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FOODFIT

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WELCOME TO FOODFIT E-MAGAZINE

Hi, I'm Michele Tuttle, MPH, RD and I want to welcome you to the first edition of FoodFit e-magazine, developed for and by dietitians, Personal Trainers and anyone interested in the science of food, health and fitness. As an athlete, a coach, and a dietitian, I've been working with the Wheat Foods Council to create FoodFit - an online-based magazine geared to inspire, motivate and help you work with your clients in new ways. Fitness and nutrition are lifelong passions of mine, and I love sharing new information, research findings, tips, and recipes with a community of people who understand the importance of nutrition for overall health and performance, and who in turn share their knowledge with clients.

FoodFit is unique in its science-based approach to health, fitness, and nutrition. In each issue, you'll hear from our expert team of science and nutrition advisors including:

- **Nancy Clark, MS, RDN, CSSD:** internationally respected sports nutritionist, weight coach, nutrition author, and workshop leader.
- **Glenn Gaesser, PhD:** professor of Exercise and Wellness in the School of Nutrition and Health Promotion, and director of the Healthy Lifestyles Research Center, at Arizona State University.
- **Travis Thomas, PhD, RD, CSSD, FAND:** Board Certified Specialist in Sports Dietetics (CSSD) and an Associate Professor of Clinical and Sports Nutrition in the Department of Clinical Sciences at the University of Kentucky.
- **Corrie Whisner, PhD:** Assistant professor of nutrition in the College of Health Solutions at Arizona State University is one of the leading authorities in dietary and physical activity factors that impact the intestinal microbiome and gut health.

Plus, you'll get interesting profiles of other trainers, trends, tips, and tasty recipes. We hope you'll get a lot out of it, so read and enjoy! And, please, let us know what you think because we thrive on feedback. If you have any ideas for profiles or articles you'd like to see, let us know. Our goal is to help you help others.

IS IT TIME TO RECONSIDER HOW ENRICHED GRAINS FIT INTO THE DIET?

Often when we think we "know" something, we find out that perhaps there is more to the story. This is definitely the case with refined grain foods such as breads, tortillas, pasta, cereals, and perhaps even "sweet treats" like cookies or cakes.

Last year, the Wheat Foods Council asked Glenn Gaesser, PhD, a leading exercise physiologist and nutrition scientist at Arizona State University and author of "Big Fat Lies" to take a deep dive into the scientific literature on refined grains. He sifted through over 1,000 studies looking at the specifics of how refined grains affect health outcomes such as all-cause mortality, heart disease, type 2 diabetes, cancer, and obesity. Last May, his paper was published in Advances in Nutrition



(Refined Grains and Health: Genuine Risk or Guilt by Association? Advances in Nutrition, Volume 10, Issue 3, May 2019, Pages 361–371, <https://tinyurl.com/y4q6lexu>)

Prevailing dietary guidance currently encourages us to replace refined grains with whole grains and seems to lump many types of foods made with refined flour into one category though they are very different. For example, is peanut butter and honey on white bread truly the same as fruit pie with a flour-based crust? Or is pasta with meat sauce the same as sugar cookies? Exactly how does one study the effects of individual food groups on health outcomes?

The answer? Not very easily. There are really only two basic types of studies you can use to look at nutrition because it takes months and years before disease outcomes are apparent. Epidemiological studies look at thousands of people, and filters them by specific characteristics (gender, lifestyle habits, age) and disease outcomes and looks at the categories of foods they report eating (from memory, not measured observation). Sometimes, several studies are combined into a meta-analysis. When you do this, the power of statistics can take extremely small differences and make them obvious. Another way is to take groups of people, feed them a very specific way for a given amount of time, and see what happens to measurable health parameters like blood pressure, glucose levels, blood lipids, etc. These double-blind, randomized controlled trial (RCT) studies are expensive and difficult for participants to adhere to because they require following very specific feeding protocols for longer periods of time (up to 6 months). While you can measure effects on blood parameters and physical changes, they don't last long enough to prove whether the diet protocol prevents certain diseases, they only show a connection between diet and short term physiological changes.



Much of the data we use to create dietary guidance comes from large scale population studies (meta analyses). What Glenn Gaesser's research found was that when you look very carefully at the studies examining diet and health outcomes, there is very little evidence that eating more refined grains has ANYTHING to do with a greater incidence of death, type 2 diabetes or heart disease. Here is a summary of his key findings:



- Results from 11 meta-analyses, that include a total of 32 separate publications with data from 24 distinct populations, demonstrate that refined grains are not associated with increased risk of several major chronic diseases, including cardiovascular disease and type 2 diabetes.



- Consuming up to 6-7 servings/day of refined grains—more than currently recommended by US dietary guidelines—is NOT associated with higher risk of coronary heart disease, type 2 diabetes, hypertension or premature death.



- Total grain consumption, both refined and whole grains, is associated with LOWER risk of death and not associated with higher risk of cardiovascular disease, coronary heart disease, stroke or cancer.

- Grains provide more than 50% of daily fiber intake of Americans, and 70% of this comes from refined grains (bread, pasta, tortillas, etc). Reducing refined grain intake may also lead to reduced fiber intake.

The bottom line? Refined grains have been vilified as by some, but the real truth is that the evidence is not there. In fact, in terms of chronic disease, most people would be best served to INCREASE their grains consumption (both whole AND refined), reduce their protein consumption, and as always, eat plenty of fruits and vegetables.

FOODFIT PROFILE

Sports Nutritionist and Best-selling Author, NANCY CLARK, MS, RD, CSSD



**WHAT NANCY KNOWS
ABOUT SPORTS NUTRITION
WOULD FILL A BOOK.**
(In fact, she did and
it's sold over 750,000 copies!)

The best-selling [Nancy Clark's Sports Nutrition Guidebook](#) has sold over 750,000 copies and is now available in a new (2019) sixth edition. This helpful resource is enjoyed by health professionals and exercise enthusiasts alike. We caught up with Ms. Clark to discuss what's new in the 6th edition of her book and address the current topics impacting sports nutrition.

1. Gut health has moved center stage as more and more people suffer from chronic symptoms. Research indicates that high FODMAP foods, not gluten, may be the cause of some intestinal ailments. What does this mean for the average person?

Foods high in "FODMAPs," or fermentable carbohydrates such as lactose, can be difficult for some people to digest and cause intestinal distress. Some people have completely eliminated wheat foods to avoid gluten only to find that FODMAPs, like onions or garlic, were causing the inflammation.

Identifying FODMAPs that trigger distress can positively impact gut health in athletes and others who suffer symptoms. Dana Lis, PhD, Sport Dietitian and Post Doctoral Researcher at University of California, has conducted research proving that a low FODMAP diet prior to a running event lowers the intestinal distress of the athlete.

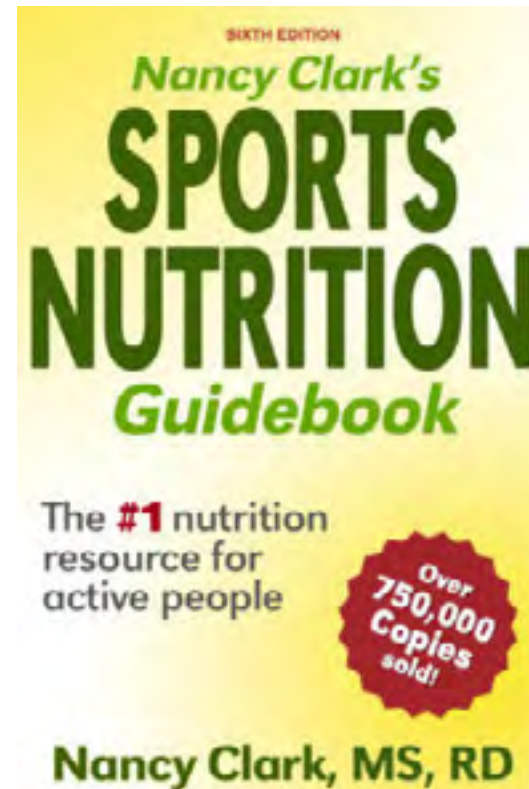
2. What are the updated guidelines for including proteins and carbohydrates in an athletes' diet?

Protein gets a lot of press these days. However, people must consume a combination of proteins and carbohydrates, because they have different jobs in the body. Protein builds and repairs muscles, but carbs fuel muscles and generate energy. Eating both is essential; an athletic person should eat 3 times more carbs than protein. For example, have a protein bar plus a fruit smoothie or peanut butter on a whole wheat bagel.

3. Today's on-the-go lifestyle has changed the way people eat. How much does this shift in eating behaviors impact sports nutrition for athletes and for those who exercise?

In the past, daily life was structured around mealtimes, but not so in today's society. In my Sports Nutrition Guidebook, I offer a guide to eating based on a timeline comprised of 4 food buckets: breakfast, first lunch, second lunch and dinner. I believe renaming the traditional afternoon snack as a "second lunch," encourages the athlete to seek a meal of wholesome foods and not just foods with low nutrient density. Eating a balanced diet is not just about the quality of each individual food, but about the whole meal.

4. What would you say is the most important piece of new information in the new edition of your Sports Nutrition Guidebook?



A compelling impact on today’s sports diet is the shift in food culture and peoples’ relationship with food. They categorize foods as good or bad and focus on “eating clean.” I believe a better plan is to enjoy a variety of foods, eating 85 to 90 percent quality foods and 10 to 15 percent fun foods. You don’t have to eat a “perfect diet” to eat an excellent diet.

5. What do you value most about your affiliation with the CNA and the WFC?

The [Wheat Foods Council \(WFC\)](#) is doing a great job educating active people about how to fuel wisely, especially with the creation of the [Center for Nutrition and Athletics \(CNA\) website](#) and the [FoodFit app](#). They provide credible sports nutrition information that supports health with reliable, science-based research. In this world of crazy misinformation about bad carbs and evil gluten, I am honored to be a part of it.

More about Nancy Clark:

Nancy Clark, MS, RD, CSSD, is an internationally respected sports nutritionist, author, and workshop leader. She is a registered dietitian who specializes in nutrition for exercise, health, and the nutritional management of eating disorders.

Clark helps her clients gain a competitive edge by teaching them effective fueling strategies. Some of her more renowned clients have been members of the Boston Celtics and the Bruins ice hockey team, as well as many collegiate, elite and Olympic athletes from a variety of sports. Ms. Clark has been team nutritionist for the Boston Red Sox baseball team.

Clark is a valuable member of CNA’s Personal Trainer panel team. CNA’s mission is to be the source of science-based, credible nutrition information tailored to personal trainers, fitness professionals and their clients. CNA is a part of the Wheat Foods Council, a non-profit organization of wheat farmers and other members of the wheat industry from around the country.



WATCH YOUR MOUTH!

Today’s toxic food environment is taking the fun out of food. Perhaps it’s time to change our language, to create a more enjoyable eating environment?

TRADITIONAL LANGUAGE

PREFERABLE LANGUAGE

BAD FOOD

FUN FOOD, A TREAT

GOOD FOOD

NUTRIENT-RICH FOOD

JUNK FOOD

THE ACTUAL NAME OF FOOD
(CHEETOS, CHIPS, SODA, ETC...)

HEALTHY DIET

BALANCED DIET

DIET & EXERCISE

TAKING CARE OF YOUR BODY

Suggested language by Nancy Clark, MS, RD, CSSD

NUTRITIOUS RECIPES TO GET YOU THROUGH YOUR WORK(OUT) WEEK

YOU CAN FIND THE VIDEO
FOR THIS RECIPE HERE:
<https://youtu.be/JBGcy1FD4BE>

INGREDIENTS:

- | | |
|---|--|
| 1 poblano pepper | 2 cups chopped or shredded cooked chicken |
| 2 cups baby kale | 1½ cups (6 ounces) shredded Mexican Blend cheese |
| 2 tablespoons water | |
| ¼ teaspoon salt | |
| 1 cup rinsed and drained no-salt added canned black beans | |
| 4 (8 inch) whole-wheat flour tortillas | |

DIRECTIONS:

Place poblano pepper on foil under broiler until skin blisters and darkens, about 5 minutes. Seal in foil until cool enough to handle — about 5 minutes, remove skin, seeds and stem; dice.

Heat water in small skillet. Add kale and salt, stir until kale is wilted, remove from heat. Place ½ cup beans in a bowl; mash. Add remaining ½ cup beans, diced poblanos and kale; mix.

Divide bean mixture among tortillas, top with chicken and cheese. Fold each tortilla in half over filling and lightly coat with cooking spray (on both sides).

Heat skillet to medium heat. Add 2 quesadillas; cook until lightly browned on each side (about 2 minutes per side). Repeat with remaining quesadillas. Cut each quesadilla into 3 pieces.

NUTRITION:

Calories/Serving 307
One serving provides approximately: 24 g Protein, 23 g Carbohydrates, 5 g Fiber, 14 g Fat (6 g saturated), 62 mg Cholesterol, 33 mcg Folate, 1.5 mg Iron, 499 mg Sodium

CHICKEN, KALE, & BLACK BEAN QUESADILLA



INGREDIENTS:

- | | |
|--------------------------------------|--|
| 2¼ cups chopped plum tomatoes | 6 cups hot cooked whole-wheat fusilli or penne pasta |
| ¼ cup chopped pitted Kalamata olives | 3 cups baby arugula |
| 1½ tablespoons olive oil | 2 ounces shaved fresh pecorino Romano cheese |
| ¼ teaspoon salt | |
| ¼ teaspoon ground black pepper | |
| 2 garlic cloves, minced | |

DIRECTIONS:

Combine first 6 ingredients in a large bowl. Add hot pasta and arugula. Toss gently. Divide pasta mixture among 4 bowls, and sprinkle with cheese.

*Time Saver Tip: Cook the whole box of pasta according to package directions. Freeze the leftovers in a freezer bag, reheat for later use.

NUTRITION:

Calories/Serving: 386
One serving provides approximately: 14 g Protein, 45 g Carbohydrates, 6 g Fiber, 16 g Fat (3.5 g saturated), 15 mg Cholesterol, 25 mcg Folate, 2 mg Iron, 587 mg Sodium



PASTA W/ TOMATO, KALAMATA OLIVES, & ARUGULA

YOU CAN FIND THE VIDEO
FOR THIS RECIPE HERE:
<https://youtu.be/1Xto7hJn8WM>

5 THINGS TO KNOW ABOUT BEING A PERSONAL TRAINER

There’s never been a better time to be a personal trainer. Our growing interest in health and wellness have positively impacted the fitness industry. The job outlook is certainly encouraging, but what is it really like working with clients every day? Here are a few things you may not know...

1

There are some clients who have unrealistic expectations about what they want to achieve from training, but you’ll find that most know they don’t look like a model and truly just want to improve their physical fitness and build strength.

2

While workout sessions may take place in various locations, the gym tends to get clients in the right frame of mind where they can shut off the outside world for a while and get busy sweating. Taking the workouts outside now and then can also be refreshing.

3

Every client has differing needs. Those who have had injuries or surgeries can be the most challenging to train, but also the most rewarding, especially when they become stronger and body confident again.

4

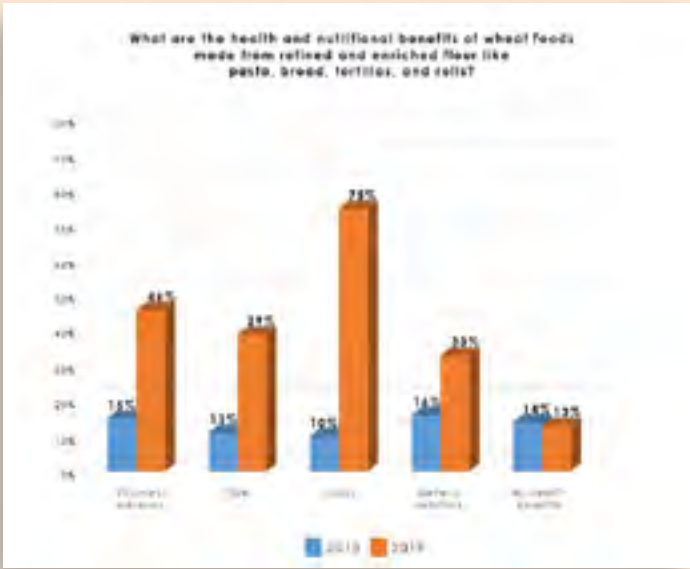
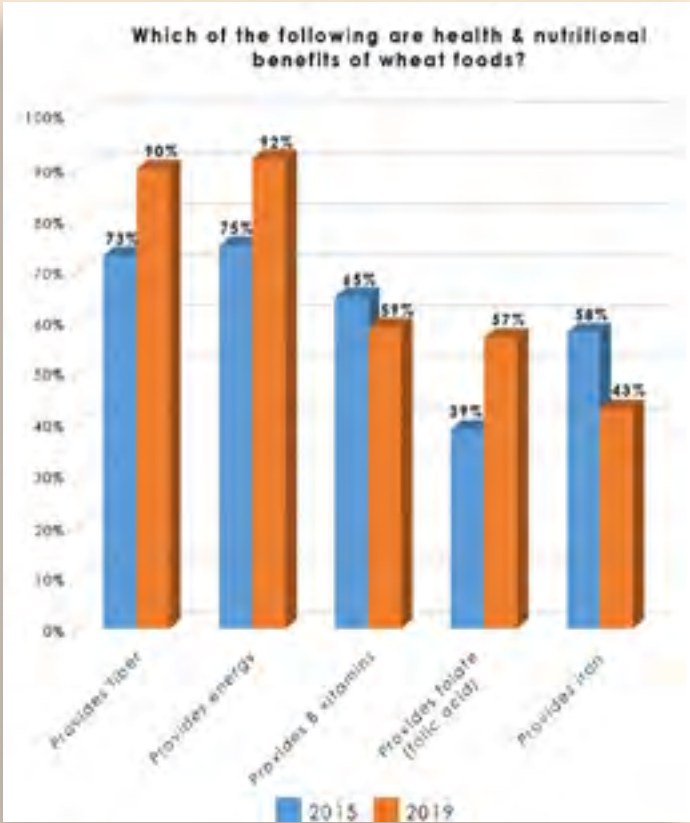
Personal trainers must be able to learn on the fly! Getting to know each client’s individual needs, goals, and personalities is the key to a successful trainer/client relationship.

5

Attaining proper posture is one of the most difficult movements for most clients. Other exercises that many find challenging to execute with good form are planks/hovers, kettle bell swings, and lunges.

PERSONAL TRAINERS PERCEPTIONS ABOUT NUTRITION ARE EVOLVING

In the last few years there has been a significant increase in Personal Trainers’ knowledge about the health & nutritional benefits of wheat foods. We have also seen a change in the perception of the benefits of refined and enriched flour in their clients’ diet.





REFLECTIONS LESSONS, & MOVING FORWARD

Michele Tuttle's
2019 ITU World Triathlon
Race Report

Michele Tuttle journeyed to Lausanne, Switzerland for her 7th consecutive trip to the ITU World Triathlon as a member of Team USA. Of her 9 starts at ITU Worlds, Michele has placed within the top 10 competitors in 8 races and made the podium twice.

This year, Michele's 7th place finish in the Olympic Distance competition was the best place she has ever achieved in that event with a time of 2:44:47 – the third American to complete the race. Michele also placed 7th in the Sprint Distance competition, where she was the first American to cross the finish line in 1:20:22. These are impressive race stats for a world class triathlete. Competing against athletes of this caliber is not for the faint of heart.

Michele said, "I'm very proud to have done the absolute best I could with what I had on race day. This competition was extremely challenging and technical, hard, hard, hard on all levels, but I loved every minute of it!"

To be a contender for an ITU requires commitment to intense strength and endurance training and a strict athlete's diet regimen comprised of a balance of quality carbohydrates, proteins, and good fats. The food doesn't have to be complicated. Michele's 'go to' for best fueling was peanut butter and honey sandwiches.

Michele observed that the best part of the training was the feeling of accomplishment she got every day she trained, getting a bit stronger with each workout. Conversely,



the most challenging was being extremely tired and sore most of the time with little energy for much of anything else.

Beyond the grueling workouts and preparation, there is a deeper level of drive, emotion, and mental energy necessary to get ready. While a lifetime of athletic experience, physical ability, proper training, good nutrition, and a supportive team is vital for any athlete's success, Michele brings an extreme level of effort and energy to her process. Her passion for the sport and absolute devotion to racing has driven her achievements earning her a place on the ITU World stage.

This year's race evoked insights for Michele that will energize her toward her next competition. She is grateful for many things during this event - great weather, beautiful

views, fun athletes to race with, and the ability to be there at all! Michele was particularly excited to have her best friend and newly appointed travel bike mechanic, her husband Jim, along with her this year.

She reflected, "It's hard to believe world championships are over. I'm so thankful and humbled by the support I've had this year from family, friends, and my team. I've learned so much from what went wrong, as well as what went right. It's now time to reflect and consider how to approach training for Edmonton."

Looking toward next August's ITU in Edmonton, Canada, Michele has already qualified for the Olympic Distance race. She plans on racing Draft Legal Nationals in November, so she can qualify in the Sprint Distance.





FIND OUT WHAT MICHELE IS
DOING IN THE OFF-SEASON
BY VISITING HER PAGE AT
THE CENTER FOR NUTRITION
AND ATHLETICS:

<http://www.centerfornutritionandathletics.org/about/michele-bio/>

LESSONS FOR NEXT TIME

1. Continue with extra swim training which helped to get out fast for the start;
2. Use the treadmill again this year for careful run training to prevent injuries;
3. Use speed bricks in training - fast bike, fast run, fast bike, fast run, with transitions in between;
4. Determine logistics early, rather than late, to ensure that transportation, parking, and accommodations are all arranged;
5. Support team should arrive earlier next year to ensure all logistics are in place and work smoothly.



QUICK TIPS ON SURVIVING THE HOLIDAY SEASON

WATCH YOUR PORTIONS

Try to forgo the second and third helpings and go easy on desserts. And don't forget the MyPlate method of portion control: 1/4 plate meat, 1/4 plate starch, 1/2 plate vegetables and fruits.

DON'T ARRIVE HUNGRY

If you show up at a party hungry, you're far less likely to be selective with your food choices, causing you to overdo it. Instead, focus on eating a balanced breakfast and lunch as well as a few healthy snacks throughout the day to avoid overdoing it at the party.

EAT DESSERT RESPONSIBLY

Mom's pumpkin pie. Christmas cookies. Yummy desserts at New Year's parties. There's nothing wrong with enjoying something sweet, just keep it reasonable and in small amounts.

MAINTAIN MODERATION THROUGH THE WHOLE SEASON

For many people, you've may be invited to a number of parties over the holidays. Each of these parties will come with its own temptations. You don't have to go without. But you do have to be mindful.

SCHEDULE TIME TO BE ACTIVE

Keep the inevitable indulgences in check by staying active. Enjoy some winter sports for a change of pace, or schedule in a quick walk or workout before you head to the next party.