Session 4

NUTRITION

01

REVIEW

NUTRITION ACTION PLAN

SESSION 4

NUTRITION 01

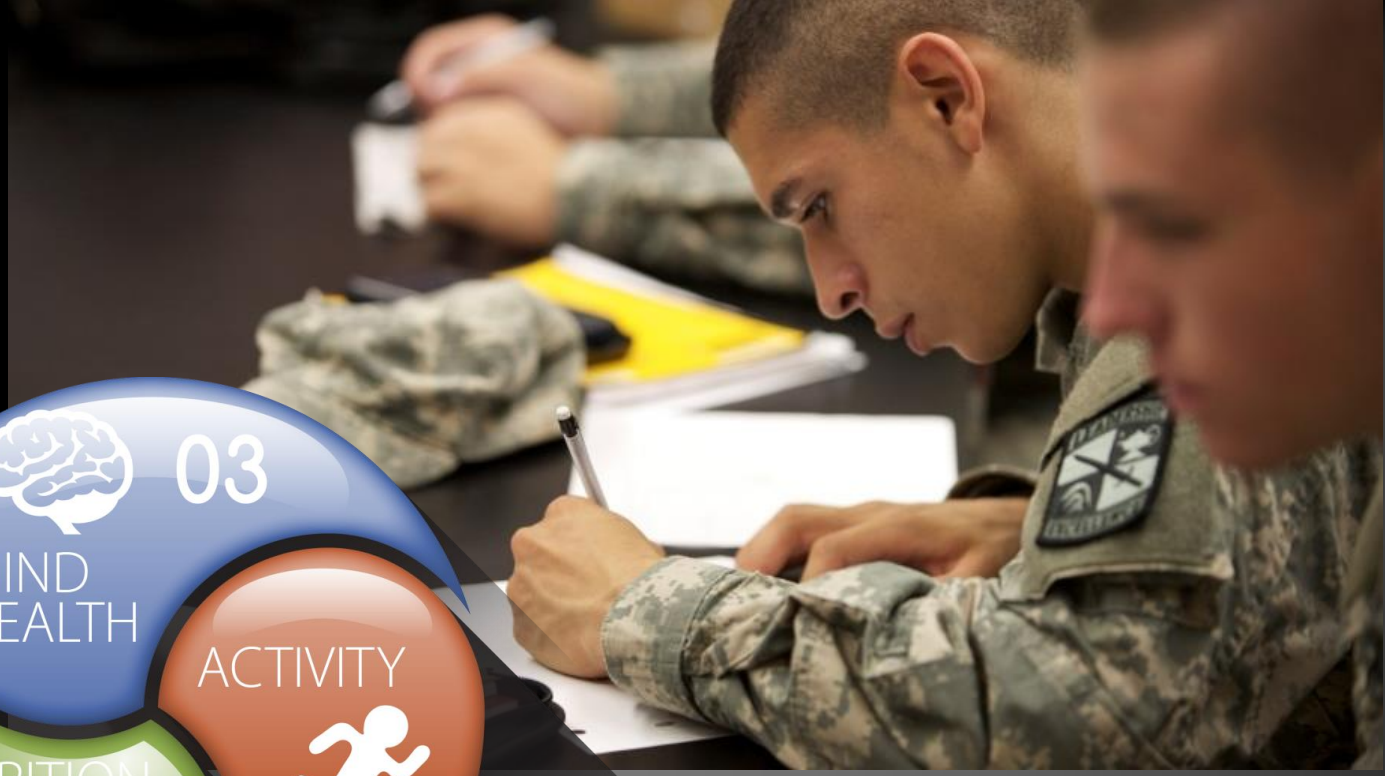
ACTIVITY 02

REVIEW

ACTIVITY

ACTION PLAN

SESSION 4



REVIEW

MIND-HEALTH

ACTION PLAN

SESSION 4

Welcome to SESSION 4 TOPICS

Fueling Your Mind

- Nutrient combining and Timing

Benefits of Strength Training

- Strength Training Basics

Performance Nutrition Part II

A balanced and varied diet improves mood and sense of well-being

Provide a Calming Effect

Carbohydrate Rich Foods

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Increase Alertness

Protein Rich Foods

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Promote Optimal Brain Health

Healthy Fats

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CARBOHYDRATE

Fruit, Vegetable, Whole Grain, Potato, Starchy Vegetable

PROTEIN and/or FAT

Beans, Lentils, Nuts/Nut-butters, Seeds, Cheese, Yogurt, Eggs, Meat, Hummus

Nutrient Combining

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Meal Timing

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Carbohydrates	Protein and/or Fat	Example
Breakfast + +	+	1 c. Oatmeal 1 Banana 8 oz. Milk 24 Almonds
A.M Snack +		1 c. Greek Yogurt 1 c. Berries
Lunch + + + +	+	1/2 Turkey Sandwich 1 Side Salad 1 Orange 2 tbsp. Lite Dressing
Afternoon Snack + +		Celery & Carrots 2 tbsp. Hummus
Dinner + + + +	+	½ c. Brown Rice 1 c. Steamed Broccoli 1 Side Salad 1 c. Fruit Salad 3 oz. Grilled Salmon 2 tbsp. Lite Dressing

SMALLER PORTIONS EVERY 3 – 4 HOURS

Strength Training Benefits

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- Improves look and shape of body
- Females benefit without adding bulk

Benefits of Strength Training

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Benefits of Strength Training

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Less fatigue while carrying heavy loads

Better bone density

Strength Training Basics

Pick a method

Do 3-5 sets of 6-12 repetitions

Strength Training Basics Cont…

- ✓ **Lift with slow, controlled motions and breathe properly**
  - ~ 1 second up while breathing out
  - ~ 3 seconds down while breathing in
- ✓ **Rest muscle groups about 48 hours between workouts**
- ✓ **If you need help, ask a professional**
  - Certified Personal Trainer, Master Fitness Trainer, or Physical Therapist

Proper Nutrition…

Speeds Recovery

Provides Fuel

Builds Lean Tissue

Carbohydrates,
Protein,
and
Healthy Fats

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"Abs" Are Made In…The Kitchen

Performance Nutrition Part II

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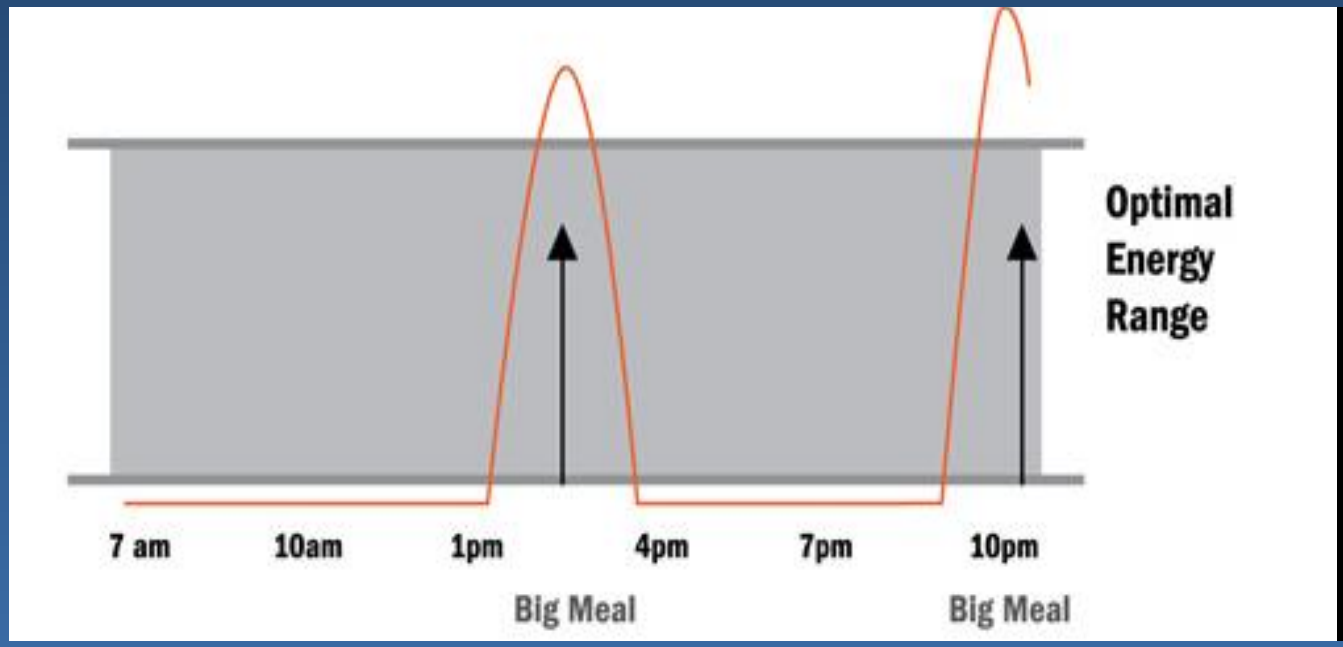
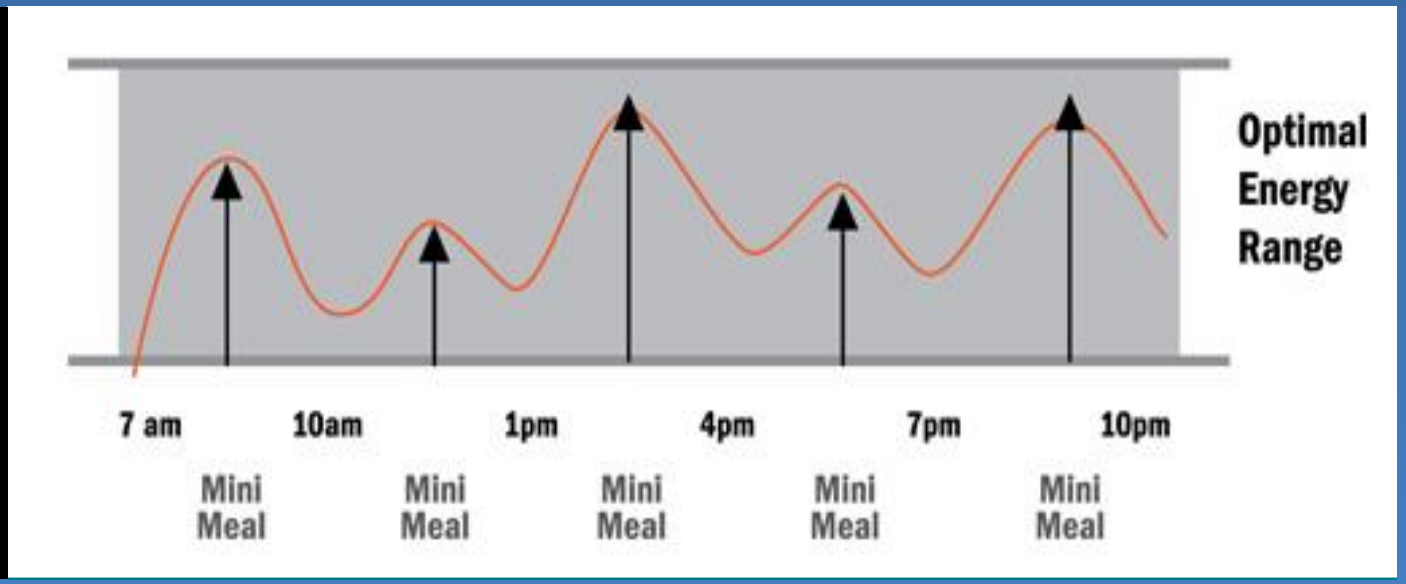
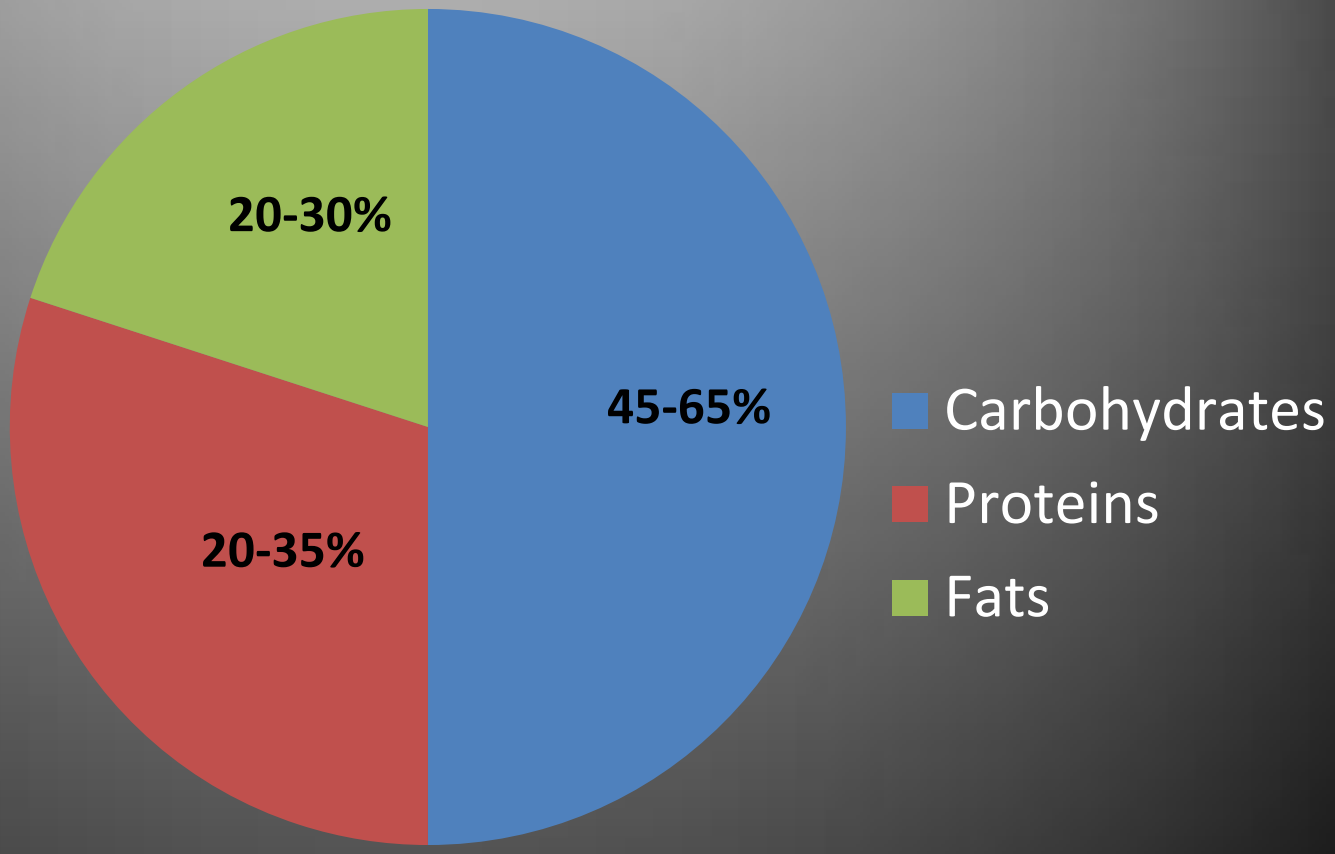


POORLY FUELED: LARGE MEALS or SKIPPED MEALS

WELL FUELED: SMALL MEALS at REGULAR INTERVALS



Macronutrient Breakdown



Primary Source of Fuel

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Vitamins & Minerals = Energy Catalysts

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- Strengthens Bones & Teeth
- May Help To Control Weight

Calcium

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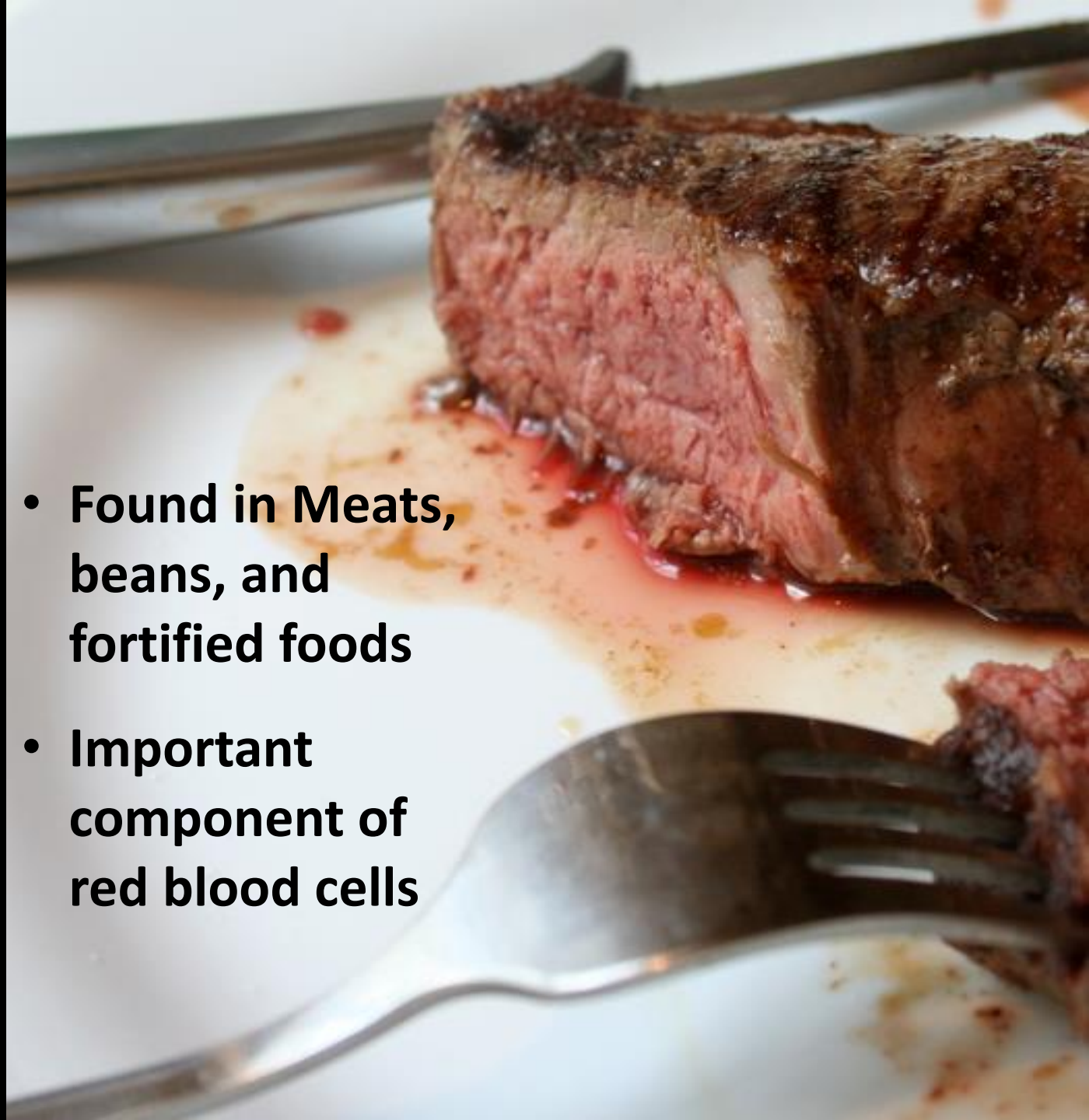

- Found in Meats, beans, and fortified foods
- Important component of red blood cells

Iron

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Proteins: Building Blocks of Life

- Tissue Repair, Preserve Lean Muscle Mass, Boost Immune Function
- Best sources: meats, beans, eggs, milk/dairy, and/or nuts/seeds
- Take longer to digest (may help with appetite control)

1 gram of Protein = 4 Calories

- **Choose leaner sources of protein and those without added fats**
- **Grill, bake, broil, or roast**

Protein Source / Serving (Svg.) Size	Grams of Protein / Svg.	Calories / Svg.
3 oz. chicken breast (skinless)*	23 g	115
1 cup Greek yogurt	23 g	130
3 oz. fish (grilled)*	19 g	142
3 oz. 93% lean ground beef*	20 g	145
3 oz. tofu	4 g	50
1 cup skim milk	8 g	90
½ cup Black Beans	7 g	110
1 large egg	6 g	70
1 oz. peanuts (a small handful)	7 g	160

*** Compare to 3 oz. of prime rib (higher fat meat): 13 g of protein and 310 calories!**

Calculate Your Protein Requirement

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- **Calculate your own protein needs for your body weight**
  - .36g of protein per lb. of body weight (sedentary)
  - .54g of protein per lb. of body weight (light to moderate activity)
- **A 160 lb. person would need:**
  - 58g of protein (sedentary)
  - 86g of protein (moderate activity)

COMPLEX

Slow, steady release of energy

REFINED

Fast, quick release of energy followed by “drop” (crash) in energy

Carbohydrates

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1 gram of Carbohydrate = 4 Calories

(Complex or Refined)

FATS:
Necessary in Moderate Amounts

- Provide energy
- Help body absorb fat soluble vitamins
- Help with satiety (feelings of fullness/satisfaction)
- Choose fats that are liquid at room temperature versus solid

1 Gram of Fat = 9 Calories

(Unsaturated or Saturated)

We eat 92% of what is on our plates!

PORTION DISTORTION QUIZ

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National Heart Lung and Blood Institute Mini-Quiz

Most Accurate Way to Measure Food Portions

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Use a food scale and/or measuring cups/spoons

Most Practical Way to Measure Food Portions

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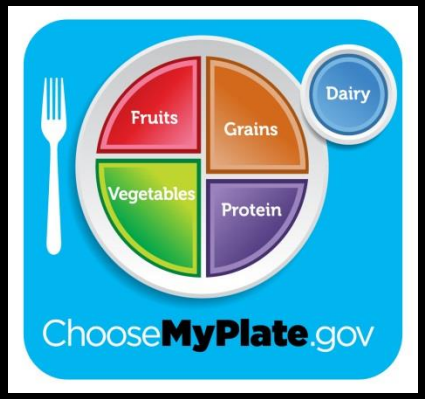
Start with a 9 inch plate



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Other Methods of Portion Control

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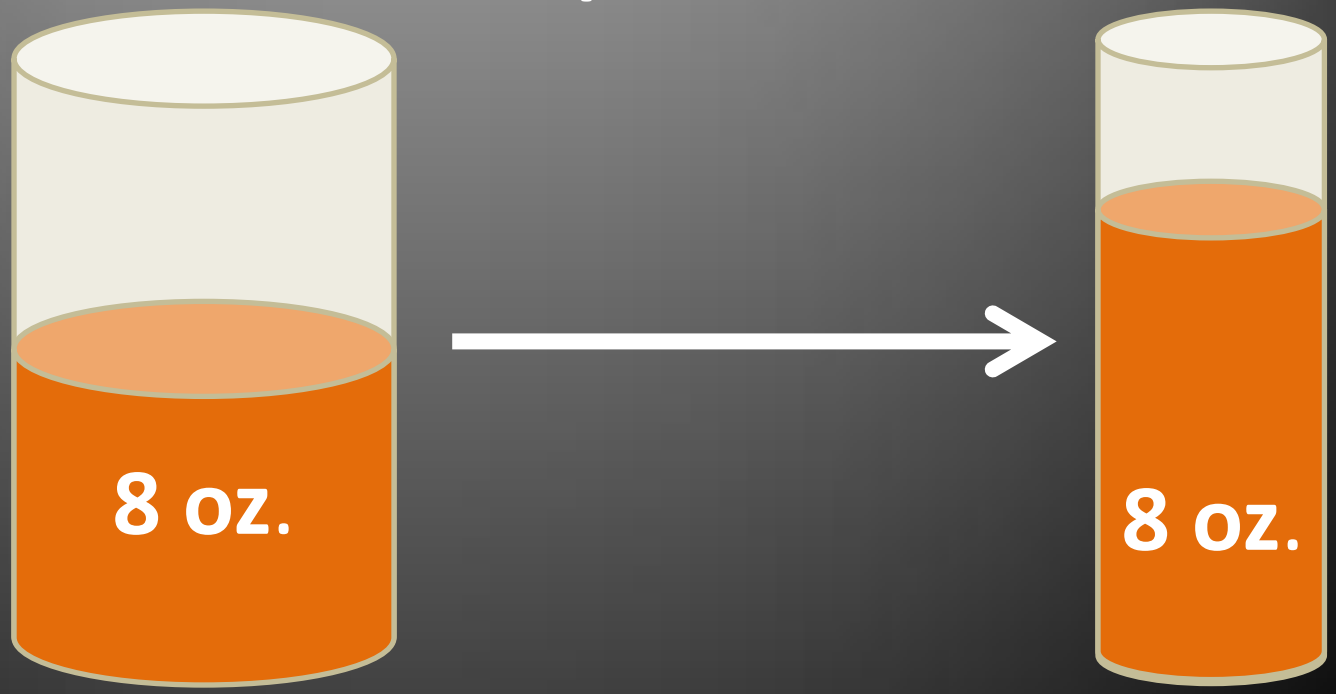
- Plate Dividers
- Bento Boxes
- Tupperware®
- Plastic Baggies
- Mini-Cups with lids

Get Cup Smart Quiz

Which Cup Contains 8 oz.?



Use a thinner, taller cup

Get Bowl Smart Quiz

Which Bowl Contains Less Cereal?

Use a thinner, less shallow bowl

ARMY MOVE4 PERFORMANCE

Meal Planning

SESSION 1

Grilled Chicken
w/Spiced Rub
(1 breast)

Quarter Pound Cheeseburger
w/Bun
(1 burger, .25 lbs)

Frozen Mixed Vegetables
(1 cup)

Baked Beans
(1/2 cup)

Creamy Mashed Potatoes
(1 cup)

Hot Dog on Bun
w/Ketchup and Mustard
(1 hot dog)

Vegetarian Chili
w/Beans, Tomatoes, & Vegetables
(2 cups)

Mixed Salad
w/Ranch Dressing
(side salad/2 tbsp.)

Canned Corn
(1.2 of 15 oz. can)

Grilled Steak
w/Seasoning
(8 oz.)

Sweet Potato
w/Butter & Cinnamon
(1 medium)

Brown Rice
(1 cup)

Whole Grain Pasta & Tomato Sauce
(1 1/2 -2 cups)

Steamed Broccoli
(1 cup)

Chicken Nuggets
w/ BBQ Sauce
(6 piece\ 2 tbsp.)

Tilapia
w/ Olive Oil & lemon
(4 oz.)

Dark Chocolate Square
(1 square)

Trail Mix
(1 cup)

Banana
(1)

Veggie Chips
(1 bag)

Low-fat plain yogurt
w/ Fresh Fruit
(8 oz.)

Hummus & Pretzel Chips
(1 individual container)

Protein Bar
(1 bar, 2.4 oz)

Light Microwave Popcorn
(1/2 bag)

Mozzarella String Cheese (nonfat)
(1 stick)

Carrot Sticks
w/ Low-fat Ranch
(2 tbsp.)

Almonds
(1/4 cup)

Tortilla Chips and Salsa
(12 chips/1/2 cup)

Multigrain Chips
(1 individual bag)

Granola Bar
(1 bar)

Fruit on Bottom Greek Yogurt
(1 container)

Celery Sticks
w/ Peanut Butter
(2 tbsp.)

Grilled Chicken
w/Spiced Rub
(1 breast)

Calories: 141 Fat: 3g
Protein: 26g Sugar: 0g
Sodium: 341mg Fiber 0g

Quarter Pound Cheeseburger
w/Bun
(1 burger, .25 lbs)

Calories: 520 Fat: 0g
Protein: 30g Sugar: 0g
Sodium: 1100mg Fiber: 3g

Frozen Mixed Vegetables
(1 cup)

Calories: 118 Fat: 0g
Protein: 5g Sugar: 0g
Sodium: 64mg Fiber: 8g

Baked Beans
(1/2 cup)

Calories: 195 Fat: 6g
Protein: 8g Sugar: 8g
Sodium: 576mg Fiber: 5g

Creamy Mashed Potatoes
(1 cup)

Calories: 170 Fat: 1g
Protein: 4g Sugar: 3g
Sodium: 500mg Fiber: 3g

Hot Dog on Bun
w/Ketchup and Mustard
(1 hot dog)

Calories: 284 Fat: 17g
Protein: 10g Sugar: 4g
Sodium: 920mg Fiber: 1g

Vegetarian Chili
w/Beans, Tomatoes, & Vegetables
(2 cups)

Calories: 544 Fat: 15g
Protein: 38g Sugar: 13g
Sodium: 2179mg Fiber: 22g

Mixed Salad
w/Ranch Dressing
(side salad/2 tbsp.)

Calories: 152 Fat: 15g
Protein: 1g Sugar: 2g
Sodium: 364mg Fiber: 1g

Canned Corn
(1.2 of 15 oz. can)

Calories: 133 Fat: 2g
Protein: 4g Sugar: 5g
Sodium: 489mg Fiber: 4g

Grilled Steak
w/Seasoning
(8 oz.)

Calories: 692 Fat: 45g
Protein: 66g Sugar: 0g
Sodium: 860mg Fiber: 0g

Sweet Potato
w/Butter & Cinnamon
(1 medium)

Calories: 137 Fat: 4g
Protein: 2g Sugar: 7g
Sodium: 70mg Fiber: 6g

Brown Rice
(1 cup)

Calories: 233 Fat: 2g
Protein: 5g Sugar: 1g
Sodium: 11mg Fiber: 4g

Whole Grain Pasta & Tomato Sauce
(1 1/2 -2 cups)

Calories: 435-580 Fat: 11-15g
Protein: 13-18g Sugar: 17-23g
Sodium: 982-1309mg Fiber 13g-17g

Steamed Broccoli
(1 cup)

Calories: 55 Fat: 1g
Protein: 4g Sugar: 2g
Sodium: 64mg Fiber: 5g

Chicken Nuggets
w/ BBQ Sauce
(6 piece)

Calories: 331 Fat: 19g
Protein: 15g Sugar: 8g
Sodium: 885mg Fiber: 2g

Tilapia
w/ Olive Oil & lemon
(4 oz.)

Calories: 141 Fat: 2g
Protein: 7g Sugar: 0g
Sodium: 102mg Fiber: 0g

Dark Chocolate Square
(1 square)

Calories: 42 Fat: 3g
Protein: 0g Sugar: 4g
Sodium: 2mg Fiber: 1g

Trail Mix
(1 cup)

Calories: 704 Fat: 50g
Protein: 23g Sugar: 29g
Sodium: 10mg Fiber: 9g

Banana
(1)

Calories: 105 Fat: 0g
Protein: 1g Sugar: 14g
Sodium: 1mg Fiber: 3g

Veggie Chips
(1 bag)

Calories: 132 Fat: 7g
Protein: 1g Sugar: 1g
Sodium: 270mg Fiber: 1g

Low-fat plain yogurt
w/ Fresh Fruit
(8 oz.)

Calories: 232 Fat: 2g
Protein: 10g Sugar: 43g
Sodium: 132mg Fiber: 0g

Hummus & Pretzel Chips
(1 individual container)

Calories: 260 Fat: 19g
Protein: 6g Sugar: 1g
Sodium: 470mg Fiber: 7g

Protein Bar
(1 bar, 2.4 oz)

Calories: 270 Fat: 9g
Protein: 20g Sugar: 21g
Sodium: 200mg Fiber: 2g

Light Microwave Popcorn
(1/2 bag)

Calories: 157 Fat: 4g
Protein: 5g Sugar: 0g
Sodium: 327mg Fiber: 2g

Mozzarella Cheese Stick
(1 stick)

Calories: 39 Fat: 0g
Protein: 9g Sugar: 0g
Sodium: 208mg Fiber: 1g

Carrot Sticks
w/ Low-fat Ranch
(2 tbsp.)

Calories: 82 Fat: 8g
Protein: 0g Sugar: 2g
Sodium: 193mg Fiber: 0g

Almonds
(1/4 cup)

Calories: 204 Fat: 18g
Protein: 8g Sugar: 1g
Sodium: 0mg Fiber: 8g

Tortilla Chips and Salsa
(12 chips/1/2 cup)

Calories: 167 Fat: 6g
Protein: 4g Sugar: 4g
Sodium: 842mg Fiber: 3g

Multigrain Chips
(1 individual bag)

Calories: 146 Fat: 7g
Protein: 2g Sugar: 1g
Sodium: 118mg Fiber: 1g

Granola Bar
(1 bar)

Calories: 95 Fat: 2g
Protein: 2g Sugar: 10g
Sodium: 60mg Fiber: 1g

Fruit on Bottom Greek Yogurt
(1 container)

Calories: 139 Fat: 0g
Protein: 14g Sugar: 19g
Sodium: 65mg Fiber: 1g

Celery Sticks
w/ Peanut Butter
(2 tbsp.)

Calories: 188 Fat: 16g
Protein: 8g Sugar: 3g
Sodium: 147mg Fiber: 2g

Sample Meal Plans

SESSION 4

- Benefits of smaller more frequent meals to fuel your mind and body
- Best ways to tackle portion control
- Role of strength training 2-3 times/week
- Making “performance choices” when meal planning

SUMMARY

SESSION 4

NUTRITION ACTION PLAN

SESSION 4

ACTIVITY ACTION PLAN

SESSION 4

MIND HEALTH ACTION PLAN

SESSION 4

SESSION 4