

Optimal Nutrition for Gaelic Players



7 Rules of Recovery



Nutrition can make a good athlete great, or a great athlete good

1 - Avoid processed foods where possible.

- The more processed the foods - the more nutrients there are removed through the manufacturing processes.
- 95% of the worlds soy supply is Genetically Modified – Monsanto
- The more processed the food, the less nutrients it contains. People who eat processed food are OVERFED and UNDERNOURISHED and the more food they need to consume to fulfil their micronutrient needs.
- Refined food actually robs your body of vital nutrients in order to be metabolised

Calton , Journal of the International Society of Sports Nutrition 2010, 7:24. Prevalence of Micronutrient Deficiency in Popular Diet Plans.

Healthy Cereal?

- Whole grain oats, **sugar**, modified corn starch, **honey**, **brown sugar syrup**, corn bran, salt, **corn syrup**, oat fibre, **corn syrup solids**, tripotassium phosphate, canola and/or rice bran oil, guar gum, natural almond flavour, mixed tocopherols.

3/4 cup of Cheerios contains:

110 calories
190 mg sodium
2 g fibre (from added fibre)
1.5 g fat
22 g carbohydrate
9 g sugar
2 g protein



2 - A Calorie is NOT a calorie

- - Organic spinach has twice the calcium, four times the magnesium, three times the potassium, 117 times the manganese, and 80 times the iron of its commercial counterpart (David Jubb: Live Food Recipe Book)
- - Organic berries were found to have up to 58% more antioxidants than those grown conventionally (Journal of Agriculture and food Industry, 2003)
- - Organic food contains up to 40 times more antioxidants (The Quality Low Input Food Project, 2004)

Which is better?

4 small apples = 320 calories



1 snickers bar = 280 calories



- Over a 2 year investigation period organic foods contained up-to four times the amount of trace minerals, 13 times the selenium and 20 times the manganese and calcium of commercially grown food. They also had less toxic metals. (Journal of Applied Nutrition, 1993)

3 - Bread is not a suitable form of nutrient food for an athlete

- Traditionally there are meant be only 4 basic ingredients for making bread: - Water, Whole-wheat Flour, Yeast, and unrefined salt
- Supermarkets breads can have over 50 ingredients in them including refined salt, refined sugar, preservatives, artificial sweeteners, artificial flavourings, artificial vitamins, emulsifiers, hardened fats, softeners, refined flour, bleach and injected gases
- Cheap refined flours and heavy processing make supermarket bread a source of “empty calories”
- However, buying bread from an organic bakery is a different story. It can be healthy and wholesome

4 - Takeaways generally have far too much MSG

- - MSG is a dangerous chemical
- Potential Problems: Addictive, mood swings, brain excitability and fatigue, itching, diarrhoea, migraine, runny nose rapid heart beat, chest pains, stiffness, achiness
- Where is it found: McDonalds, Burger King, Pizza Hut, Kentucky, Many Restaurants, Non-organic meats, canned foods, Parmesan cheese, Dipping sauces, diet sodas, salad dressings, cup-a-soups, powdered food, etc



5 - Avoid diet drinks

- Aspartame is linked with far too many cases of cancer in rats to be safe to encourage anyone to use.
- Potential problems: Headaches, mood swings, panic attacks, depression, memory impairment, alzheimer's, nervousness, fatigue, increased fat storage.

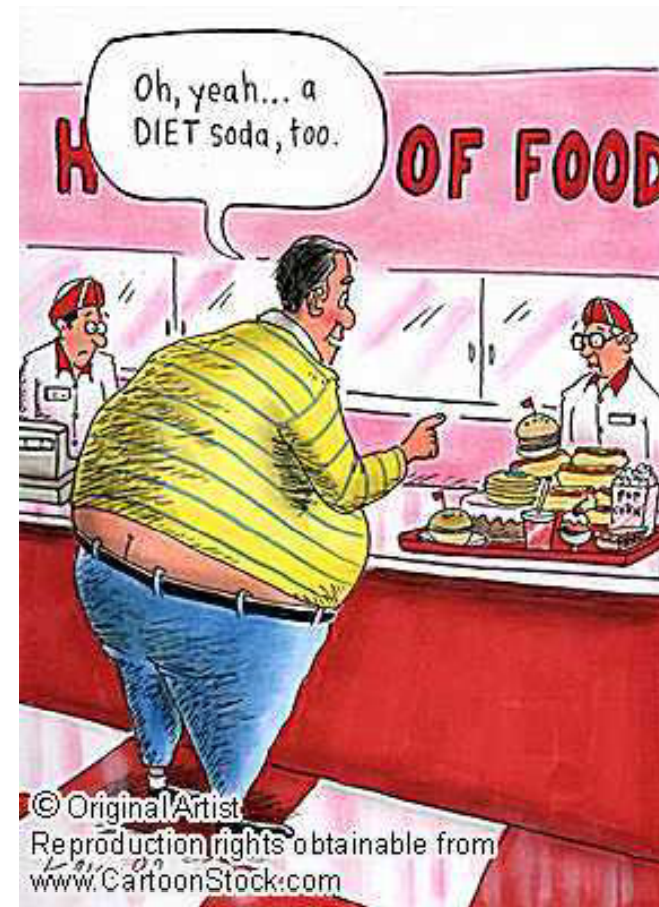


Still think sugar and aspartame is harmless?

- In original study on aspartame using Monkeys; 7 died of seizures - Fact – Aspartame lowers seizure threshold in humans

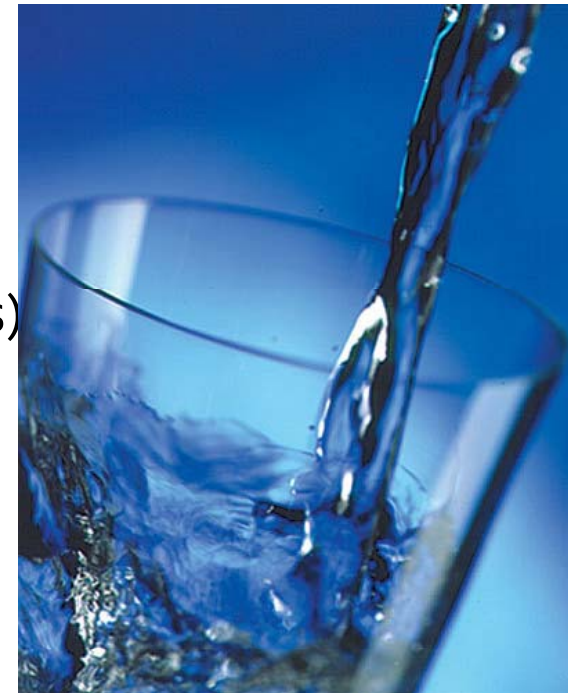
Within one year of aspartame being added to soft drinks:

- 10% increase in incidence of brain tumours
- 30% increase in Diabetes
- In 2010 1.8 Million people died from aids
- In 2011 4.6 Million people died from diabetes.



6 - Drink Clean water

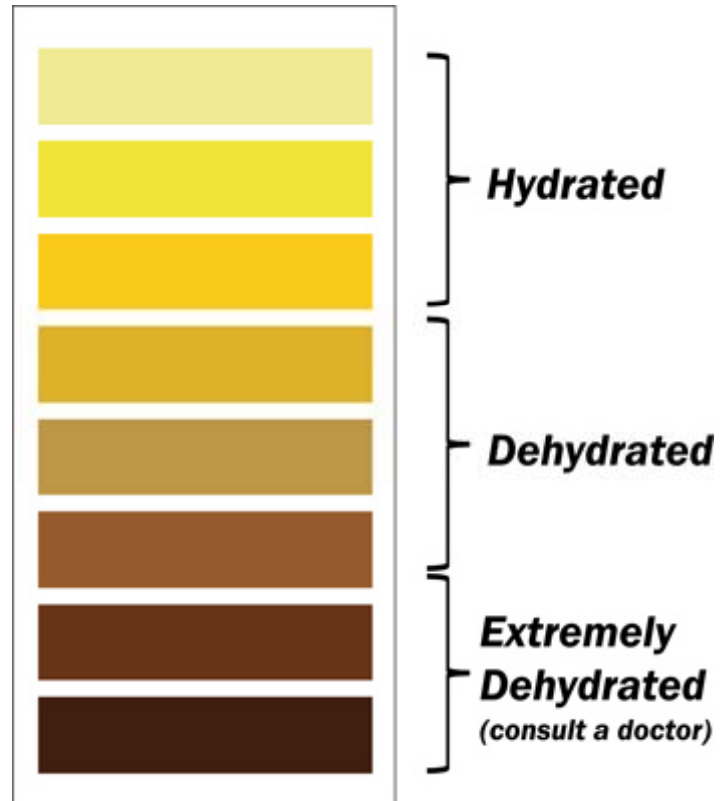
- A third of male fish in English rivers are changing sex due to 'gender-bending' pollution, research shows. (Female hormones from the contraceptive pill and HRT, plus plastics are being washed into our rivers and causing male fish to produce eggs)
- Hydration is not just water
- Water contained in RAW fruits and vegetables hydrates your cells far better than plain water due to the presence of micronutrients



Hydration

- At all levels nutrition starts with hydration.
- Being well hydrated improves how you feel and perform. The average adult requires at least 2-3 litres of water a day. This requirement increases if you exercise.
- Thirst is a poor measure of dehydration.
- When exercising aim to drink at least 1 Litre of water an hour, it also needs to have some good salts in it as this helps you drink more and for it to be transported across your gut.

Hydration



7 - Avoid Hydrogenated Fat

- Are added to food as a preservative to increase shelf life and reduce refrigeration requirements
- Lower the "good" HDL cholesterol in your body
- Raises total cholesterol levels by 20-30%;
- Diminishes immune system function – more likely to get ill
- Decreases levels of testosterone
- Causes an increase in fat cell size, cell number, lipid class, and fatty acid composition - Makes you fatter

Steering clear

Look out for –

- Trans Fats
- Hydrogenated Vegetable Oil
- Hydrogenated Palm Oil
- Partially Hydrogenated Vegetable Oil
- Shortened Fats
- Vegetable shortening

Nutrition Facts	
Serving Size 1 cup (200g)	
Amount Per Serving	
Calories 260	
	% Daily Value
Fat 13g	20%
Saturated Fat 3g + Trans Fat 2g	25%
Cholesterol 30mg	10%
Sodium 660 mg	28%
Carbohydrate 31g	10%
Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%

Eat fats that give back

Performance role:

- Cellular Repair
- Memory
- Regulate blood sugar

Good choices:

- Coconut oil
- Oily Fish
- Extra olive virgin oil
- Nuts



Quality

- Deficiency & Toxicity will severely interfere with your ability to perform on a regular basis
- Organic and high grade produce is the best way to avoid these problems
- Always opt for quality ahead of quantity where possible and if your budget allows



Fine tuning

- Once you've mastered the basics – you need to look at fine tuning.
- This is where supplements and other strategies come into play



Omega 3 Fish Oil

- Essential – can only obtain from food
- Not enough Omega 3 & too much Omega 6 in the Western diet = Chronic Inflammation
- For the three quarters of people in the UK & Ireland who do not include oily fish as part of our routine dietary habits, supplementing fish oils is the single most important dietary change we can make.
- Like motor oil for a car, fish oil is essential for our wellbeing; oiling the heart, brain and joints for increased longevity.
- A quick pubmed search on fish oil and health will bring up over 3000 papers!

Omega 3

Good omega 3s are found in:

- Cold water fish
 - Fish oil
 - Flaxseed
 - Avocado
 - Walnuts
 - Cauliflower/ leafy greens
-
- Omega 6's are found in most vegetable oils and should be limited



Whey Protein

- Whey protein are proteins found in milk.
- Whey protein is a complete protein that contains all 9 ESSENTIAL (not produced in your body) Amino Acids
- With data from numerous studies demonstrating the importance of protein for both body composition and health
- Can benefit from protein powder supplementation as it is a quick and convenient way to meet caloric needs



Greens Drinks

What are greens supplements?

- Greens supplements are veggies, fruits, algae and/or grasses that have been compacted and distilled into powdered form.
- They typically contain an assortment of nutrient rich foods like barley grass, wheat grass, spirulina, chlorella, alfalfa, herbs, vegetables, legumes, and fruits.
- Greens supplements can function as a serving of fruits and vegetables, and contain vitamins, minerals, and fibre

Why are greens supplements so important?

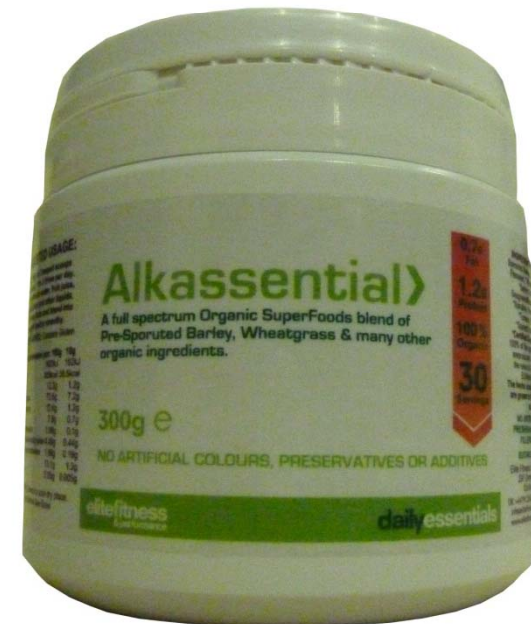
- Greens supplements can help augment a diet that is low in fruits and vegetables.

Consumption

Do you know how many people are consuming 5 or more servings of fruits/vegetables each day?

- Less than 1% of men & 4% of women ages 18 to 24
- Less than 6% of men & 9% of women ages 25 to 34
- Less than 14% of men & 16% of women ages 35 to 49
- Less than 24% of men & 22% of women ages 50 to 64

John Berardi, Precision Nutrition (2012)



Vitamin D₃

- Vitamin D is most commonly known as the 'sunshine vitamin' but with the lack of sun in Ireland, as well as the wide spread use of sun creams, the ability to synthesise Vitamin D is hugely reduced.
- Even factor 8 sun creams reduce the skins ability to make Vitamin D by 97%!
- Vitamin D is extremely rare in foods. It's found in fish, cod liver oil, mushrooms, liver and eggs – but usually not in substantial amounts (except in cod liver oil)



Multivitamin

- While this is may be perceived as a 'boring' choice it should be the cornerstone of any supplement protocol.
- For those who are eating a sound, balanced diet, it will merely act as an 'insurance policy'
- The USDA has reported that the nutrient content of vegetables has fallen since 1973.
- Of the vitamins we do ingest from whole food, absorption can range from 20 to 98%.

