

## Nutrition Consultation Report

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**Name:** Cycling, Client A.

**Age:** 42

**Occupation:** Sales

**Sports or activities:** Cyclo-cross, road cycling, mountain cycling

**Ht:** 5'10      **Wt:** 160      **Body Fat%:** 11%      **BMI:** 22

**Purpose of consultation:**

Client presented with a need to regain optimal weight, lean body mass, and nutrition habits heading into the cyclocross season. Client stressed the importance of finding healthier snack options and wanted to make sure he was getting the proper amount of macro and micro nutrients throughout the day. Overall fitness is excellent, this is more of fine tuning his nutritional strategy. Client also stressed need for pre and post race nutrition strategy for optimal performance and recovery.

**Medical conditions affecting nutrition, exercise, or daily life:**

None

**Identified Nutrition Goals:**

- Optimize nutrition/ supplementation strategy through discovering what his needs are.
- Avoid weight gain with reduction of training volume
- Learn how to optimally fuel his workouts for training as well as racing.

**Caloric And Macronutrient estimated needs:**

- **Estimated BMR: 1666**
- **Measured RMR: 1875**
- **Estimated caloric needs w/o activity: 2075**
- **Additional Caloric needs from Exercise:**

# **SOURCE ENDURANCE**

- **100-200 KCALS/hr of light exercise/day**
- **200-300 KCALS/hr of moderate exercise/day**
- **300-500 KCALS/hr of continuous strenuous Exercise/day**

The 3 day food log conveyed the recommendation for a higher amount of protein and complex carbohydrates, to take the place of some simple sugar snacks that he consumes throughout the day. The total caloric amount will only be slightly lower but the quality of the foods will be more nutrient dense and elicit less fat storage and augment greater satiety to avoid overeating. Daily Caloric amount consumed was consistently slightly higher than his estimated need (2145 KCals) on non training days

## **Approximate caloric Distribution:**

Client has a target breakdown of approximately 40% carbohydrate/ 35% protein/ 25% fat.

A three day analysis showed an average of 48% carbohydrate/ 28% Protein/ 24% fat

## **Quality of Macronutrients**

Client indicated a tendency to consume simple sugar snacks at work and has minimal protein consumption throughout the day. The 3 day food log supported somewhat adequate quality of carbohydrates and quality of fats, however, there is room for improvement in each of these areas.

Recommendation: The biggest discrepancy comes while at work. Client should seek to improve the quality of his snacks by bringing a small cooler with him on the road or to keep in his fridge while in the office. Examples of healthy snacks to replace the current habits include

- Avocado wedges
- California veggies (1 cup) with light dressing
- Fruit/ nut mix
- Yogurt and granola
- See also Attached cheat sheet

# **SOURCE ENDURANCE**

## **Quantity of Macronutrients**

In analysis of the food log, client indicated a need for a greater amount of total protein in the diet. Carbohydrates routinely high and fats were routinely sufficient.

Recommendation: In order to meet this need client should seek to ensure a source of protein at least two times during the day. This could be from animal (complete) or non-animal sources if proteins are complimentary and received from sources such as legumes + grains. As discussed with client, the daily caloric needs change based on what phase of training he is in. Given his immediate desire to improve fat metabolism, client should seek to hit a target of 2,400 Kcals to 2,600 Kcals on training days, and ~1975 on non training days to create a slight deficit. The specific recommendations for how many calories to add in relation to workout intensity and duration are attached and within his Race Nutrition Strategy.

## **Current Eating Habits**

Client indicated a need for improved quality of snacks and to see what micronutrients may need to be addressed. Using the 3 day food log there were discrepancies among three main micronutrients on a daily basis. Vitamin B-12, Calcium, and Omega 3 fatty acids were consistently low across all three days.

Recommendation:

Until eating new eating habits normalize, it may be beneficial to supplement with the following supplements

- Calcium/ Magnesium, paired with Vitamin K2, and vitamin D
- Vitamin B-12 or B complex (More Red Meats)
- Flaxseed oil, or an additional serving of fish high in Essential Fatty Acids (EFA's)
- BCAA- (Branched Chain Amino Acid) complex. 5-10 Grams per day.

# **SOURCE ENDURANCE**

## **In Summary**

In order for client to observe a noticeable change in composition, he should seek to increase his protein throughout the day and improve the quality of his carbohydrate sources (complex vs' simple sugars). Increasing protein intake may be achieved through adding protein to every meal or having a protein shake with breakfast (2-3 eggs is not that much protein). Improving carbohydrate sources means limiting added sugars and processed foods, in addition to incorporating more nutrient dense foods (consult the five habits cheat sheet). From the Macronutrient perspective, he should seek to eat up to 2,600 Kcals on his heaviest training days during this specific phase of his training, and up to 1975 KCALs on non training days paired with supplementation. Although Clients workouts are becoming more intense and his training volume is decreasing, it should be feasible to maintain or even reduce body fat percentage and improve his performance through this daily nutrition strategy. Attached is the five-habits cheat sheet for ideas on nutrient dense foods as well as the Training and Racing Nutritional Strategy specific to his needs for pre/ post race. During race strategy does not apply in his discipline.

Additional source of information are listed below.

<http://www.pcrm.org/health/health-topics/essential-fatty-acids>

<http://www.nutritionmd.org/index.html>

[http://www.nutritionmd.org/nutrition\\_tips/nutrition\\_tips\\_understand\\_foods/carbs\\_versus.html](http://www.nutritionmd.org/nutrition_tips/nutrition_tips_understand_foods/carbs_versus.html)