



# **NUTRITION 101**

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# FUEL = PERFORMANCE

- **Energy fuels power, focus, and recovery**
- **Food is your weapon, not something to avoid, demonize, or be unsure of**
  - Fuel decides output
- **Even 2% dehydration → ~10% drop in strength & speed**
  - Minor changes in food = major changes in performance
- **Glycogen = gas tank → when empty, power crashes**
  - Glycogen = stored carbohydrates
  - Low levels of glycogen □ brain tells body to slow down □ Fatigue
- **Conditioning wins matches, but nutrition determines how much of the condition shows up on the mat.**

# MACRONUTRIENTS

| <u>Carbs = Fuel</u>                                                                                                                 | <u>Protein = Repair</u>                                                                                                                            | <u>Fats = Support</u>                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Quick energy for brain and body</li><li>• Bread, pasta, fruits, vegetables, sugar</li></ul> | <ul style="list-style-type: none"><li>• Build &amp; recover muscle, immune system, adaptations</li><li>• Meats, dairy, eggs, tofu, beans</li></ul> | <ul style="list-style-type: none"><li>• Hormones + joints, hormones, sustained energy</li><li>• Avocados, nuts, seeds, oils, dairy</li></ul> |

- **Depleted glycogen = 30 % drop in power output within 1 min.**
- **Your muscles are made of amino acids ☐ skip protein after practice, and you waste 24 hours of repair time.**
- **Cut fats too low, and testosterone and estrogen drop, which means slower recovery and mood swings.**

# HOW MUCH DO YOU NEED?

- **Everyone has a calorie sweet spot**
  - Too little ☐ weaker and slower
  - Too much ☐ tougher to make weight
- <https://learn.athleanx.com/calculators/macro-calculator>
- **Your muscles store ~1,600–2,000 calories of glycogen. That's about one match and one practice's worth of fuel.**
  - Carbs are not bad – they're needed!
- **If you under-eat by even 300 cal/day, you'll lose roughly 1 lb of lean mass a month**
  - Lean mass = muscle = performance
- **Most women underestimate needs by 400–600 calories/day; that's like skipping a meal's worth of recovery fuel daily.**
  - Do not listen to society ☐ you're build different, so fuel different

# TIMING

- **Pre-practice (1–2 hr):** carbs + protein → PB sandwich, yogurt + granola, fruit, juice
- **During practice:** water or electrolytes > 60 min
  - Electrolytes allow electrical signals to work better!
- **Post-practice (30–60 min):** carbs + protein → smoothie, chocolate milk
- **Later meals: balance macros, refuel glycogen**
- **Muscle glycogen refills fastest in the first 30–60 minutes after practice**
  - Miss that and it takes 24 hours to fully recover.
- **Protein synthesis doubles if you eat within an hour after training versus waiting until later.**

# REAL FOOD = REAL PERFORMANCE

- **Build every meal with:**
  - Protein → eggs, chicken, Greek yogurt
  - Carbs → rice, oats, fruit, bagels
  - Color → veggies & fruits = micronutrients
  - Hydration → water or electrolyte drink
- **Real food beats supplements 95% of the time — you absorb nutrients better when they come with fiber and color.**
- **Athletes who eat breakfast show ~20 % faster reaction time in afternoon practices even if calories are equal.**
- **You don't need fancy: eggs + toast + fruit + water = elite-level fuel**

# HEALTHY VS. PERFORMANCE

- **Grilled Chicken Salad vs. Chicken Burrito Bowl**
  - Protein: 28g vs. 35g
  - Fat: 12g vs. 18g
  - Carbs: 10g vs. 70g
- **Granola Bar, Banana and Energy Drink vs. Eggs, Oats, and Fruit**
  - Protein: 4g vs. 26g
  - Fat: 8g vs. 14g
  - Carbs: 29g vs. 65g

# SUMMARY

- **Fuel = Energy + Recovery**
- **All macros matter — balance > restriction**
- **Timing turns good training into great performance**
- **Wednesday → hydration, body composition, supplements, & safe cutting**