The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.

www.atalante.co
THE FOLLOWING PREVIEW HAS BEEN APPROVED FOR APPROPRIATE AUDIENCES BY THE MOTION PICTURE ASSOCIATION OF AMERICA, INC.

THE FILM ADVERTISED HAS BEEN RATED

PARENTAL GUIDANCE SUGGESTED

PG

THEMATIC ELEMENTS INCLUDING SMOKING IMAGES AND BRIEF MILD LANGUAGE

Some Material May Not Be Suitable for Children

www.filmratings.com

www.mpaa.org
THE ENVIRONMENT CAN’T CHANGE FAST ENOUGH TO HELP!
LIQUID SUGAR EFFECTS

• SUGARS? HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, HONEY, SUGAR

• 1 SODA A DAY INCREASES OVERWEIGHT CHILD BY 60%

• SUGAR BELLIES

• INFLAMMATION = INJURY!
CAFFEINE EFFECTS?

- 73% of kids consume caffeine—American Academy of Pediatrics suggests caution.
- 12 to 18 daily caffeine intake at 100 mg = 1 cup of coffee, 1-2 cups of tea, or 2 cans of soda.
- Children under 12, there’s no designated safe threshold.
- Caffeine can raise blood pressure and interfere with sleep. It can make children less aware of being tired. It can affect their moods, and make anxiety worse.
WHAT IS THIS STUFF?

EDTA

abbreviation Chemistry

ethylenediamine tetra-acetic acid, a crystalline acid with a strong tendency to form chelates with metal ions.

Chemical formula: 
$$\text{(CH}_2\text{COOH})_2\text{NCH}_2\text{CH}_2\text{N(CH}_2\text{COOH})_2$$.
WHAT IS UNPROCESSED?

- FOOD IN NATURAL STATE
- FRUITS
- VEGETABLES
- AVOCADO
- NUTS
- SEEDS

WHAT IS PROCESSED?

- CHEESE
- BREAD
- PASTA
- JUICE
WHAT IS ULTRA-PROCESSED?

• ADDITIVES
• SWEETENERS
• ARTIFICIAL SWEETENER
• SUGARS
• COLORS
• SALTS
HINT: WHEN YOUR FOOD IS GLOWING ACROSS THE ROOM...
DIVISION OF RESPONSIBILITY

- **CHILD:**
  - WHETHER TO EAT
  - HOW MUCH TO EAT

- **PARENT:**
  - WHAT: CHOOSE AND PREPARE FOODS
  - WHEN: PROVIDE REGULAR MEALS AND SNACKS
  - WHERE: PLEASANT

- **YOUNG ADULT = BOTH ROLES!**
FAMILY MEALS = BETTER GRADES

• **FAMILY MEALS**: TEENS EAT BETTER, FEEL BETTER ABOUT THEMSELVES, GET ALONG BETTER WITH OTHER PEOPLE AND DO BETTER IN SCHOOL

• LESS LIKELY TO GET IN TROUBLE AND GET MORE A’S

• BRIEF CONNECTION!
PASSIVE OR ACTIVE CONSUMER?

- WHAT ARE YOU EATING FOR?
- YOUR $ IS SUPPORTING!
- WHY DO YOU CHOOSE ONE THING OVER ANOTHER?
BRAIN LINK

• 95% OF YOUR SEROTONIN IS PRODUCED IN YOUR GASTROINTESTINAL TRACT, WHICH IS LINED WITH A HUNDRED MILLION NERVE CELLS, OR NEURONS

= GUIDE YOUR EMOTIONS!
PATTERNS CAN AFFECT MOOD

• CONSISTENT MEALTIMES:
  • SKIPPING MEALS = LOW ENERGY
  • BLOOD SUGAR FLUCTUATIONS = MOOD SWINGS
  • BREAKFAST = HEALTHY BODY WEIGHT

• EATING OFF YOUR CIRCADIAN RHYTHM
  • SUN RISES = EAT, SUN SETS = TRY NOT
  • FINISH CAFFEINE BEFORE 6 HOURS

• DRINK WATER!!!
NOT SKIPPING KEY NUTRIENTS = BETTER MOOD

• CARBOHYDRATES PRODUCE SEROTONIN
  • SEROTONIN IS NEUROTRANSMITTER ESSENTIAL FOR ELEVATING OVERALL MOOD, PRODUCING A CALMING EFFECT AND SUPPRESSING APPETITE

• WHAT ARE CARBS?
  • FRUITS
  • VEGETABLES
  • WHOLE GRAINS, OATS, QUINOA, POTATOES
  • MILK AND YOGURT
MISSING KEY NUTRIENTS = BETTER MOOD AND BETTER SLEEP!

• ZINC, MAGNESIUM, TRYPTOPHAN, VIT B, AND IRON → PROTEIN

• PROTEIN SOURCES HIGH IN THESE NUTRIENTS:
  • LEAN RED MEAT, TURKEY, CHICKEN, FISH
  • BEANS
  • NUTS AND SEEDS
  • DAIRY
  • EGGS
  • SPINACH, AVOCADO, AND DARK CHOCOLATE
INDICATORS YOU NEED MORE PROTEIN

• Frequent colds or sore throats
• Slow recovery following workouts
• An irritable demeanor
• Poor response to training
• Slow fingernail growth and easily broken nails
• Thin hair or unusual hair loss
• Chronic fatigue
• Poor mental focus
• Sugar cravings
• Pallid complexion
• Cessation of menstrual periods
<table>
<thead>
<tr>
<th></th>
<th>6-8 Tbsp Nut Butter</th>
<th>1 ¾ cup Beans</th>
<th>3 cups Quinoa</th>
<th>1 ½ cup Edamame</th>
<th>4 oz. chicken breast, fish, turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>564-810 calories</strong></td>
<td>382 calories</td>
<td>669 calories</td>
<td>284 calories</td>
<td>180-220 calories</td>
<td></td>
</tr>
</tbody>
</table>

Goal of 25 grams of protein at each meal!
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>25-30 grams</td>
<td>25-30 grams</td>
<td>15-20 grams</td>
<td>25-30 grams</td>
</tr>
<tr>
<td>Power shake-add nuts</td>
<td>Tuna on green salad</td>
<td>Recover shake</td>
<td>6 oz. salmon, sweet potato with veggies</td>
</tr>
<tr>
<td>Egg burrito</td>
<td>Chicken and 1-2 hard boiled eggs on salad</td>
<td>Cottage cheese</td>
<td>4 oz. chicken, quinoa with veggies</td>
</tr>
</tbody>
</table>
GO FISH!

• MORE OMEGA 3’S: REDUCES ANXIETY BY 20%
• AVERAGE 9-18 YEAR OLD GETS 1 OUNCE OF FISH PER WEEK = NEED 8-12 OUNCES
• NEED MORE THAN 8 OUNCES = >2 DAYS/WEEK
• DRINK TART CHERRY JUICE- 1 OUNCE A NIGHT
• ↑ MELATONIN = ↑ QUALITY OF SLEEP
WHAT HAPPENS WHEN YOU DON’T EAT?
BREAKFAST- 30% OF YOU MISS!

• IT HAS BEEN PROVEN TO IMPROVE A CHILD’S’ PERFORMANCE AND REDUCE SYMPTOMS SUCH AS HYPERACTIVITY AND EVEN DEPRESSION.
Foods that improve Moods

- Irritable: Have a glass of water
- Anxious: Have some blueberries
- Sad: Have a handful of almonds
- Sluggish: Have a banana with peanut butter
- Stressed: Have some whole-grain crackers and cheese
- Cranky: Have an apple with some yogurt
- Angry: Have a cup of popcorn and peanuts
FOOD AND MOOD IDEAL DAY

• **BREAKFAST- ANTI-INFLAMMATORY:**
  • BERRIES, CHERRIES
  • SPINACH/KALE

• **AFTERNOON- ENERGIZE AND DE-STRESS:**
  • CITRUS, GRAPEFRUIT

• **EVENING – SLEEP TIME**
  • NOT TOO MUCH FOOD
  • TART CHERRY JUICE
EAT MORE FOODS FROM THE GROUND!
KEY TO EACH MEAL!

EAT QUALITY PROTEIN: NUT BUTTERS, EGG WHITES, BEANS, GREEK YOGURT, MILK
-EVERY MEAL 25-30 GRAMS OF PROTEIN, SNACKS 10-15 GRAMS OF PROTEIN!

A WHOLE GRAIN CARBOHYDRATE: OATS, POTATOES, BREADS/ENGLISH MUFFIN, WHOLE GRAIN PASTA

EAT COLOR! FRUITS, VEGETABLES, NUTS, OR SEEDS

TRY TO GET MORE FISH!
NUTRITION

GAME or COMPEITION
MENTAL PREPARATION
SKILL DEVELOPMENT
SPORT-SPECIFIC STRENGTH
CARDIOVASCULAR ENDURANCE, SPEED
STRENGTH
STRUCTURAL INTEGRITY, BALANCE
FLEXIBILITY
JOINT RANGE-of-MOTION EXERCISES

HYDRATION
THANK YOU FOR YOUR TIME!
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