



NUTRITION

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Fueling the Athlete for Rapid Weight Loss

The goal for most athletes is to become leaner and stronger. Because as harsh as it may seem, you either cut it or you don't in the athletic world. The demands to meet weight goals can put great strains on an athlete who in trying to be smaller severely restricts calories in order to be able to compete but who's competitive performance may falter from suffering fatigue, weakness and even injury due to inadequate intake.

This constant pressure of going between restricting calories to make weight and eating enough for energy can be frustrating. But, it is possible. An athlete must find a good balance in order to perform at their peak. The more understanding an athlete has the better control you can have over your own health and wellbeing in addition to your competitive performance.

Did you know that when you go on a crash diet or a very low calorie diet, the majority of the initial weight loss comes from water and muscle and not fat. Additionally, the muscle lost will be from areas least used so not from legs, butt or thighs but it will mainly come from shoulders, face, and upper body.

Athletes need to eat for strength and energy, as well as to heal from injuries. It is important to know that food is an ally in the journey to be a better athlete.

The goal of understanding and implementing a healthful nutrition regimen is to support the young dancer in the pursuit of cultivating their art form. Maintaining and Improving the function of the body is essential to developing professionally and sustaining a career in dance. You are the only one who can take care of your body.

Myth— *reduced caloric intake will easily and effectively allow you to lose weight*

Fact—*the body naturally tends to resist weight changes and will adapt to reduced caloric intake in order to help maintain weight.*

When you go on a starvation or very low calorie diet first the body uses up its own muscle tissue (both organ and skeletal) in order to supply needed sugar to the brain.



GENERAL NUTRITION



What is What?

Carbohydrates are molecules made of carbon, hydrogen and oxygen, including monosaccharide, disaccharides and oligosaccharides (sugars), polysaccharides (starches) and cellulose (fiber).



Proteins are polymer chains of amino acids linked together by peptides. There are 9 essential amino acids that must be gotten from food (phenylalanine, valine, threonine, tryptophan, methionine, leucine, iso-leucine, lysine and histidine).



Are You Getting Enough Fuel?

Take a look at what a general 2000 kcal Day of eating looks like with Breakfast, Lunch and Dinner included.

Sample 2000 Kcal Day Breakfast - Lunch - Dinner

A



B



Fats are esters of 3 fatty acid chains and a glycerol. There are 7 types of fat categorized by the number and bonding of its carbon molecules (omega-3 fatty acids, monounsaturates, polyunsaturates, saturated fatty acids, medium chain triglycerides, omega-6 fatty acids, trans fats/partially hydrogenated oils)



Identifying Needed Nutrients

Examples of Carbohydrates -

- All Vegetables
- All Fruits
- Grains & Starches
- Beans / Lentils/ Peas
- Dairy

Examples of Protein-

- Eggs
- Fish & Shellfish
- Meat
- Fowl
- Game
- Dairy
- Beans / Lentils /Peas

Examples of Fat

- Wild Fish & Flax Oil = Omega 3
- Olive & Canola = Monounsaturated
- Vegetables oils = polyunsaturated
- Grass fed Animal meats, milk and dairy = Saturated
- Palm & coconut oil = medium chain triglycerides
- Farm raise animals and fish (fed corn and soy) = omega-6 fatty acids
- Synthetic fat found in processed foods only = trans fats/partially



Supporting Energy and Developing Lean Muscle Mass

Muscle gain requires that you fatigue as many muscle fibers as possible, because they strengthen and grow in response to stress. Lifting light weights four times a week with a day off in between sessions is recommended.

Cross training with aerobic, resistance training and stretching along with other body therapies (Gyrotonics, Alexander, Feldenkrais, Rolfing or Pilates) can help reshape the body. If done correctly, it can also reduce fatigue and injuries while improving the muscular shape of the body.

Regular class is essential to excel in a specific technique and to build stamina.

Cross training is only effective if the workouts complement your dance schedule. It is key to get qualified instructors.

Aerobic Conditioning— will help dancers to perform for longer periods by reducing the buildup of lactic acid which causes the burning sensation and muscle fatigue. Examples (biking, spinning, swimming, power walking, jogging, climbing stairs, jumping rope).

Resistance Training— strengthening muscles helps you move more easily with less effort. It also helps strengthen bones. Examples (using light weight, resistance—bands,

Stretching and Range of Motion Training - important as flexibility tends to decrease with age.



Daily Goals For Rapid Weight Loss

- ◆ Eat every 2-3 hours (to maintain lean muscle mass and visceral protein stores = organ protein)
- ◆ At each meal be sure to have Low calorie high fiber vegetables coupled with lean anti-inflammatory protein (animals products raised hormone and antibiotic free fed on grass preferably)
- ◆ Use herbs for weight loss assistance (garcinia cambogia and Milk thistle to support the liver).
- ◆ **Increase cardio work to reduce fat mass**
- ◆ Adhere to a liver / gallbladder detoxing diet plan
- ◆ Limit fruit to no more than 2 servings per day and only high fiber low sugar fruits
- ◆ Avoid the Following Foods (nuts, bread, pasta, crackers, white rice, sugar, honey, agave)
- ◆ Use Stevia and Cinnamon to sweeten your foods
- ◆ No corn, No white potatoes, limited beets, limited carrots. You may have sweet potatoes
- ◆ Significantly increase intake of vegetables
- ◆ Eat Fermented Foods (Kimchi, sauerkraut)
- ◆ Not Juice, No Soda, No alcohol

Consider This

Aim for High Nutrient,
High Volume Foods to fill
up on:

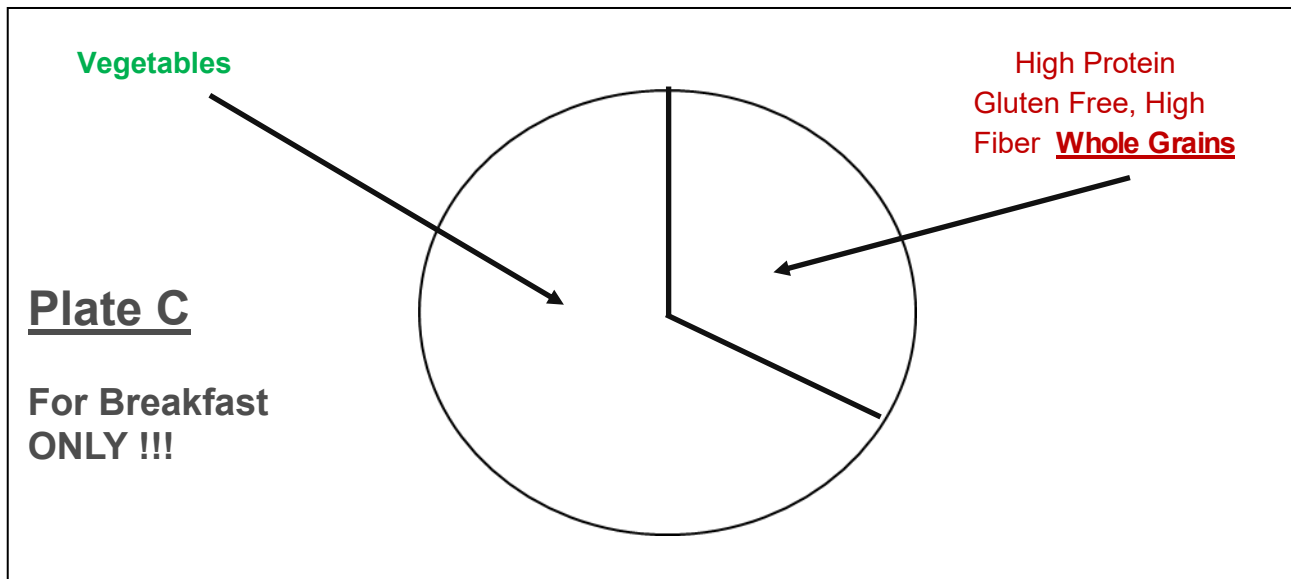
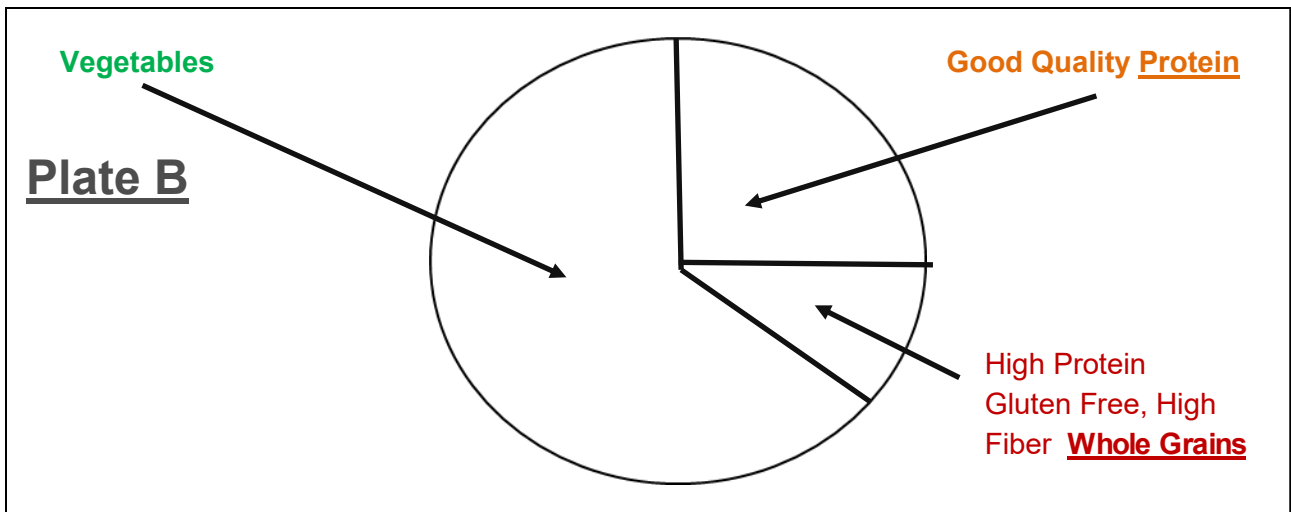
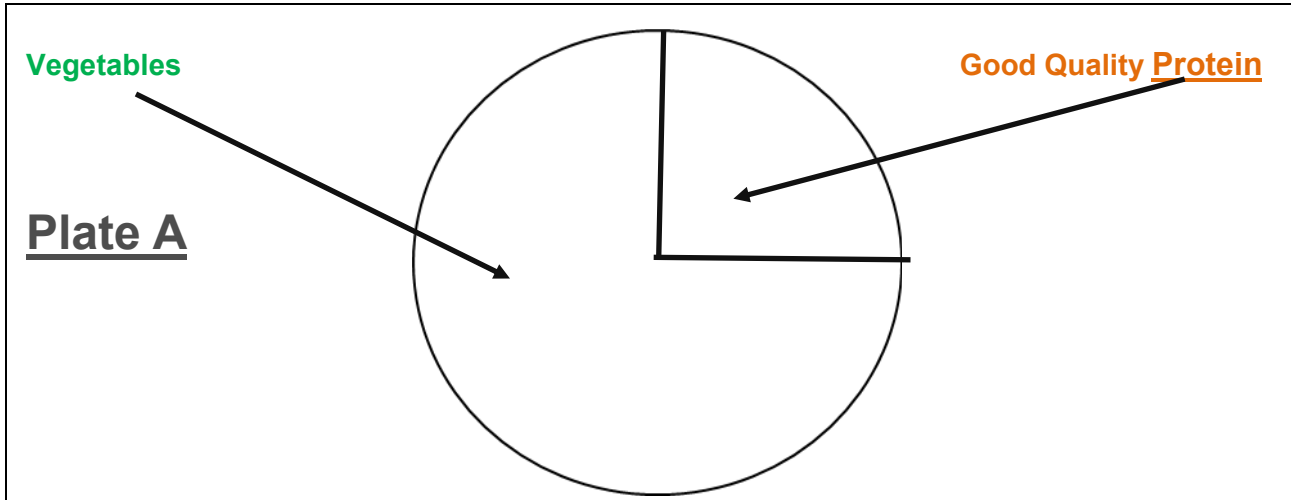
EAT LARGE QUANTITIES
of these **UNLIMITED**
three categories of foods
to increase micronutrients
and fiber; these foods are
rich in nutrients and low in
calories.

THESE DO NOT NEED TO BE MEASURED

- ◆ All raw vegetables
- ◆ All cooked green vegetables
- ◆ Non-starchy vegetables: Tomatoes, peppers, eggplant, mushrooms, onions, cauliflower, green beans, artichokes, zucchini, snow peas, leeks, sprouts



WHAT SHOULD MY PLATE LOOK LIKE?



ENJOY THESE VEGETABLES

Aim for 6– 9 servings Daily . Use Powdered Vegetables to help you reach

Dark Green Leafy	Colorful and Roots	Sulfur Rich – cruciferous vegetables	Liver Tonic	Resistant Starch
Beet Greens Collard Mustard Greens Kolrabi Kale Riddichio Lettuce (Romain, Red Leaf, Ice burg)	Beets Carrots Parsnips Sweet potatoes Red New potatoes (limit to twice a week only) Green beans Cauliflower	Onion Leeks Broccoli Cabbage Garlic Mushrooms Radishes Watercress Bok choy Broccoli rabe Brocollina Brussels sprouts Horseradish Rutabaga Turnips radishes	Dandelion greens Artichokes Black radish	Dry Beans Dry Legumes Sprouted Beans Sprouted Legumes No added salt canned beans Canned beans rinsed



ENJOY THESE PRTOEINS

Goal is to get 3-4 servings of Good quality Protein

Vegetable Based protein	CoQ10, CoA, Carnitine Rich Proteins for Heart Health and Cellular Energy	Essential Fatty Acid Rich (EFA – Omega 3 Rich) Proteins	Other
Beans Legumes	Liver Heart Kidney Oysters Sardines ONLY eat : Free Range Organic, grass fed, hormone and antibiotic free organ meats	Sardines Cod Trout Salmon	Chicken, Fish, Eggs, Beef, Pork Game Yogurt Cottage cheese Kefir 1 oz cheese

Limit Fruits

Limit fruits to low sugar high fiber colorful ones:

- ◇ All the berries,
- ◇ lemons,
- ◇ Limes
- ◇ green sour apples
- ◇ pomegranates,
- ◇ orange
- ◇ No Juices
- ◇ Limit fruit to breakfast and only one with lunch and/or dinner if desired.

HERBS TO USE

Rich in Vitamins and Minerals and support blood cleansing	Good for Circulation / Vascular / Health/ Anti-inflammatory	Nervines for relaxation and better sleep and easing muscle and nervous tension	Adaptogen to aid in Stress Management and physical strength support
Alfalfa Burdock Root Nettles Lycii Berries (goji/wolf berries)	Hawthorn leaves Hawthorn Berries Red Clover Ginger Flax Cardamom Clove	Passion Flower Lemon Balm Lemon Verbena Milky Oats Valerian Rosemary chamomile	Eleuthero Ginseng Rhodiola Schissandra Ashwaghanda



Passionflower



Hawthorn Berries



Eleuthero

Other Important Considerations

- ◇ CoQ10 helps to increase tissue oxygenation
- ◇ Essential Fatty Acids help to reduce blood pressure and lower cholesterol levels along with helping to maintain healthy elasticity of the blood vessel
- ◇ CoA supports the immune system's detoxification of many dangerous substances

SUPPLEMENTS TO USE



Garden of Life's Perfect Food (Super Green formula) 2 x's scoops /day



Energy boost 70 Fulvic Minerals 1 cap full / day



AM -Mix 1/2 cup of coconut MILK with 1 scoop green powder and 1 cap full of mineral

PM—Mix 8 oz coconut WATER with 1 scoop Super Green Formula



Garden of Life's Primal Defense Ultra (Probiotic)

Take 1 –3 tablets a day on an empty stomach



Gaia's —Milk Thistle Take 3 capsules after the evening meal once daily



Hunting Lab's Garcinia Cambogia 2 capsules 1 hour before meals once a day

PUTTING IT ALL TOGETHER

Week 1: (Mini Liver Gallbladder Detox) Day 1 – 7

NO NUTS, DAIRY, or EGGS (week #2 you may add eggs and 1/4 cup Raw nuts and seeds up to twice daily)

Morning /Regimen :

- Upon rising take Garden of Life Primal Defense Ultra probiotic on an empty stomach Preferably. If this is not possible just take it before you eat.
- Oil pull for 20 minutes (take 1 Tablespoon of oil (raw organic coconut, sesame , olive or castor oil) – swoosh it around in your mouth like mouth wash –DO NOT SWALLOW ANY ! – after 20 minutes spit out and rinse mouth out thoroughly with warm water or water with a little baking soda then brush your teeth well. Drop a bit of liquid soap down your drain to prevent clogs).
- AM Liver Gall bladder Flush
Then take *1 Tablespoon of Olive Oil and chase it with 1 Tablespoon of Fresh Squeezed Lemon* (let 30 minutes pass before consuming your breakfast)

Breakfast:

- take your Garden of Life Perfect Food in 4 oz coconut milk mixed with (Minerals and Garcinia Cambogia) with ...
- Breakfast Option #1
 - 1 cup oatmeal with cinnamon and Stevia (as needed)
 - 1/ 4 cup of black berries and blueberries
 - 3 oz piece of fish or chicken (3 oz = meat the size of a deck of playing cards)
- Breakfast B Option #2
Model your breakfast after plates A or B from the “What should my plate look like”. Don’t worry about how much you eat just make sure your proportions of protein to vegetables is adequate. Eat until you are 80% full. Do not starve yourself. Eat until you are quite satisfied.

PUTTING IT ALL TOGETHER

Week 1: Continued (Mini Liver Gallbladder Detox)

Day 1 – 7 NO NUTS, DAIRY, or EGGS

Snack : (Choose one or the other)

- 1/4—1/2 can of tuna or 3- 6 shrimp wrapped in lettuce season as you like or
- 1-2 baked or roasted chicken wings with 1/2—1 cup of cabbaged raw or cooked or any vegetable you like and Water with lemon or lime

Lunch :

- Model your plate after any plate like A or B from the “what should my plate look like page”. Be sure to eat 3 oz of protein rich foods along with your vegetable. That could be a chicken leg and thigh together or 3 oz roasted fish with lemon and or 1-2 cups of beans and a plate load of vegetables, and water with lemon or lime

Snack : (Choose one or the other)

- 1/4—1/2 can of tuna or 3- 6 shrimp wrapped in lettuce season as you like or
- 1-2 baked or roasted chicken wings with 1/2—1 cup of cabbaged raw or cooked or any vegetable you like or
- Or you may have a “Think Thin High Protein Bar “
- Water with lemon or lime



Dinner :

- Model your plate after any plate like A or B from the “what should my plate look like page”. Be sure to eat 3 oz of protein rich foods along with your vegetable. That could be a chicken leg and thigh together or 3 oz roasted fish with lemon and or 1-2 cups of beans and a plate load of vegetables.

Bedtime Snack

- 1 scoop of the Green formula mixed in 8 oz of coconut water with 3 Milk Thistle Tablets and 8 oz bone broth plain and seasoned as preferred.

What About Hydration?

Did you know that lean muscle, blood and your brain contain about 70 percent water. Drinking water is essential for athletes who lose electrolytes in addition to water in order to remain hydrated. Ideally female athletes need to drink about 9 (8oz) cups of fluid per day. Active male athletes require about 13 (8oz) cups of fluid.

Signs of Dehydration

- Dizziness, minor cramps during exercise
- Fuzzy thinking and mild headaches

Avoid Over-hydration

- Feeling ill (nauseated and groggy)
- Weight gain after exercise



Contact this Dietitian

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Registered Dietitian,

Licensed Nutritionist

And Herbalist

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10 Quick Tips For Healthy Weight Loss and Healthy Weight Maintenance

- Stop drinking ALL juices, sodas, punches or sweetened beverages . Choose a piece of fruit instead or herbal tea sweetened with stevia or cinnamon.
- Any liquid beverage (except for milk) should be 5 kcal or less
- Restrict Sugar . Use Stevia, Lakanto, xylitol, cinnamon, unsulfured unsweetened dried fruit to sweeten dishes and beverages. (if you have IBD or GI upset you may want to avoid lakanto and xylitol)
- Do NOT BUY low or reduced fat products because sugar is almost always added to cover for taste loss due to fat removal)
- Increase FIBER both soluble and insoluble
- Eat whole real foods . Real food does not need a label and Real food spoils
- Limit or avoid processed foods. If it has a label with a nutrition fact sheet it is processed.
- If eating food with a label, find the hidden sugar and avoid it or limit it.
- If you eat real food your weight will take care of itself
- Avoid fast food
- Don't buy food you can eat standing up .
- If eating packaged goods, aim for those with 3 grams of fiber or more per serving

About Fiber

When fiber is consumed with a meal, it forms a gelatinous barrier between the food and the intestinal wall.

This delays the intestine's ability to absorb glucose, fructose and fat.

This slower glucose absorption reduces the amount of insulin released by the pancreas.

Less insulin means less conversion of energy to fat.

*From the book
"Fat Chance"
by Robert H LustigMD*

This is Why Whole Grains are better. Fiber is found in fruits, vegetables, whole grains, and legumes. It is part of the plant that the gut is unable to digest.