



BASIC NUTRITION + FAT LOSS NUTRITION EDUCATION

*By Lead Performance Dietitian at Norton Sports Health
Marisa Faibish, MS, RD, CSSD, LDN*

The background of the slide features a series of colorful silhouettes of athletes in various sports poses, including running, jumping, and holding sports equipment like a golf club, football, and basketball. The colors transition from light blue on the left to yellow, orange, and red on the right. A semi-transparent white horizontal band is overlaid across the middle of the image.

WHY IS NUTRITION IMPORTANT?

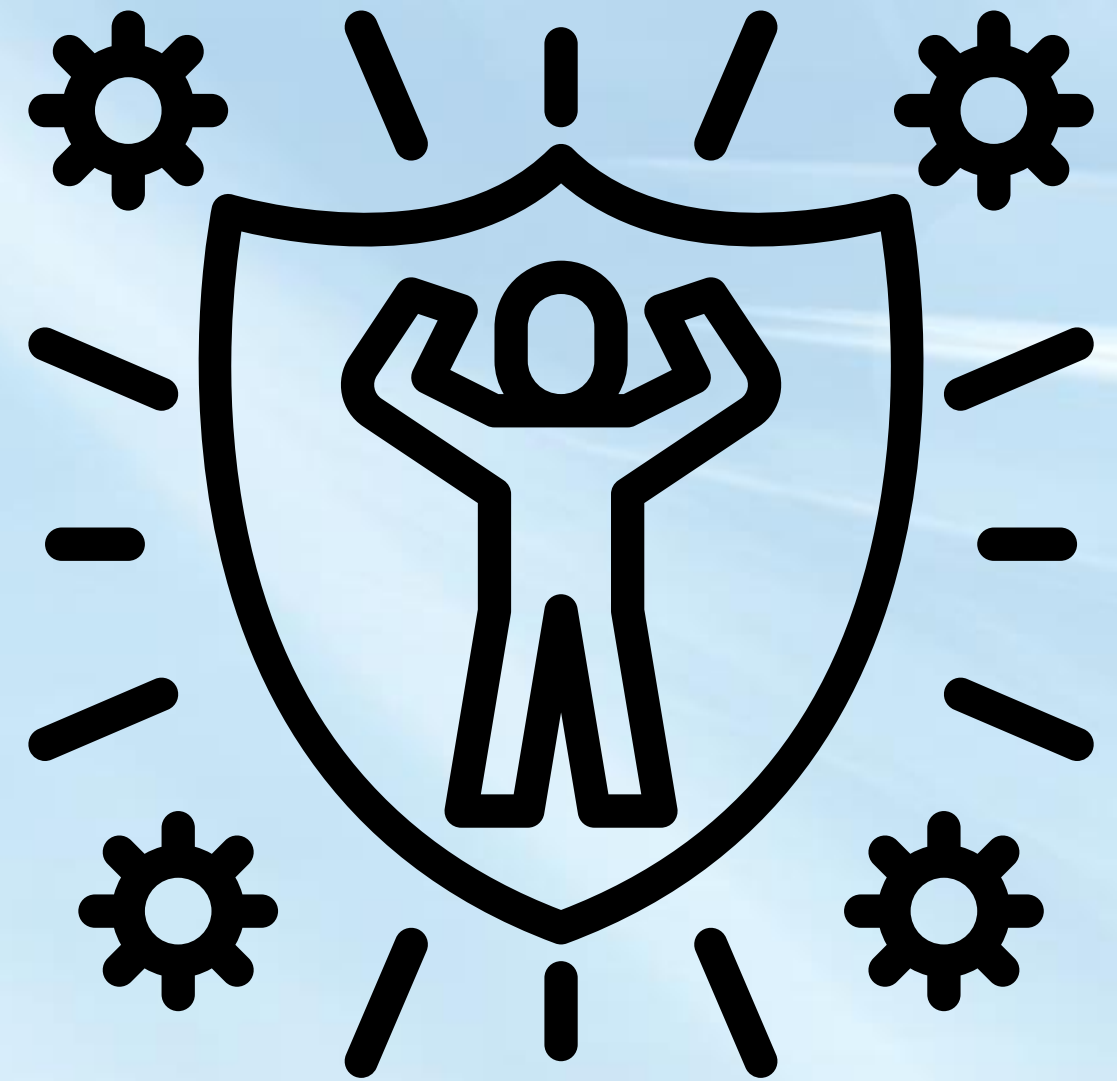
Optimize Body Composition

- Increases muscle mass and lowers body fat



Immune System

- Enhances our bodies defense against sickness



Recovery - Injury

- Proper and balanced nutrition can help with the healing process AKA
RECOVER FASTER



Recovery - Training

- Well timed nutrition can accelerate recovery from training/job and enhance performance

Mental and Physical Function

- Keeps us focused with exercise and life!

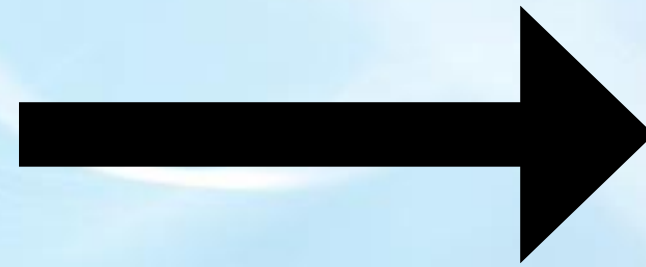
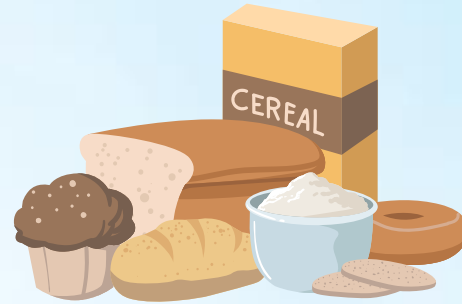


The background of the slide features a series of colorful silhouettes of athletes in various sports poses, including running, jumping, and holding sports equipment like a golf club, football, and basketball. The silhouettes are arranged in a line, creating a sense of movement and energy. The colors transition from light blue on the left to yellow, green, orange, and red on the right. The word "MACRONUTRIENTS" is centered over this graphic in a bold, blue, italicized font.

MACRONUTRIENTS

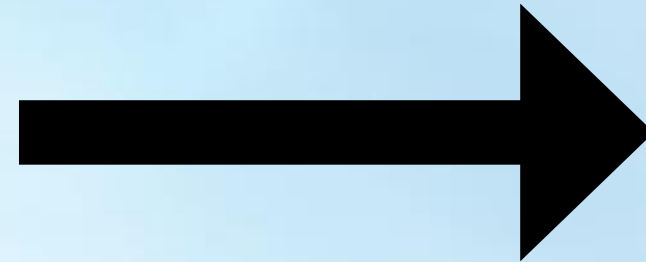
OPTIMAL PERFORMANCE

CARBS



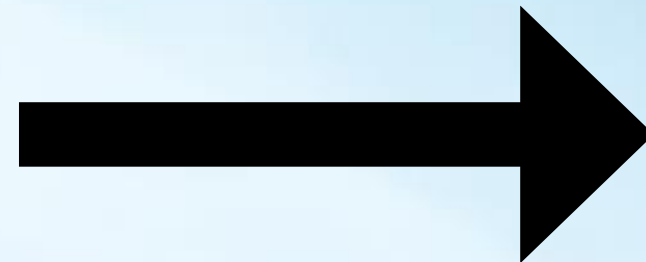
**#1 fuel source for
exercise and our
brain**

FATS



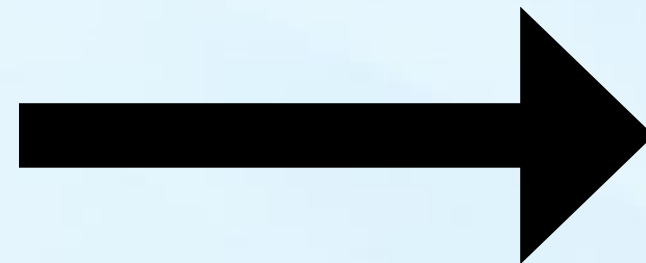
**Secondary fuel
source, reduce
inflammation**

PROTEIN



**Building blocks.
Repair, rebuild and
recondition our
muscles**

HYDRATION

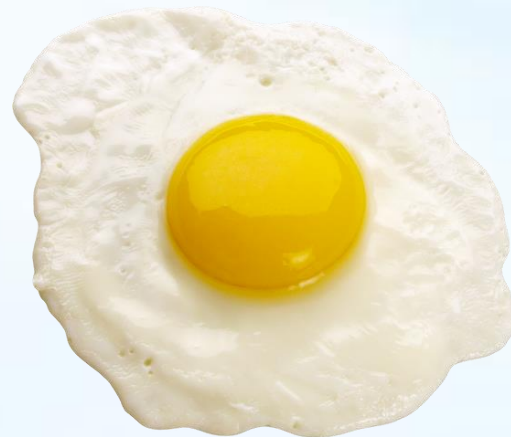
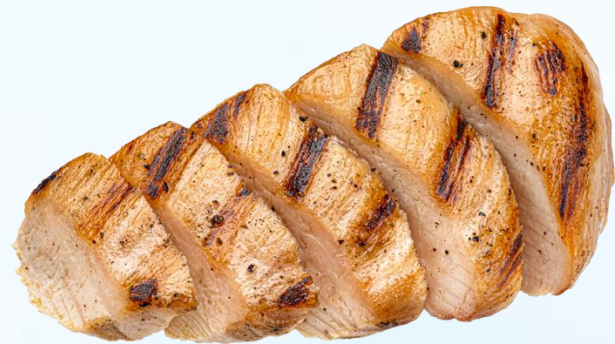


**At just 2%
dehydration,
performance drops**

CARBS = ENERGY



LEAN PROTEINS = MUSCLE BUILDING/MAINTENANCE/REPAIR



FAT = LOW INTENSITY FUEL, DECREASE/INCREASE INFLAMMATION



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MICRONUTRIENTS

MICRONUTRIENTS

NECESSARY FOR OUR BODY TO FUNCTION PROPERLY

Vitamins and Minerals

- Unlike macronutrients, these do NOT directly provide us energy

Vitamins and minerals are just like...



WD-40, a multi-purpose cleaner that helps remove rustiness, protect equipment, decrease wear and tear, and keep things running smoothly. V + M are the WD-40 for our body! They keep our muscles, bones, brain and heart working properly.

- Reduce muscle soreness
- Strengthen your immune system
- Improve running capacity (endurance)
- Provide electrolytes for hydration

ACCEPTABLE MACRONUTRIENT DISTRIBUTION RANGES

Table 2.7: AMDR Values for Adults

Nutrient	Value (percentage of Calories)
Fat	20.0–35.0
Carbohydrate	45.0–65.0
Protein	10.0–35.0

START OFF WITH *PROTEIN* NEEDS - ALWAYS PUT PROTEIN FIRST

***FAT* DEPENDENT ON GOALS + SHOULDN'T EVER BE < 20% OF DIET DUE TO HORMONAL HEALTH**

***CARBS* = DEPENDENT ON GOALS AND PERFORMANCE NEEDS**

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FAT LOSS + HEALTHY LIVING

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FACTORS THAT AFFECT WEIGHT

FACTORS THAT AFFECT WEIGHT

- **STRESS ***
 - personal, work, trauma
- **SLEEP ***
 - 7-8 hours/night, consistent
- **NUTRITION ***
 - caloric intake, types of foods, eating disorders, portion control
- **HORMONAL HEALTH**
- **GENETICS/HEREDITARY**
- **ACTIVITY ***
 - Sedentary lifestyle, activity
- **MEDICAL CONDITIONS**
- **LIFESTYLE/HABITS ***
 - alcohol, cigarettes, drug use
- **JOB**
 - level of stress, activity, needs of job

*** = factors that we can control**

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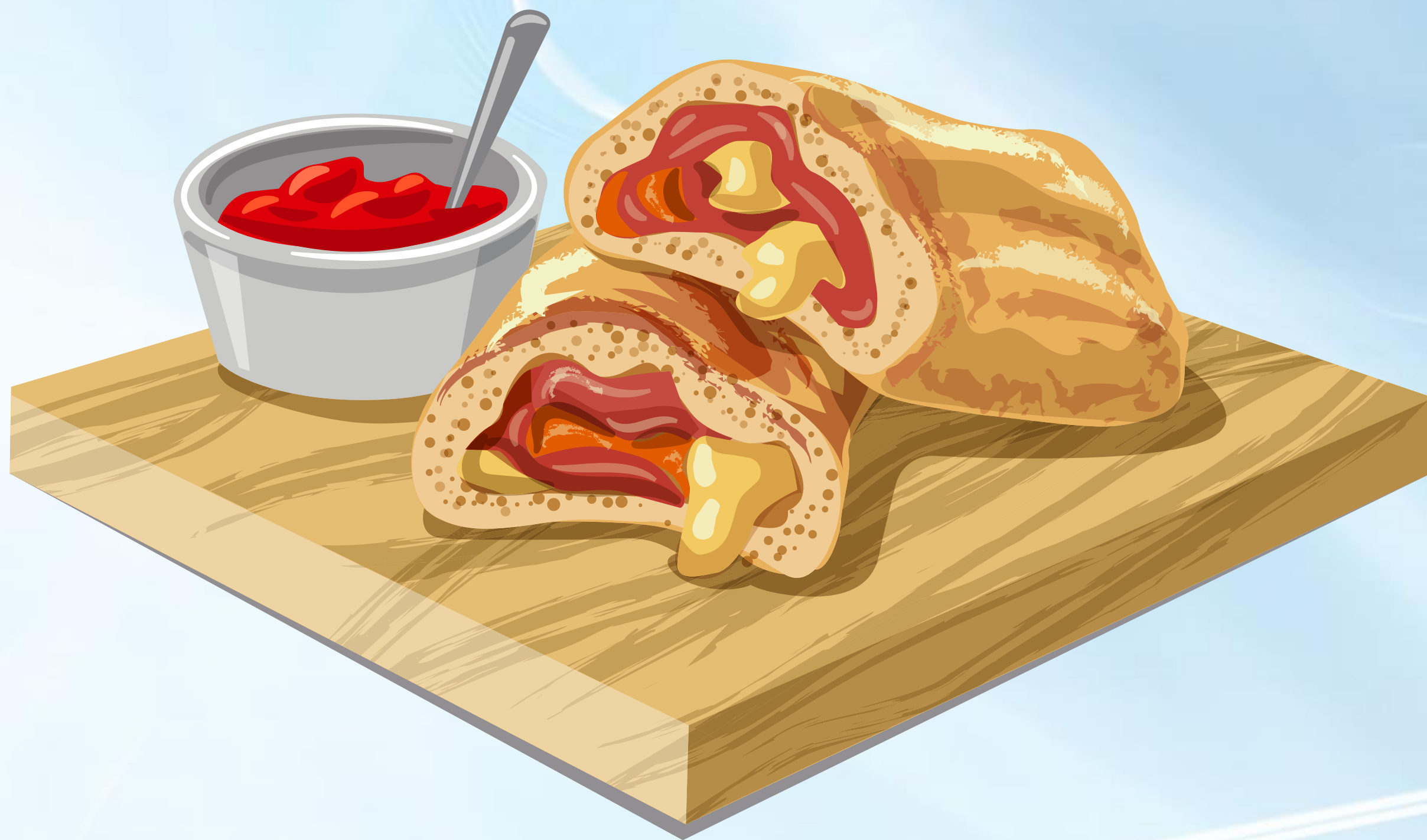
WHERE DO I START?

WHERE DO I START?

- **Start asking yourself what areas you can/need to improve on**
- **Set small attainable goals from there for each area**
 - i.e. if you are not doing any form of activity start by going on daily walks
 - i.e. if you are under a lot of stress, practice meditation or deep breathing
 - i.e. switch to calorie free drinks + If you are always choosing fried options, opt for grilled options
- **Nutrition plays a HUGE factor in our overall health and weight**
 - **BUT if the other areas are not consistent or out of whack...**
 - **it can only do so much!**



***HOW TO BUILD A SOLID FOUNDATION
WITH NUTRITION***



Supplements

Training + nutrient
timing

microNUTRIENTS

MACROnutrients

Energy Intake/Balance

Having a solid nutrition base will truly lay the foundation

Without it = shaky foundation that will crumble without a base

The day-to-day necessities aren't always "cool" or "sexy" so they are often discounted as they seem boring

Nothing will work better than consistent daily effort...no one skips leg day right?



A graphic featuring a row of ten stylized human silhouettes in various colors (blue, light blue, teal, green, yellow, orange, red, purple) running from left to right. Each silhouette is holding a different sports equipment: a basketball, a tennis racket, a golf club, a football, a tennis racket, a basketball, a tennis racket, a basketball, a tennis racket, and a basketball. The background is a light blue gradient with a large, faint, stylized 'N' shape. The text 'ACTIVITY PLATES' is centered over the silhouettes in a bold, blue, italicized font.

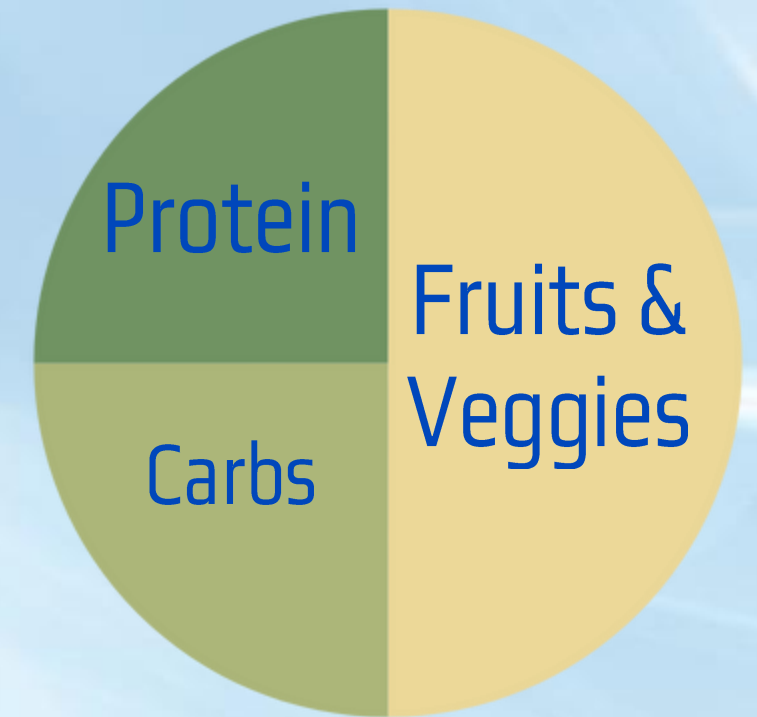
ACTIVITY PLATES



LIGHT TRAINING DAY/WEIGHT LOSS

Think COLOR

- Rest Days
- Low Intensity Training
- Yoga
- Walks



Always aim to have 20-30g protein at each meal

1/2 Our plate should be vegetables/fruit

Focus on COLOR!

1/4 of our plate should be carbohydrates

This is for rest days or very light workout days (yoga, walks, etc.)

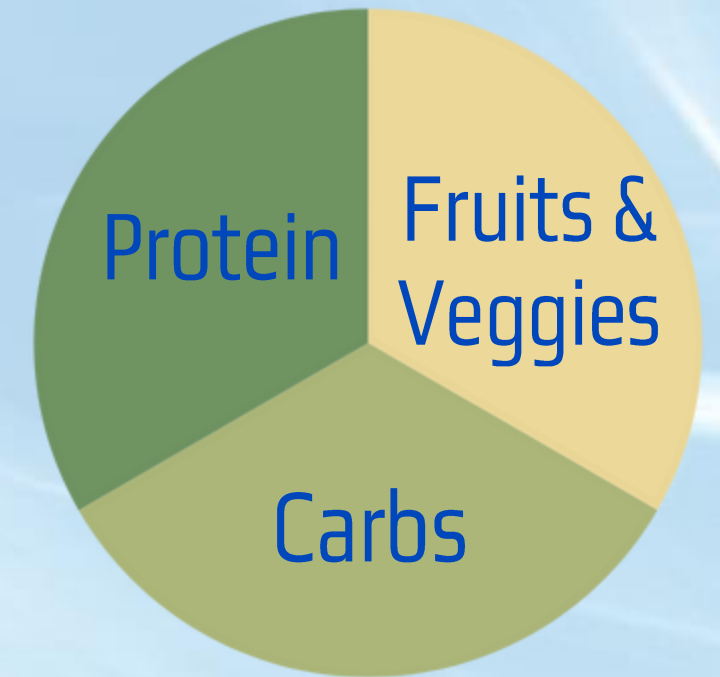
This is also for those trying to lose body fat



MODERATE TRAINING DAY/MAINTENANCE/RECOMP

Think BALANCE

- 1 Hr Lifts
- 1 Hr conditioning
- Your "Usual Day" Plate



Always aim to have 20-30g protein at each meal

1/3 Plate should be fruits/vegetables

Focus on BALANCE!

1/3 of our plate should be carbohydrates

This is moderate days or your usual day

This is for those trying to maintain their weight *your plate will reflect your training intensity each day*

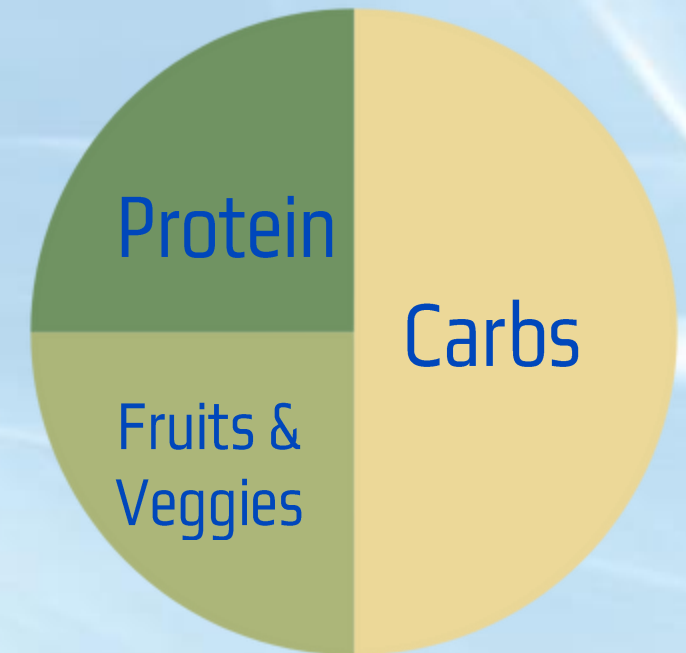


HARD TRAINING DAY/WEIGHT GAIN



Think GRAINS

- Two-A-Days
- Lift + Conditioning
- Heavy Conditioning



Always aim to have 20-30g protein at each meal

1/2 Our plate should be carbohydrates

Focus on GRAINS!

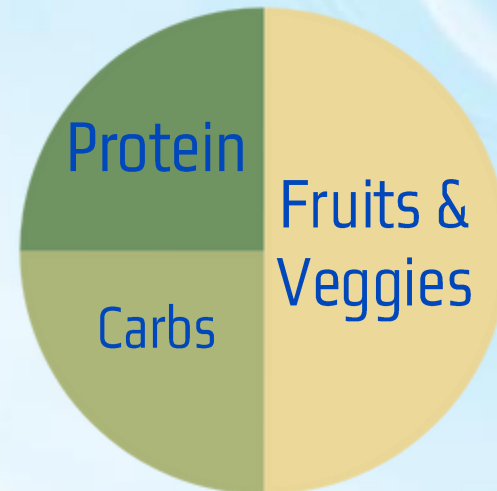
1/4 of our plate should be fruits/vegetables

This is for hard training days where it is either longer, more frequent or more intense than normal

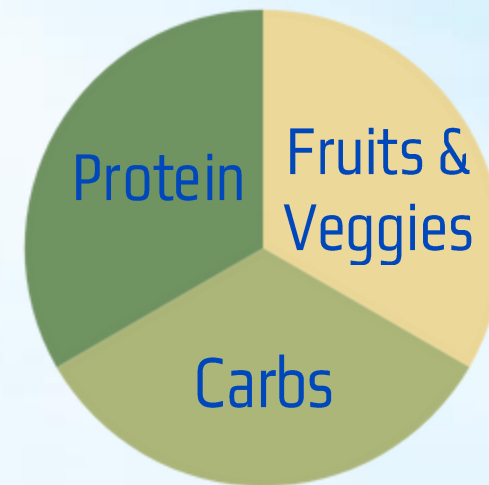
This is also for those trying to gain muscle



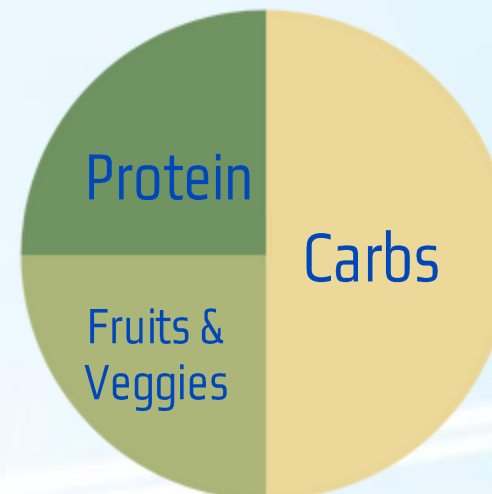
PLATES IN SUMMARY



LIGHT TRAINING DAY THINK COLOR



**MODERATE TRAINING DAY THINK
BALANCE**



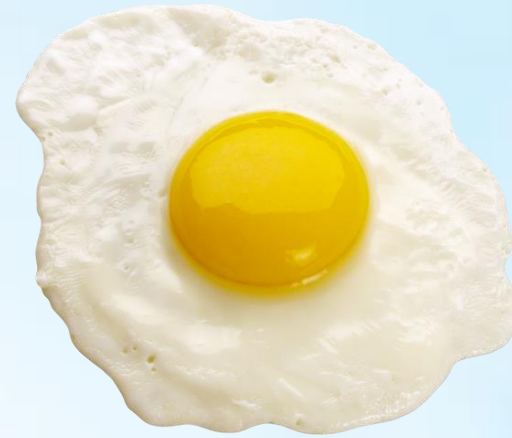
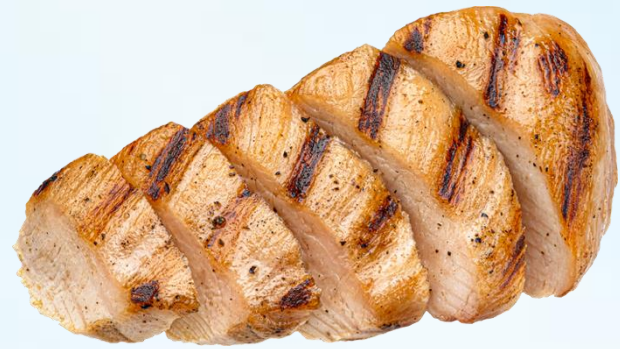
**HARD TRAINING DAY THINK
GRAINS**

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***WHAT KIND OF FOODS SHOULD I
CHOOSE MORE OF***

PROTEIN

*HIGH QUALITY LEAN
PROTEINS*



CARBS

*HIGH FIBER + WHOLE
GRAINS*



FATS

ANTI-INFLAMMATORY FATS



What else?

- High volume low calorie foods - can make you feel like you're eating more
 - you can have 4 cups of spinach for 40 calories
- Diet/0 calorie drinks
- HYDRATE
- Snacks
 - high protein snacks paired with high fiber food
 - NEVER HAVE ONE THING AT A SNACK
 - i.e. berries, greek yogurt, and granola
- Low fat/fat free dairy



WHY

- The main purpose of choosing more of these foods is to help with
 - Body composition
 - Satiety
 - Health
 - Inflammation
- Eating in a deficit of *low quality foods* will *help you lose weight but you won't feel good*
 - you will feel constantly hungry
 - inflammation in the body will increase
 - performance at your job/training will decrease
 - sleep quality will decrease

Hmm...

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***WHAT ARE SOME FOODS TO
DECREASE AND BE AWARE OF***

- **Alcohol**
 - empty calories and affect weight loss/body comp
- **Saturated Fats**
 - Can affect heart health, high calorie
- **Trans Fats**
 - Can affect heart health, high calorie
- **Fried Foods**
 - High in saturated fats that can increase inflammation in body
- **Whole fat dairy**
 - High in saturated fat and higher calorie, choose low fat dairy



- **Energy dense foods that are nutrient empty**
 - candy bars, potato chips
 - not filling but very high in calories
- **Energy dense drinks**
 - soda, sweet teas
 - not filling but very high in calories
- **Sauces and Dressings**
 - generally very little amount can be very high in calories and in saturated fats
- **Eating out**
 - This can be done but we must choose healthier options/alternatives
 - i.e. baked potato instead of fries
 - Grilled chicken instead of fried chicken
 - Sauces on the side



KEY TAKEAWAYS

- All 3 macronutrients are needed for optimal health and performance
- Focus on building a solid nutrition foundation
- Creating small attainable goals will set you up for success
- Nutrition is NOT the only component for fat loss
- Base your portions at meals off your goals
- The quality of the food is important to your overall success with weight loss and overall health
- **REMAIN CONSISTENT**, generally the boring day-to-day is what sets you apart



THANK YOU!

Marisa Faibish

(954) 598-3112

Marisafaib@gmail.com