



Nutrition Consultation Report

Name: M.G.

Date of report: 9/2014

Age: 54 y.o. Female

Occupation: Assistant Manager, Gym; Group Fitness Instructor

Sport(s) of Choice: Running, Lifting

Reason for nutrition coaching appointment:

- Client reports an unintentional weight loss of approximately 5 lbs in the past months. Specific etiology of the weight loss was unable to be pinpointed, but it's suspected that a high physical activity level with unintentional insufficient caloric intake is a contributing factor. Client would like to obtain a nutritional plan to help her to regain 5# to desired weight of 130# and maintain that weight thereafter. Current physical activity includes run training for the Richmond Marathon in mid-November and various strength-training and fitness classes that she personally teaches at The Weight Club.

Nutrition Related Medical Conditions:

- None listed

Specific Nutrition Goals:

- 5lb weight gain towards usual body weight of 130#
- Education to promote increased protein/calorie intake to support weight gain and weight maintenance once goal weight is obtained
- General sports fueling guidance to support marathon training

Calorie & Macronutrient Recommendations:

Height: 67.5” Current Weight: 130 lbs Desired weight: 130 lbs

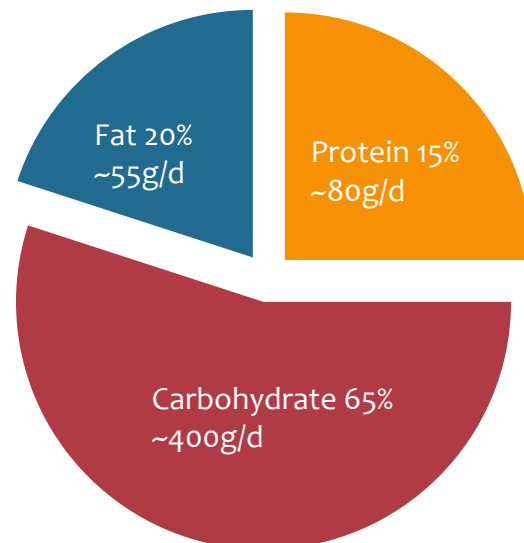
Based on this information:

- Your estimated Basal Metabolic Rate (BMR) is: **1285 kcal/day**.
- Estimated Calories/day (weight maintenance) w/o exercise is: **1600 kcal/d**
- Estimated Calories/day (weight maintenance) based on current activity level is: **2400-2500 kcal/day**.

Calculations based on the Harris-Benedict Equation with an activity factor of “Heavy” due to client’s active work environment and general lifestyle. Predicted caloric needs are just an estimation—variations in actual needs will occur due to differential levels of lean body mass, body fat percentages among individuals. Harris JA, Benedict FG. A biometric study of human basal metabolism. Proc Natl Acad Sci USA 1918;4(12):370-3.

**Approximate Calorie Distribution:
2,400-2,700 kcal/ day**

- Breakfast: 500 kcal
- Morning Snack: 300-400 kcal
- Lunch: 500 kcal
- Afternoon Snack: 300-400 kcal
- Dinner: 500 kcal
- Evening Snack: 300-400 kcal

Macronutrient Breakdown**Minimum macronutrient recommendations
for sports performance (based on weight of 130lbs):**

- 400g/d Carbohydrate (1600kcal)
- 80g Protein (320kcal)
- 55g fat (500 kcal)

Following an energy-dense, well-balanced diet, you can easily meet your needs for endurance training and racing. Aim to consume a diet high in carbohydrates, moderate in fat and adequate in protein.

Lifestyle Considerations

Food Preparation & Preferences

Client prepares her own meals and snacks. She packs a lunch for work 5d/week and eats out infrequently (<3x/mo). Typical fluid intake (water, coffee only) is approximately 80-100oz daily. Meal replacement products and/or sport supplements consumed include: Kashi bars, Clif Bars, Honey Stinger Chews and Powerbars.

Current Eating Habits

Client indicates that she eats 5-6 times per day, every 3-4 hrs with a current estimated daily caloric intake of approximately 3,000kcal. First meal is typically 4:30AM, last meal/snack typically 8:30PM. Analysis of food journal revealed an actual intake of ~3,000 kcal for peak training day which included a 2hr/12.5 mile long run.

- Recommendation: Continue to eat frequent meals/snacks throughout the day as this is best for maintaining optimal energy and blood sugar levels. Try to eat consistent the same amount and same time frame each day. Take note that exercise can function to suppress appetite, so it's important to continue the same eating routine (if not add more calories) for your higher activity level days.

Physical Activity

Client is highly active as a marathoner/endurance athlete and group exercise instructor.

- Recommendation: Continue physical activity as stated. On days that you teach multiple classes w/o time to consume a meal or snack in between, you may find it helpful to consume a sports beverage to meet both hydration and calorie needs. Heavy activity days are also the days you should continue to be more liberal with your diet while still emphasizing quality foods. Your body can utilize those extra calories to fuel your workouts and promote recovery.

Plan of Action & Recommended Next Steps

For weight maintenance during heavy periods of training, consistency in fueling is key. Planning ahead and knowing what foods you intend to eat at the beginning of the day will help you to be successful. Try to always include a protein + complex carbohydrate w/ meals and snacks, and aim to eat simple sugars around workouts as you muscles will be best prepared to utilize those sugars for fuel (during workouts) or rebuilding glycogen stores (post-workout). Client plans to implement suggested changes and follow-up in 2 weeks and 4 weeks to revisit progress towards goals.



Nutritional Questions

1) What are the best foods for athletes to promote weight gain (or maintenance)?

Weight gain occurs through the creation of a calorie surplus over time. The best way to create a calorie surplus for healthy weight gain is through the addition of calorically dense yet healthy foods into your diet. When appetite is an obstacle, it's important to eat frequently and make every bite count. To maintain overall health, choose foods that are both nutrient dense and calorically dense and eat enough to compensate any extra calories burned through physical activity.

Best foods to achieve this purpose are listed below:

- Whole wheat bagels
- Oatmeal
- Granola
- Cereals with nuts and granola
(1 serving = 200 calories or more)
- Whole grain chips
- Pasta dishes
- Muffins
- Nut-based granola bars
- Trail mix
- Peanut butter
- Nuts/seeds/flaxseed
- Avocado
- Olive oil
- 2% milk
- Full-fat yogurts
- Cheese
- 100% juice
- High-calorie protein powders
- Lean cuts of red meat
- Salmon

2) What are some healthy snacks I can consume between meals to promote weight gain, energy for a highly active lifestyle and optimize recovery from workouts?

Healthy snacks are an appropriate component of any healthy eating plan. When the right foods are consumed, these snacks can both satisfy a craving, provide calories to help meet your overall nutrition and weight-related goals, and help you to recover more effectively from workouts.

Snacks that are moderate in protein and higher complex carbohydrates are best:

Approx. 400-Calorie Snacks

Large whole wheat bagel w/ 2 Tbsp PB

Trail mix: 1 c. cereal + ¼ cup granola + 20 nuts

Granola bar + 1 fruit + 2x string cheese (2%)

Oatmeal square + 12 oz milk (2%)

2 Tbsp PB + banana on wheat bread

6oz yogurt + ¼ cup granola + ½ cup fruit + 15 nuts

3oz Turkey sandwich on wheat bread with lettuce, tomato, avocado, mayo

Wheat tortilla wrap w/ 2 tbsp hummus, veggies + 1oz cheese + 2oz meat of choice

Approx. 600-Calorie Snacks

Large whole wheat bagel w/ 3-4 slices ham, 2 slices 2% cheese + 1 serving wheat crackers or pretzels
20 oz low-fat chocolate milk + 1 Tbsp PB on wheat bread
300 calorie energy bar + 1 banana + 16 oz 2% milk
20 oz smoothie with protein and 250-300 calorie energy bar
2 Tbsp PB + 2 Tbsp jelly on wheat bread, 1 bag baked chips + 1 fruit
2 cups cereal with 2% milk, sprinkle 3 Tbsp almonds in cereal + 1 yogurt or 2% string cheese

Sample Menu Plan : 2500 Calories/Day

Meal	Menu
Breakfast 8:00AM	Eggs, 1/2 cup of grits or oatmeal, 2 slices of wheat bread, 1 cup of juice
Lunch 12:00PM	4-5 ounces of sliced lean beef, 1 cup of green beans, 1 cup of mashed potatoes or corn , 1 cup of milk or juice, 1 cookie
Post-Workout Snack 3:00PM	Granola Bar, Fresh Fruit and Water
Dinner 6:00PM	4-5 ounces of Grilled Fish, 1 Cup of Salad with Vegetables, 1-2 Tablespoons of olive oil dressing Medium Baked Potato, 1 cup of juice and water
Snack 9:00PM	5 Cups of Low Fat Popcorn, 2 pieces of string cheese

Menu and Snack Ideas adapted from: Copyright © Academy of Nutrition and Dietetics.
“This handout may be duplicated for client education.”