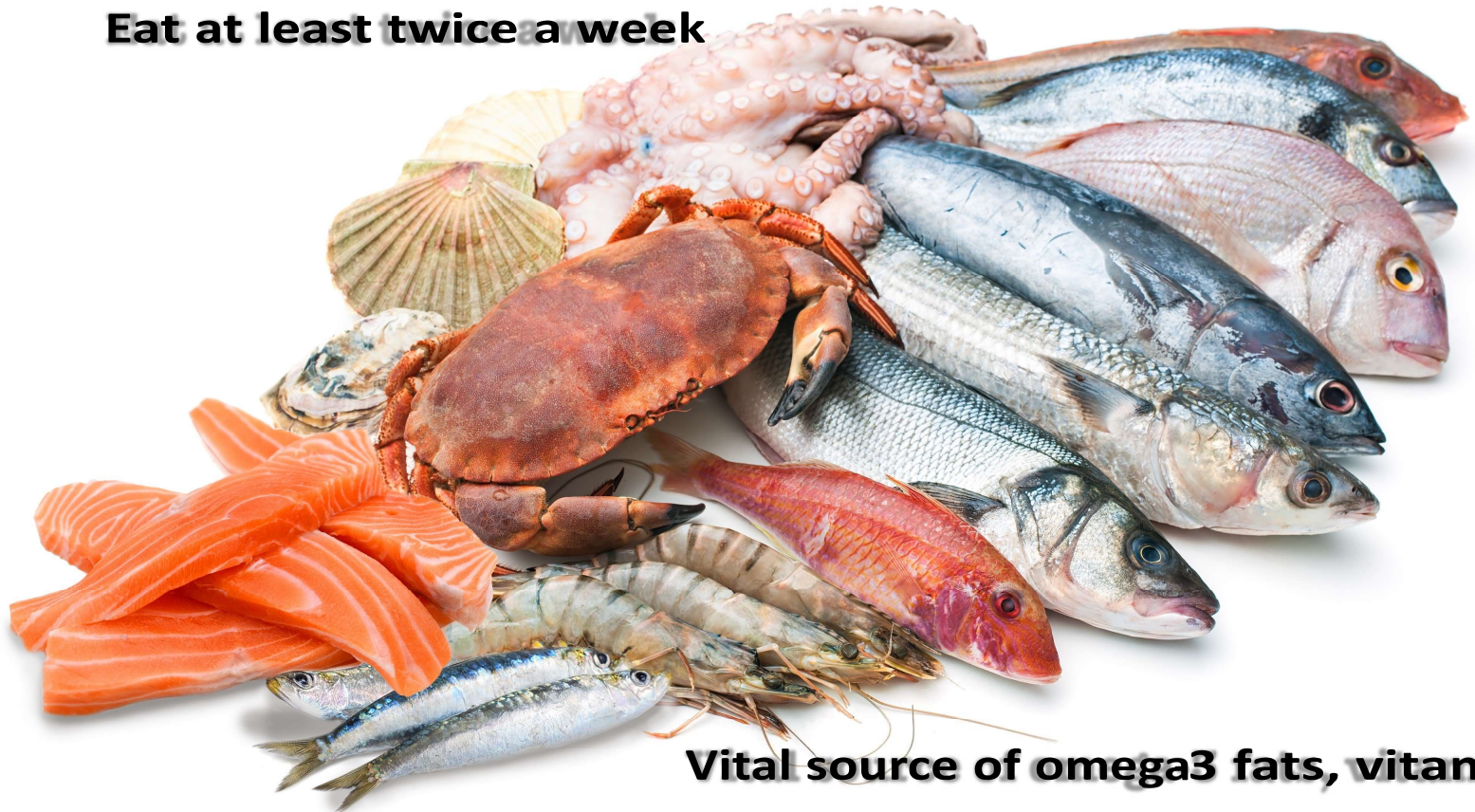
Raw or steamed

- **rich with antioxidants**
- **compounds that improve blood flow**
- **rich infolate, vitamin C**



SEAFOOD

Eat at least twice a week



Vital source of omega3 fats, vitamin B12

BERRIES

Eat at least twice a week



Supplies a wealth of antioxidants

BEANS

Eat every other day



Color compounds- antioxidants along with fiber

OLIVES AND OLIVE OIL

**Use instead of other
cooking/table fats**



**Supplies heart/brain
healthy fats and
antioxidants**

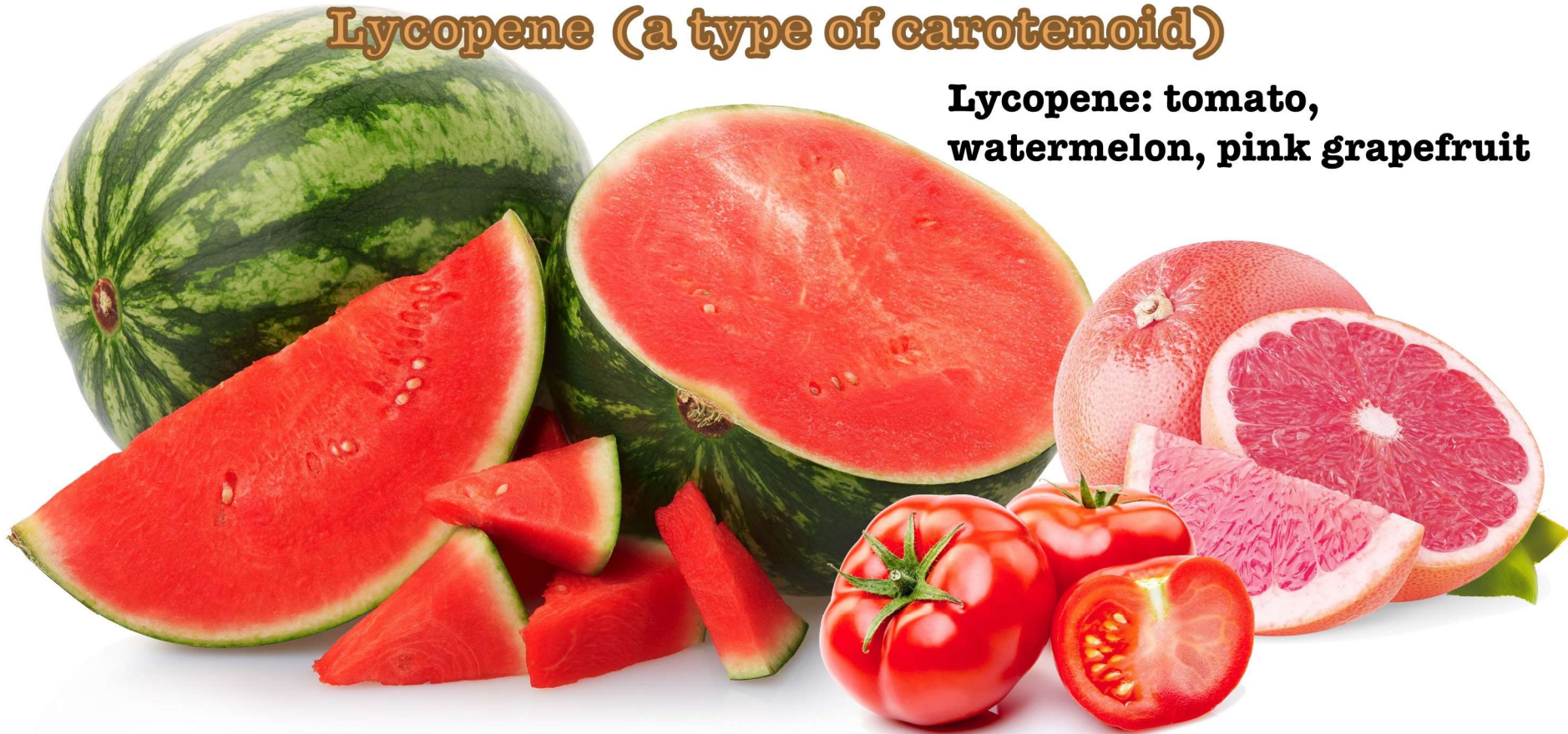
Colorful Compounds– 1000's of them!!



Protective Factors In Food

Lycopene (a type of carotenoid)

**Lycopene: tomato,
watermelon, pink grapefruit**



? #2

Am I eating enough protein?

- Protein needs increase with exercise
(cycling, strength training, swimming)

- With increasing age, people tend to eat **less** despite needing **more** protein

What Are Your Protein Choices?



How “Good” is a Food Protein?

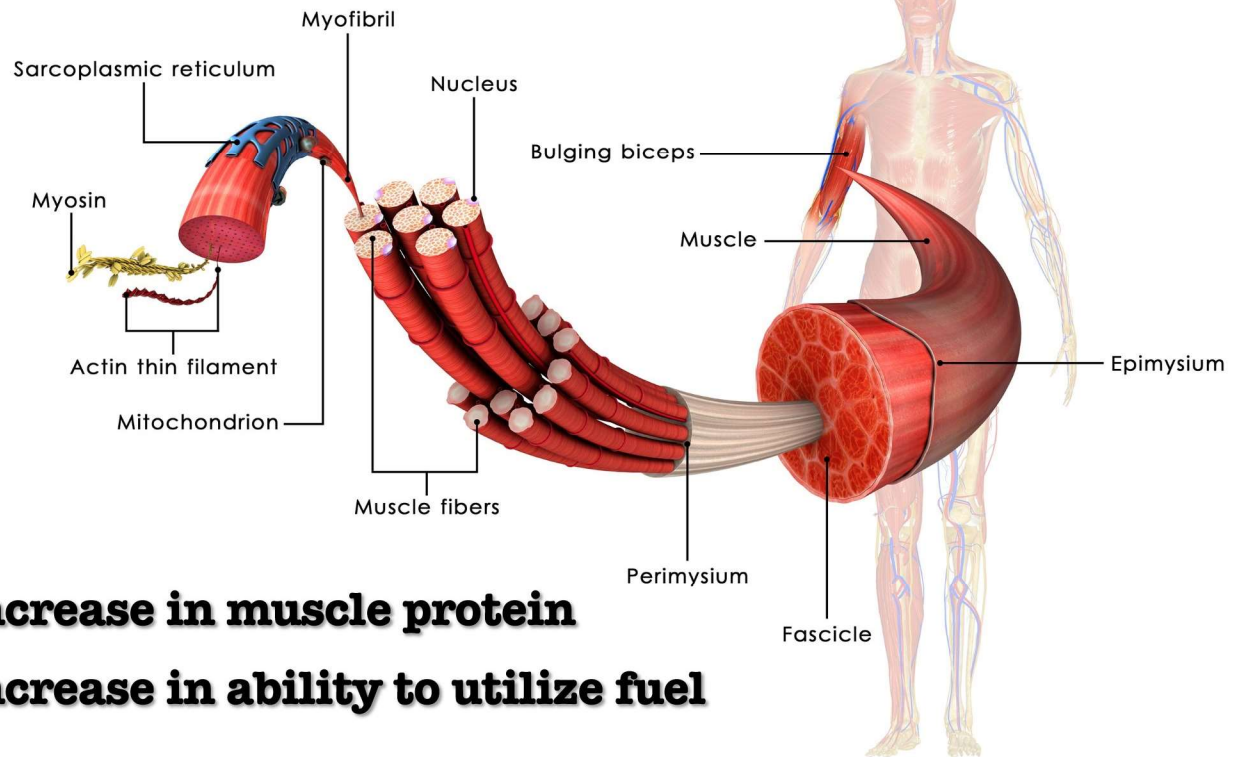


Food proteins differ in their EAA composition

Daily Training Stresses Muscles



Adaptive mechanisms occur with training:



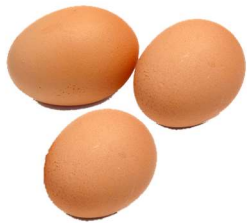
- **Increase in muscle protein**
- **Increase in ability to utilize fuel**

Need

20-



= 20 g



= 18 g



= 12 g



= 20 g



(1 cup)

= 26 g



= 30 g



= 20 g



= 20 g

25 grams/meal

What does 25 grams of protein look like?

Peanut Butter

6 T

564 calories



Almond Milk

25 cups

1500 calories



Firm Tofu

2/3 cup

240 calories



Chicken

3.5 oz.



172 calories



**Consuming good quality protein
providing ~ 6-10 grams of essential
amino acids 0-2+ hours after exercise
optimizes muscle protein synthesis
(high in BCAA leucine)**

0.25-.3 g/kg body weight OR

15-25 g protein post-workout*

*** > 30-40 g for larger athletes and those in calorie restriction**

Protein Drinks and Powders



- Provide quality: protein extracted from real food
- Range 10– 50g/serving
- Convenient, use post workout, watch vitamin/mineral fortification levels
- May offer advantage for recovery– glycogen/muscle repair

Vegan Protein Powders



Plant proteins = Incomplete protein except soy

Menu for Health & Performance

Breakfast

- Berries
- Steel-cut oats + protein
- Kefir (cultured milk)
or
- two eggs on toast
with greens
- apple slices /blueberries



Lunch

- Bean soup with various veggies
- Spinach salad topped with soy cheese,
olive oil & walnuts
- Iced green tea
- Orange



Dinner

- Grilled salmon
- Steamed broccoli
- Dark green salad
- Wild rice w/hazelnuts
- Red wine (5 oz.)

Protein total: 90-150 g/day