

NUTRITION CHEAT SHEET



EPISODE 45
IRIS BRIAND, RDN -
6 NUTRITIONAL MUST HAVES
FOR YOUR STUDENT-ATHLETE

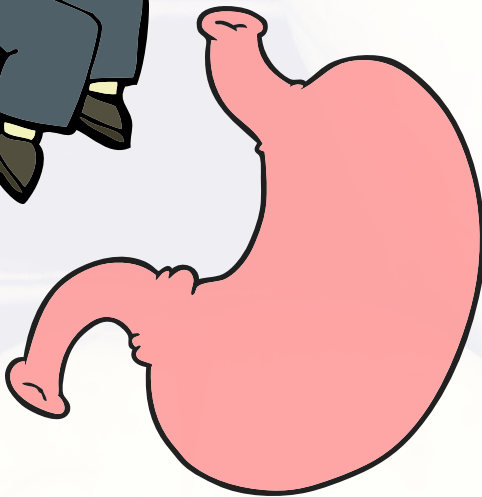
SPORTSMASTERY.COM

1. REST AND DIGEST

- If eating and digesting while using the sympathetic nervous system we cannot digest our food properly

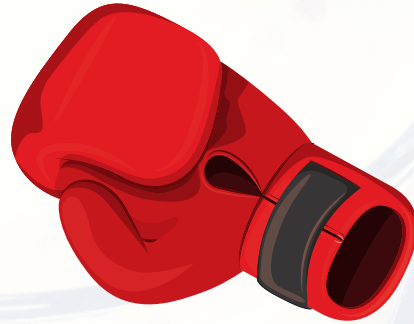
PARASYMPATHETIC NERVOUS SYSTEM

Rest and Digest



SYMPATHETIC NERVOUS SYSTEM

Fight or Flight

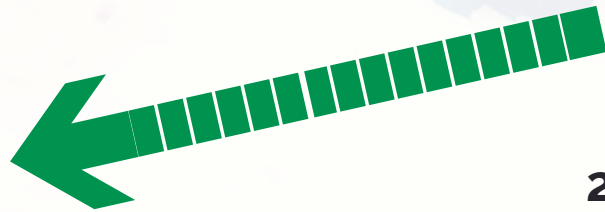


2. HOW TO BOOST METABOLISM

VIRGIN COCONUT OIL



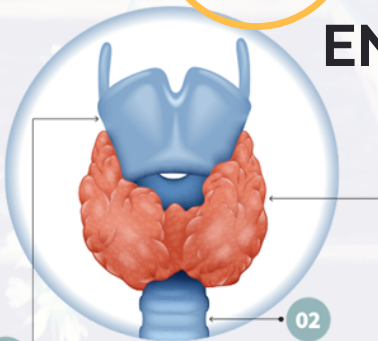
2 tsp / day



01
THYROID

ENHANCES THYROID HEALTH

- The thyroid regulates metabolism, hormones and energy levels



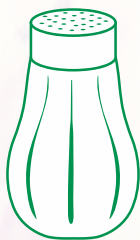
03
LARYNX

02
TRACHEA

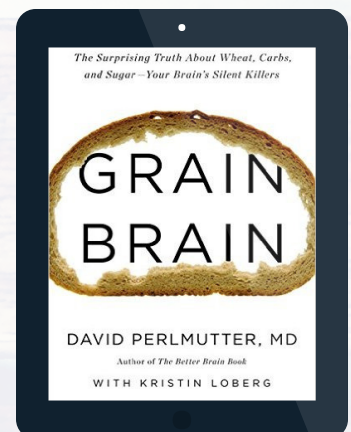


WAYS TO ADD COCONUT OIL

- Swap tradition oils for baked good
- Use to roast vegetables
- Add to coffee
- Mix with turmeric, cumin, and cinnamon (it has anti-inflammatory properties and increases circulation)



BOOK RECOMMENDATION



Grain Brain
by David Perlmutter, MD

3. ENHANCE ELECTROLYTE BALANCE

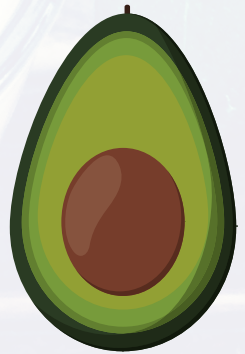
SODIUM CHLORIDE

- use Real salt



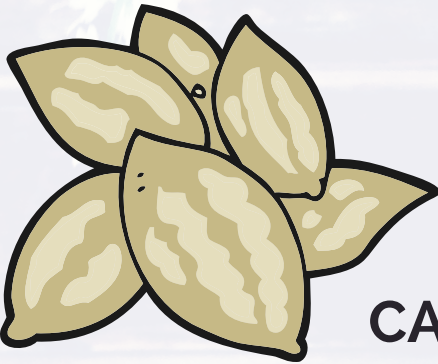
POTASSIUM

- avocado
- coconut water
- watermelon
- celery
- peppers
- carrots
- sugar snap peas
- peaches
- oranges



CALCIUM

- dark leafy greens
- broccoli
- chard
- boc choi
- arugula
- almonds



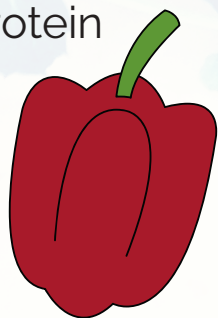
MAGNESIUM

- dark leafy greens
- avocado
- spinach
- kale
- banana

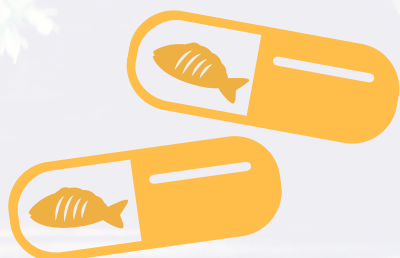


4. AMP UP CARDIOVASCULAR HEALTH

- a diet rich in antioxidant foods
 - * it repairs cardiovascular system
- healthy fats, lean protein
- low grain carbs.
- rich in vegetables



5. IMPROVE COORDINATION & MENTAL FOCUS



- Check Vitamin D levels
 - * Vitamin D controls bone health, balance, and mood
- Fish oil that is free of mercury and PCBs
- Decrease aluminum and Teflon exposure

6. DECREASE CRAVINGS FOR JUNK FOOD

- Healthy fats and proteins
- Decrease fructose
 - * Grains and fructose turn off the body's natural ability to tell us that we are full
- Ideally a cyclic diet -
 - * Glycogenic during training
 - * Ketogenic on recovery days

