



Wendy R. LeBolt, Ph.D.

lebolt.wendy@gmail.com
wendylebolt.com

Recover, Restore, Regenerate... What's Nutrition for? (fuel + building blocks + “chemistry”)

- Eat regular balanced meals → carbs, protein (1.2 – 2.0 g/kg bw), fats ~ 20-35%)
- Distribute your calories (fast and binge inhibits body's natural digestive response)
- Vary your nutrients throughout the day (except extra for recovery/pre-sleep)
- Eat moderate portions (weight management)
- Make good choices (no “good” or “bad” just better/best, timing for sport is essential)
- Hydration – drink before you're thirsty

Good Nutrition for Everyday

1. **Dairy** (3-4 servings: 8 oz low fat milk, yogurt, 1.5 oz low fat cheese) for bone health
2. **Fruits and Vegetables** (2 large or 4 smaller servings/day: oranges, bananas, melons, broccoli, spinach, peppers, tomatoes) to promote healing and aid in recovery
3. **Meats and Protein-rich alternatives** (2 servings/day of 4-6oz: lean meat, fish or poultry, nuts, beans, milk or whey) for development and repair; decreases the risk of iron-deficient anemia.
4. **Grains and Starches** (2-4 servings/day: cereal, whole grain bread, pasta, rice) for energy and to reduce fatigue

5. **Timing of meals is as important as composition and calories.**

Energy availability throughout the day is essential. Recommended ranges for training:

- 6-10g carbs/kg body weight/day
- 1.2-2.0g protein/kg body weight/day (+protein boost before bedtime)
- No less than 20 % calories from fats (esp. for distribution of fat-soluble vitamins)

Quick Take Home Cheat Sheet

- **Consume enough calcium** from low fat sources
- **Consume enough iron** - food sources are better than supplements
- **Eat enough calories.** Going a long time with an energy imbalance leads to decrease in performance and can lead to poor regulation of calories.
- **Beware of very low-calorie diets** that may result in menstrual irregularities, compromised performance and impaired long-term bone health.
- **Eat a variety of foods.** Variety in color is a good indicator.
- **Hydrate with water** and recover with sport drinks.