

Name _____ Date _____

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Water, Proteins, Carbohydrates, Fats, Vitamins, and Minerals are the _____
Essential Nutrients.

Water: a rough guideline for daily consumption is _____ your weight in
ounces (oz.)

I weigh _____ lb. so I should aim for a minimum of _____ water/day.

Salt/mineral losses (especially sodium) necessitate electrolyte replenishment if:
workout duration > _____ minutes and/or
sweat losses are > _____ pounds

An alternative to sports drinks is water with added _____

Numerous research studies have shown a relationship between _____ and cognition.

If you're drinking unfiltered water, _____ are the filter.

Protein builds _____. Foods include _____

Average daily protein needs are approximately ____ g/kg. (2.2 lb. = 1 kg.)

I weigh _____ lb. = _____ kg. so to meet average daily protein needs I would aim for
approximately _____ protein/day.

Athletes require ____ g/kg protein per day.

Consuming the amino acid leucine 2.5 g/meal triggers muscle protein synthesis known as the
_____.

Carbohydrate foods include _____

_____ = how much a food raises blood sugar

Examples of low glycemic foods are _____

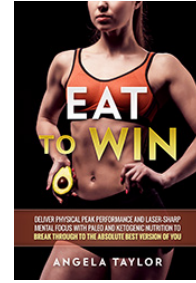
High glycemic foods cause _____ in blood sugar (= glucose).

Insulin moves _____ out of the bloodstream and into the cells.

Insulin is a _____ hormone = weight gain.

Insulin is pro-_____. When we are injured we want to reduce inflammation.

Generally, which is the healthier option to reduce high blood sugar levels? Insulin or Exercise



If you're going to eat high-glycemic index foods, when is the best time? _____

Eat the Rainbow: Aim for _____ servings fruits & vegetables/day.

Healthy **Fats** include _____

Fats have a glycemic index = _____

Burning carbs (sugar) for energy produces 30-40% more free radicals (_____) than burning fats for energy.

To lose weight, and/or reduce inflammation, some people may try _____ diets.

Your brain is the fattest organ in your body and consists of at least 60 percent _____.

_____ (as DHA/EPA from fish oil) have been shown to improve cognition, behavior, and mood.

EPA-rich Omega-3 supplements have been shown to _____ depression. Adequate intake is 1.6 g/day however for therapeutic benefit higher doses are typically recommended.

For optimal brain function aim for a _____ ratio Omega-6:Omega-3.

Cronometer is a free online _____ tracker.