



SPORTS NUTRITION

FUEL YOUR INNER CHAMPION

FAD DIETS

GRAPEFRUIT DIET- People once thought that by eating a grapefruit every morning, or only eating grapefruit for 3-7 days, would speed up fat loss due to a chemical in the grapefruit. While there is some research to support the fat-burning properties of grapefruit, it would have to be consumed in very highly concentrated amounts. Eating half a grapefruit with every meal has not been shown to speed fat burning in vitro (in real life).

ATKINS- AKA “the low carb diet”. This diet can be detrimental to an elite or beginner athlete. Your body needs carbohydrates for performance, brain function, recovery, immune function, and many other things! Many people find rapid weight loss with this diet, however, when people do experience rapid weight loss they gain back much of the weight and then some. This may start a habit of roller coaster dieting, which is detrimental for your health long-term.

SOUTH BEACH DIET- Like the Atkins Diet, it is broken down into phases. Phase one is lower carb than a traditional diet, which is bad for reasons explained above. Like many other diets, the South beach Diet tells us to eliminate certain foods for weight loss. This mindset is unhealthy. Every food fits into a diet, just in the right portions.

WEIGHT WATCHERS- While the support system, accountability, and education that Weight Watchers offers to its clients, it lacks in quality of food. A person is able to eat whatever they like during their day, as long as it remains in their “points” allotment. This allows a person to eat completely unhealthy foods all day every day, which is not healthy. The quality of food is much more important than the amount of food you eat.

MAPLE SYRUP DIET- The maple syrup diet became very popular around 2006, due to its effects for rapid weight loss. People would only drink a lemon juice-cayenne pepper-maple syrup mixture for 3 to 10 days. These people would rapidly lose weight, as one would imagine, however most of the weight lost is lean muscle. When people go on juice diets, they regain all of the weight, and sometimes more, after returning to normal food. The idea is that it is “cleansing” your body, but that is what your liver is for! If you feed your body right and exercise, your body cleanses itself.

PALEO- The focus on fruits, veggies, and grass-fed meats is great, but this diet completely cuts out grains, legumes, and some starchy vegetables such as peas and corn. All of these food groups have a lot to offer, especially for athletes. Complex carbohydrates provide the energy for athletes to perform at high levels and for proper recovery. Whole grains provide needed fiber and B vitamins.

GLUTEN FREE- Many people think that gluten free diets are the key to weight loss, this is not true. Your body needs carbohydrates and the nutrients provided by whole grains. Many people claim to have an “intolerance” to gluten, however that could be false if not diagnosed as Celiac disease. People who have *diagnosed* Celiac disease should avoid gluten.

TWO COMPONENTS OF A HEALTHY LIFESTYLE

A WELL-ROUNDED DIET: Make sure your diet is non-restricting and full of healthy fruits and veggies, lean meats, whole grains, and nuts and seeds. Dairy is an important part of your diet as it provides protein, vitamin D, and calcium. Try to follow the 85/15 rule- meaning that 85% percent of your meals and snacks are healthy, and 15% are treats. This is about 2 treat meals and 2 cheat snacks per week. When you feed your body right, you shouldn't feel guilty about treating yourself every now and then!

EXERCISE: This does not always mean in the gym! Dance, walk, swim, jog, play a sport- there are many ways to get and stay active. Exercise and physical activity is very important for physical and mental health. Enjoy your activity by thinking outside of the box and get your body moving in a variety of ways.