

A Falcon's Guide to Wellness: Nutrition & Recovery

President's Speaker Series Spring 2019

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[The Broccoli Song Video Link](#)

Today's Topics

- Importance of Nutrition and Recovery in achieving Health & Wellness
- Strategies for Better Sleep
- Top 10 Common Nutrition Mistakes and Diet Deficiencies
- 21 Day Be Better Challenge – Start a Nutrition or Recovery routine/habit

Been there?



Why
do
we
eat?

Let food be
thy medicine
and medicine
be thy food

HIPPOCRATES



KNOW
YOUR
MACROS

Proteins

- All meats and seafood
- Grass-fed, wild-caught
- “Snout to Tail”, including organs
- Nine Essential Amino Acids
- 4 calories per gram

Fats

- Healthy Fats/Oils
 - Avocado
 - Olive Oil
 - Coconut Oil
 - Butter from grass-fed beef
 - Nuts: almonds, peanuts, pecans, cashews, pistachios, hazelnuts and macadamia nuts
- 9 calories per gram

O Canada



Carbs

- Vegetables and Fruits
- Colorful/Cruciferous/Green Leafy
- Root/tubers vegetables
- Grains/Legumes
- 4 calories per gram

Metabolic Flexibility

The capacity to match fuel oxidation to fuel availability—or switch between burning carbs and burning fat.



Robb Wolf: former Research Biochemist

Robb Wolf - 'Metabolic Flexibility:
The Rosetta Stone of the Macronutrient Wars?'
[Video Link](#)

I scream, you
scream, we all
scream for.....



Man vs Food - Kitchen Sink Challenge (8 lb. Ice Cream Sundae)

Video





Daddy and Me Breakfast



- Donut Holes
- Pastries
- Keebler Peanut Butter Crackers
- Fruit Roll Ups
- Bananas
- Tangerines
- Juice Box



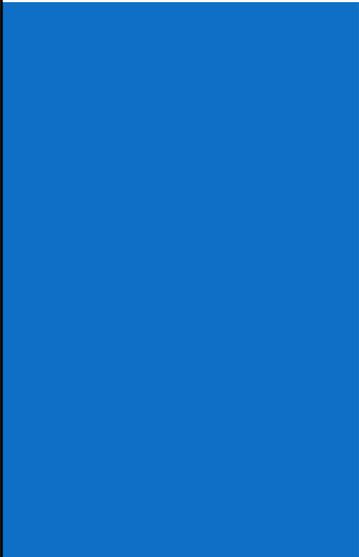


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Fat
&
Cholesterol

See Handout: *Lies, Damn Lies
& Statistics*



HEALTHY LIVING: Dietary Fat Is Your Friend

Video



Alternative Tools

- Intermittent Fasting
- Time Restricted Eating
- Keto

Top 10 Common Nutrition Mistakes & Diet Deficiencies

1. Eating low fat or non-fat
2. Choosing foods based on convenience (processed)
3. Drinking your calories (fruit juices/smoothies included)
4. Drinking "diet" soda and other fluids with sugar substitutes
5. Avoiding fruits because of sugar

Top 10 Common Nutrition Mistakes & Diet Deficiencies

6. Not eating enough protein
7. Not eating the yolks
8. Replacing natural fats with processed vegetable oils and margarine, especially for cooking
9. Eating every 2-3 hours (5-6 small meals daily)
10. Not cutting back on carbs (including simple, processed)

Actionable Steps

- Increase whole foods
 - Protein
 - Good fats
 - Avocado
 - Olive Oil
 - Coconut oil
 - Butter from grass-fed beef
 - Vegetables

Actionable Steps

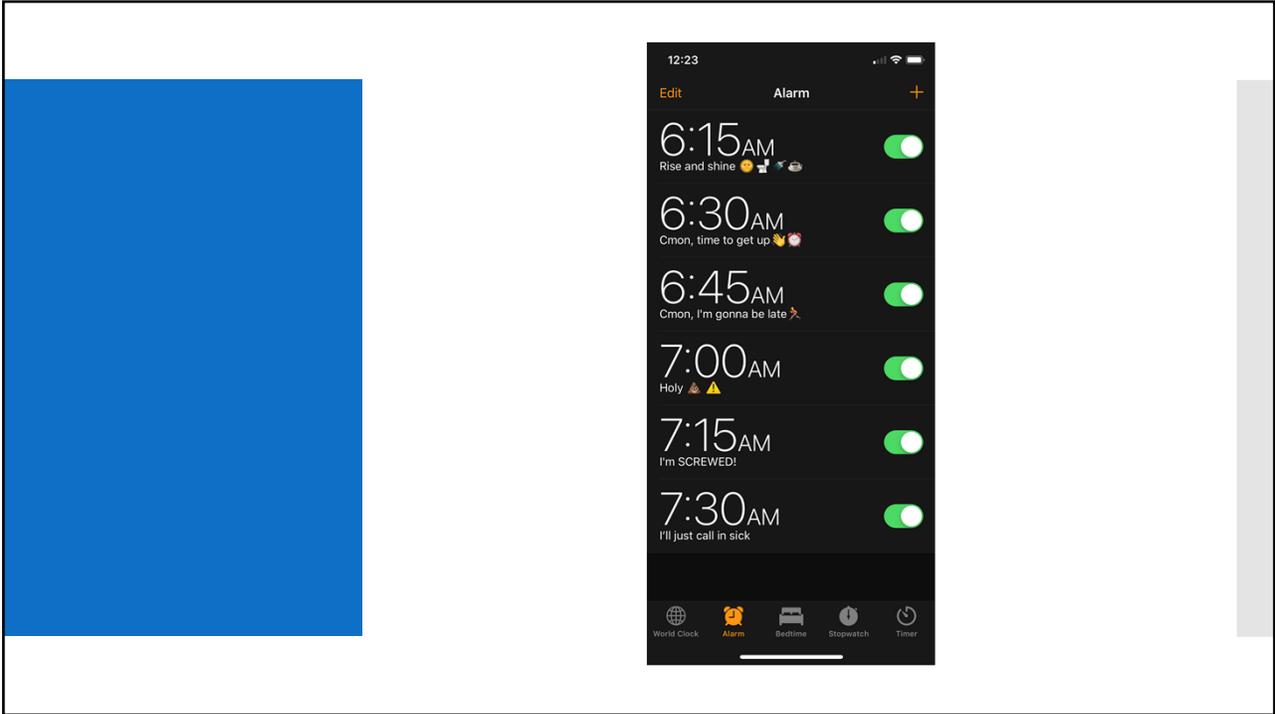
- Decrease/eliminate
 - Processed foods
 - Starchy carbs
 - Grains
 - Seed oils

The Take-Away

- Emphasize Protein
- Eat whole vegetables as main carb source
- Add good fats – avocado, nuts, olive oil, coconut oil
- You will naturally feel fuller and satiated
- Have less or no cravings for sugar

Recovery





ZZZZZZ

Rest: \ 'rest \

1. To cease motion, work, or activity; to refrain from exertion.
2. To lie down, especially to sleep.
3. To be at peace or ease; be tranquil.
4. To be, become, or remain temporarily still, quiet, or inactive.

Recover: \ri- 'kə-vər \

1. To get back; regain.
2. To restore (oneself) to a normal state.
3. To compensate for.
4. To regain a normal or usual condition, as of health.

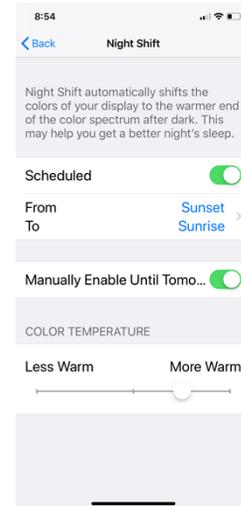
DOs

- Dim house lights a couple of hours before bedtime
- Cool down room temperature $\leq 70^{\circ}$ F
- Keep a consistent bed time
- Breathing Exercises
- Light stretching

DON'Ts

- Watch TV, smart phones, computers (blue light) at least 1 ½ hours before bedtime
- Drink alcohol
- Drink caffeinated beverages too late in the day
- Do high intensity exercise at least 2 hours before bedtime

Tip



21 Day
Be Better
Challenge

21 Day Healthy Meal Challenge

Make sure at least one of your daily meals includes the following:

- Salad/Vegetables
- Protein
- Good fat
- Water

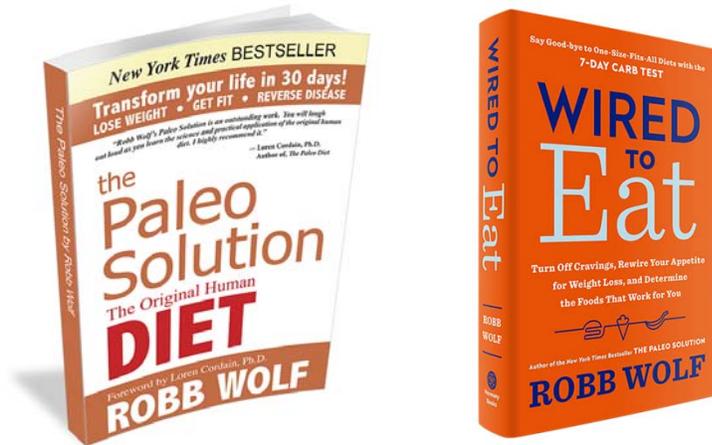
21 Day Recovery Challenge

- Dim house lights a couple of hours before bedtime
- Cool down room temperature $\leq 70^{\circ}$ F
- Keep a consistent bed time
- Breathing Exercises
- Light stretching



Nutrition

Recommended Reading



Recovery

Recommended Links

- <https://www.sleepfoundation.org/>
- <https://robbwolf.com/category/sleep/>