

EXOS®

“NUTRITION BASICS”

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 **NewYork-Presbyterian**



COLUMBIA

P O W E R E D B Y

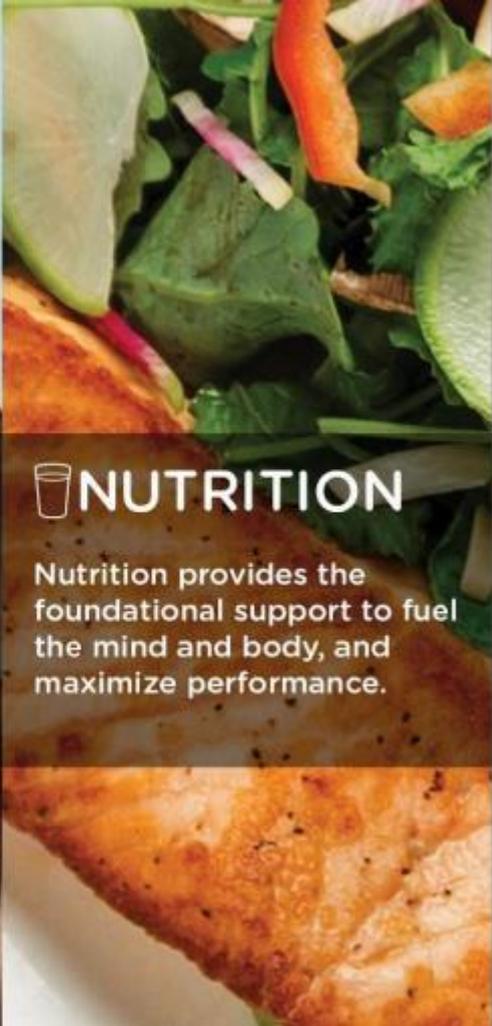
EXOS[®]

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MINDSET

Mindset is about dedicating oneself towards a goal with a full understanding of what it requires to accomplish.



NUTRITION

Nutrition provides the foundational support to fuel the mind and body, and maximize performance.



MOVEMENT

Movement is essential for improving performance. It's about moving your body better.



RECOVERY

Recovery allows the mind and body to re-energize and prepare for the next day's activity.

MAKE IT ABOUT YOU

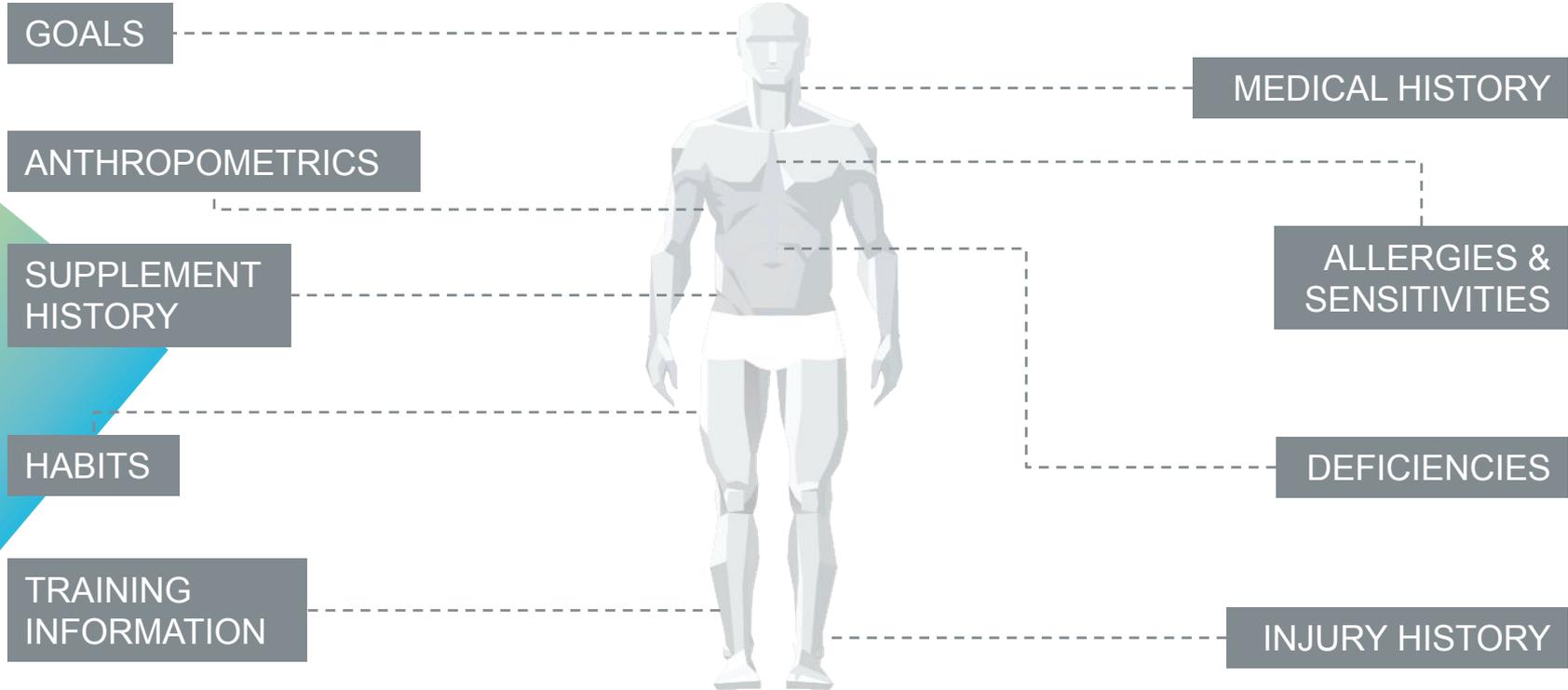


Eating is personal. It's not about following a strict set of rules; it's about tailoring your nutritional game plan to best support your body, goals, and preferences.

Food is an experience to be designed by you. Adapt these principles to make them work best for you and all that you want to achieve.

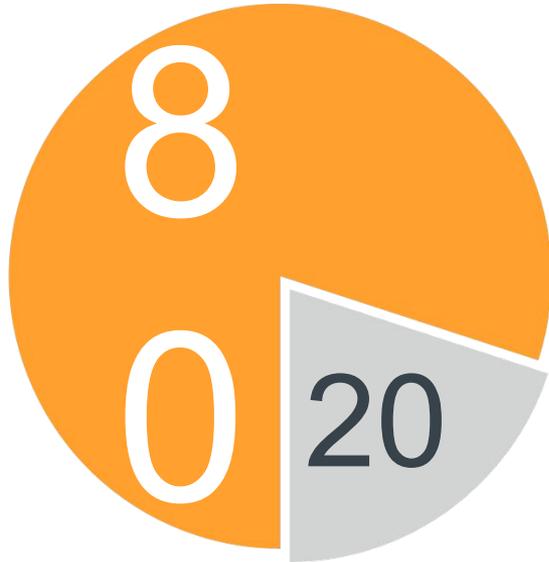
KNOW YOURSELF

Understand your goals, habits, and unique physiology to refine your nutritional game plan.



FIND BALANCE

Aim to eat well
about 80 percent of the time.



Food is about more than nutrients. A balanced perspective to eating will help you stay aware of what you put in your body, and it will also make you more likely to eat well over the long haul.



FUEL FOR IMPACT

Our understanding of quality food is constantly evolving with research. When deciding what to eat, keep it simple and natural or minimally processed. Choose responsibly sourced food that's tasty and nourishing, like vegetables, fruits, nuts, whole grains, fish, and lean meat.

FEED YOUR SUPERPOWERS

Fill your plate with foods that help your body fuel, build, protect, and prevent.



FUEL



PROTECT



BUILD



PREVENT

FEED YOUR SUPER POWERS WITH FOODS THAT FUEL

CARBOHYDRATES = FUEL

- Primary fuel for the brain
- Fuels high intensity activities
- Goals, intensity, and duration of activity affect how much is required

COME BACK TO EARTH

- Whole grains
- Minimally processed items
- At least 3 grams fiber / serving

“BROWN CLOSE TO THE GROUND”



FEED YOUR SUPER POWERS WITH FOODS THAT BUILD

PROTEIN = BUILD

- Builds muscle tissue
- Maintains and supports the immune system

THE LESS LEGS THE BETTER

- Aim to decrease saturated fat
 - Grilled > Fried
 - Skinless > Skin
- Look for leaner cuts of animal proteins

RECOMMENDED DAILY INTAKE

- 0.5 – 1.0 grams per pound total body weight



FEED YOUR SUPER POWERS WITH FOODS THAT PROTECT

FATS = PROTECT

- Contains powerful nutrients and antioxidants for cellular repair of joints, organs, skin, and hair
- Aids in nutrient absorption (vitamins A, D, E, & K)
- Releases energy slowly keeping you satiated, regulating blood sugar, and stabilizing energy levels

EAT FATS THAT GIVE BACK

- Omega-3 fatty acids, to boost:
 - Brain power
 - Mental clarity
 - Memory
- Unsaturated fats



FEED YOUR SUPER POWERS WITH FOODS THAT PREVENT

VEGETABLES & FRUITS = PREVENT

- Provide natural vitamins, minerals, and antioxidants that contribute to the repair of the body
- “Support Staff”

UP YOUR COLOR QUOTIENT

- Bright, deep colors
- 3+ colors on every plate
- Don't forget about herbs and spices!

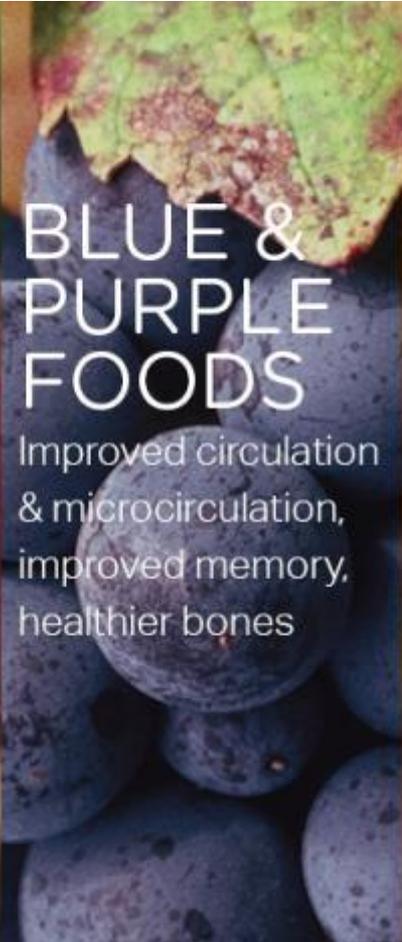


BENEFITS TO EATING COLORFUL FOODS



RED FOODS

Increased heart & circulatory health, improved memory, healthier urinary tract



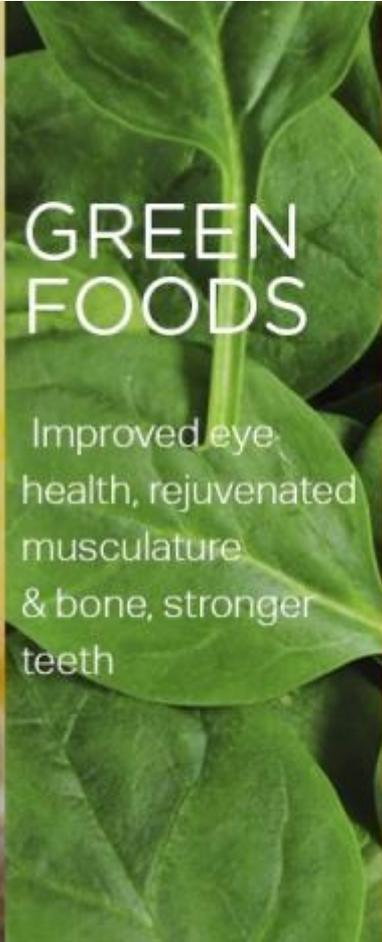
BLUE & PURPLE FOODS

Improved circulation & microcirculation, improved memory, healthier bones



YELLOW FOODS

Good digestion, optimal brain function, increased immunity, healthier eyes & skin



GREEN FOODS

Improved eye health, rejuvenated musculature & bone, stronger teeth



ORANGE FOODS

Skin & eye health, increased immunity, healthier heart, reduced risk of cancer

UP YOUR COLOR QUOTIENT

YELLOW FOODS

Optimizes brain function

- + Star fruit
- + Yellow figs
- + Golden kiwis
- + Yellow pears
- + Yellow peppers
- + Yellow tomatoes
- + Squash
- + Sweet corn

GREEN FOODS

Rejuvenates musculature and bone

- + Green leafy veggies
- + Avocados
- + Broccoli
- + Kiwis
- + Green cabbages
- + All green veggies

ORANGE FOODS

Supports skin and mucosal tissues

- + Apricots
- + Cantaloupes
- + Nectarines
- + Papayas
- + Carrots

WHITE FOODS

Enhances immune system, lymph system, and cellular recovery

- + Bananas
- + Garlic
- + Ginger
- + Gobo root
- + Hearts of palm
- + Horseradish
- + Jicama
- + Mushrooms
- + Onions

RED FOODS

Supports heart and circulatory system

- + Cherries
- + Cranberries
- + Strawberries
- + Beets
- + Red onions
- + Tomatoes / tomato sauce

PURPLE FOODS

Promotes microcirculation

- + Blackberries
- + Blueberries
- + Plums
- + Cabbages
- + Eggplants
- + Grapes
- + Olives



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MAXIMIZE YOUR EFFORTS

Eat and drink the right things before, during, and after your workout.

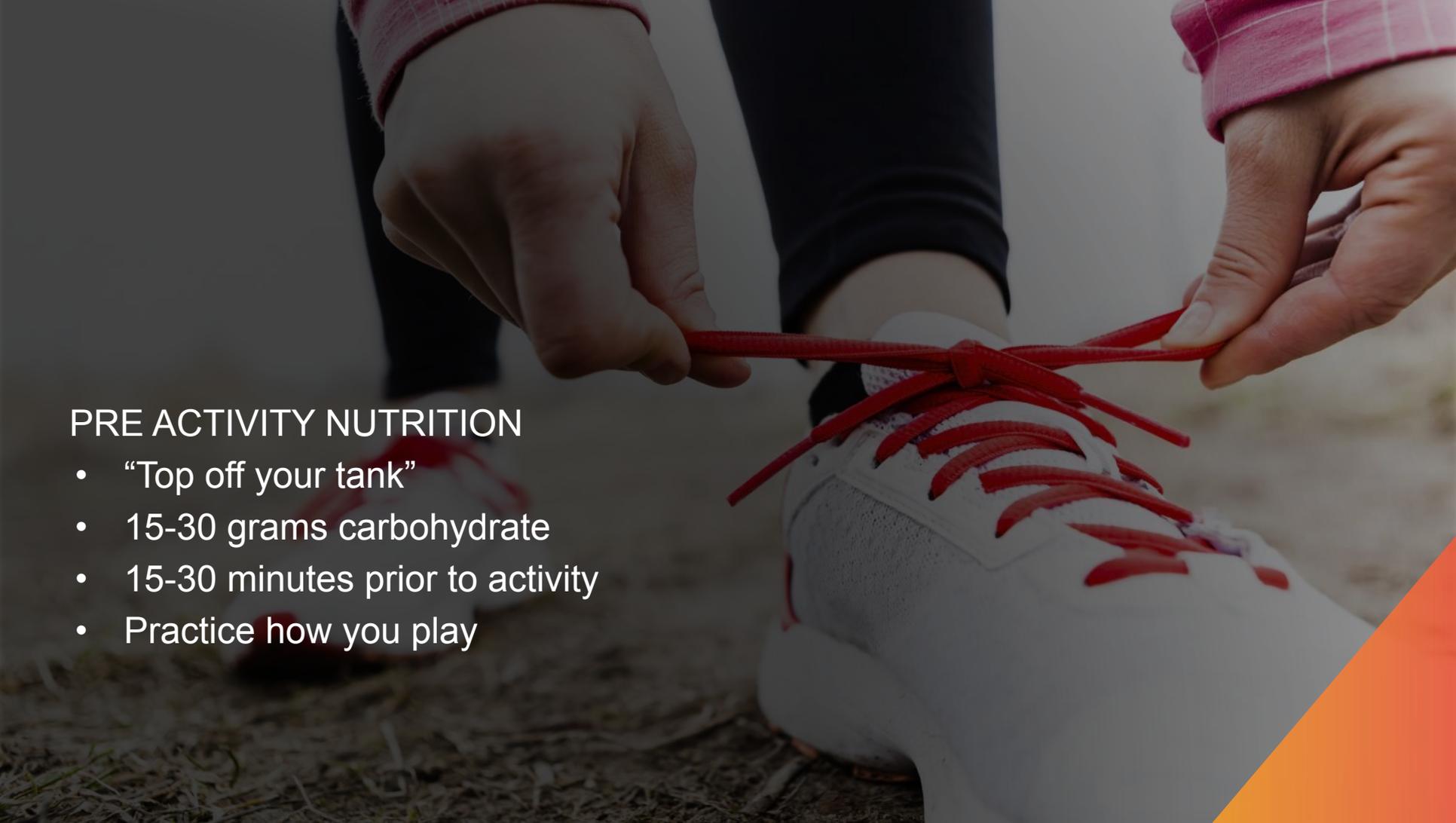
THINK IN 3's

- Timing:
 - Pre / During / Post
- Composition:
 - Carbohydrates / Proteins / Fluids

DON'T WASTE YOUR WORKOUT

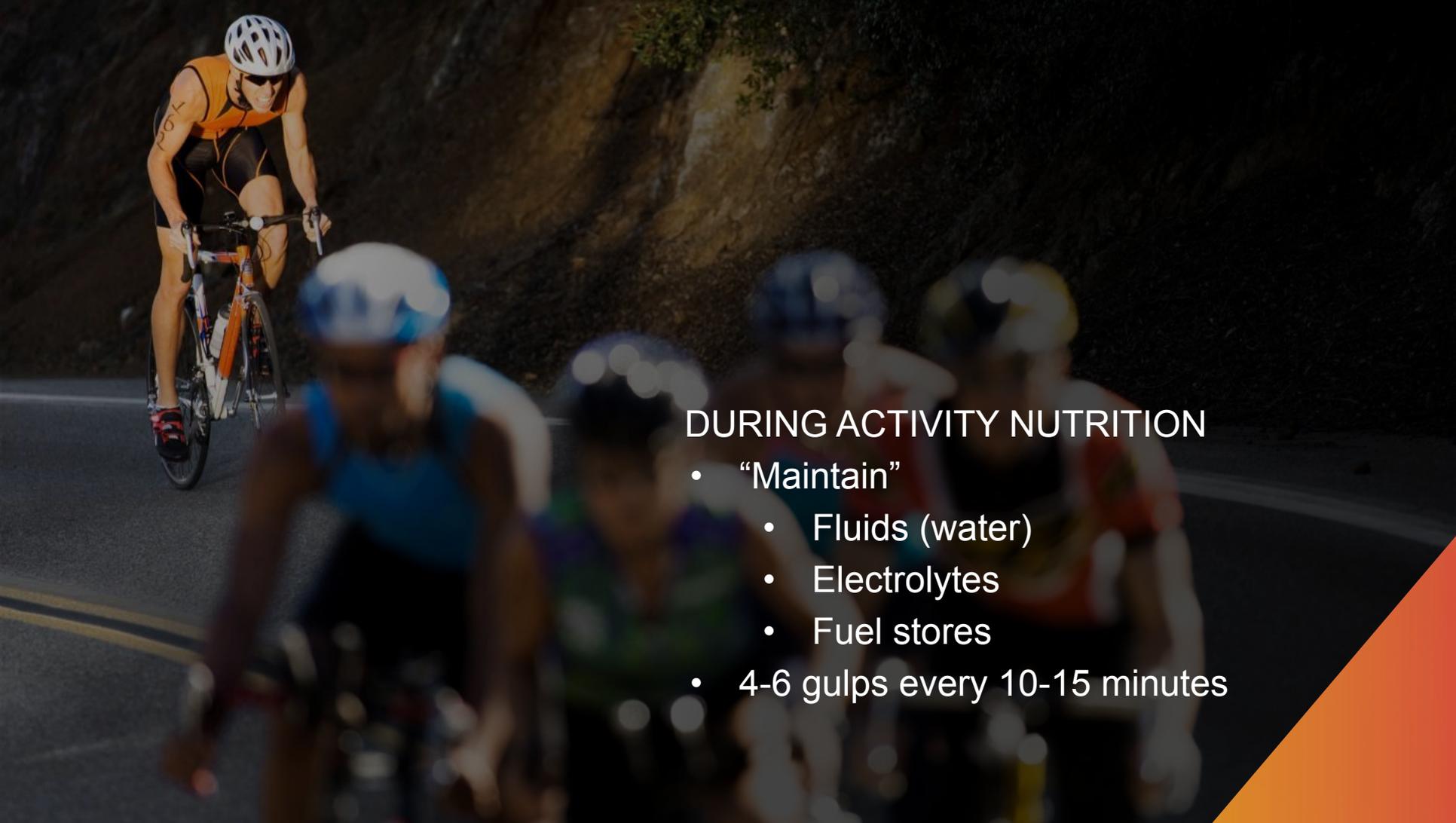
- Open window for nutrient delivery to muscles / cells
- Timing is key!

SUCCESS DEPENDS ON SLEEP

A close-up photograph of a person's hands tying their white sneakers with red laces. The person is wearing a pink and white plaid shirt and black leggings. The background is a blurred outdoor setting with dry grass. The image has a semi-transparent dark overlay on the left side where the text is located.

PRE ACTIVITY NUTRITION

- “Top off your tank”
- 15-30 grams carbohydrate
- 15-30 minutes prior to activity
- Practice how you play



DURING ACTIVITY NUTRITION

- “Maintain”
 - Fluids (water)
 - Electrolytes
 - Fuel stores
- 4-6 gulps every 10-15 minutes

POST ACTIVITY NUTRITION

1

REFUEL WITH CARBS

The more intense the training, the more carbohydrates you need.

2

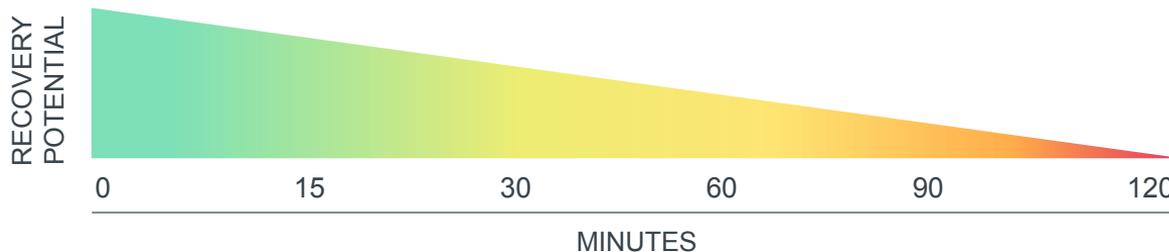
REBUILD WITH PROTEIN

Body weight determines protein needs post-workout.

3

REHYDRATE WITH FLUID

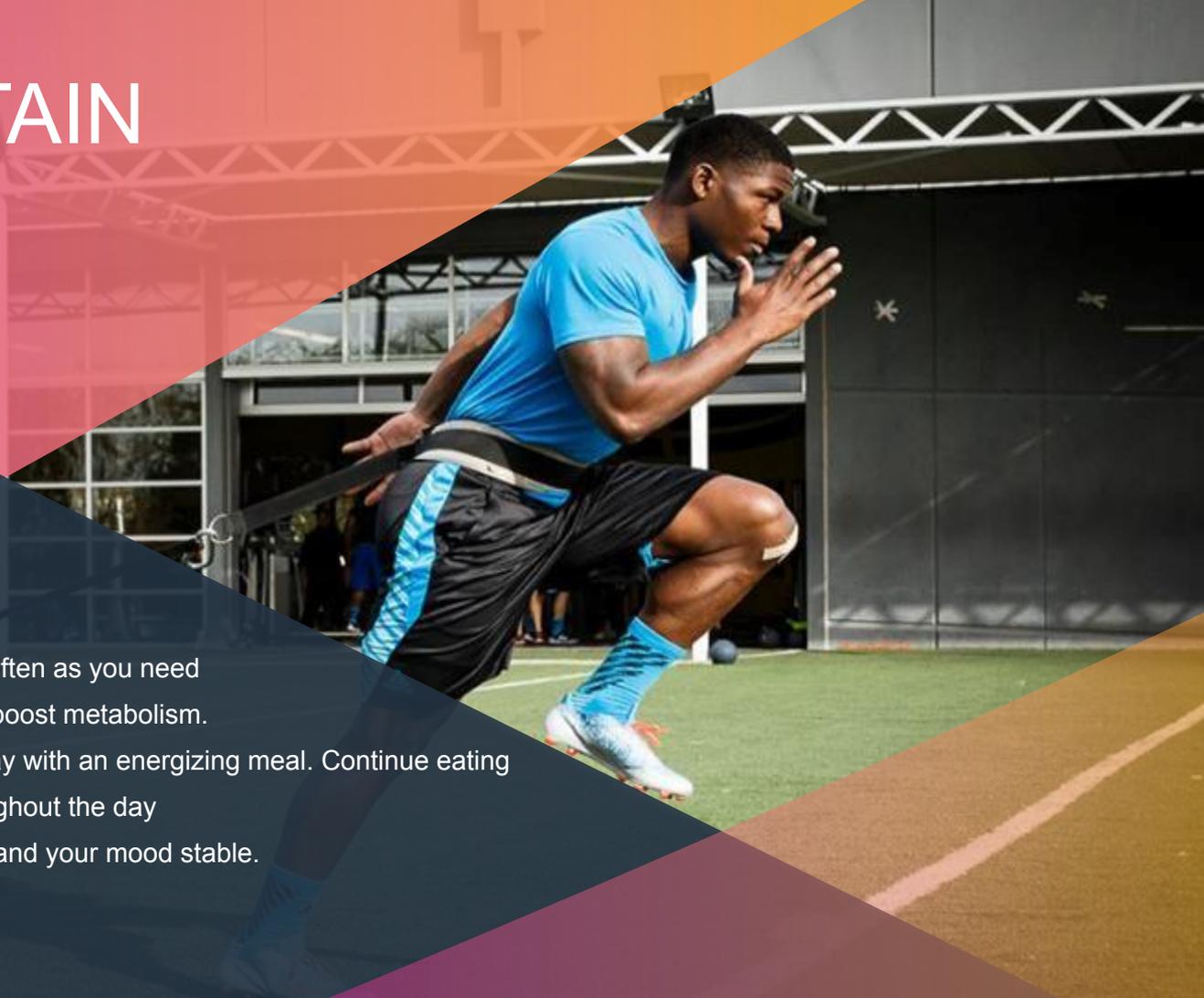
Drink 20-24 ounces of fluid for each pound lost during training.



AIM TO SUSTAIN

Staying hydrated and eating early and as often as you need helps to sustain energy, lower stress, and boost metabolism.

No matter your schedule, kick-start your day with an energizing meal. Continue eating small meals or snacks and hydrating throughout the day to keep your energy up, your focus sharp, and your mood stable.



RISE AND DINE

Eat your first meal
within 30 minutes of waking up.

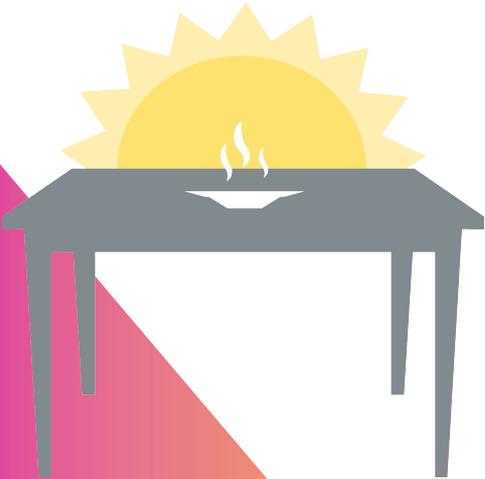
“BREAK – THE – FAST”

- Sets the tone for the rest of your day
- Fuels your brain and body
- Jumpstarts your metabolism

FUEL | BUILD | PROTECT | PREVENT

SOMETHING IS BETTER THAN NOTHING

- Have a just in case option for the days you are running late or in a hurry



RISE AND DINE



FUEL

- OATS
- SWEET POTATO
- WHOLE WHEAT BREAD
- WHOLE GRAIN CEREAL



BUILD

- EGGS
- GREEK YOGURT
- MILK
- TURKEY / CHICKEN



PROTECT

- NUTS
- OLIVE OIL
- FLAXSEED
- AVOCADO
- NUT BUTTER

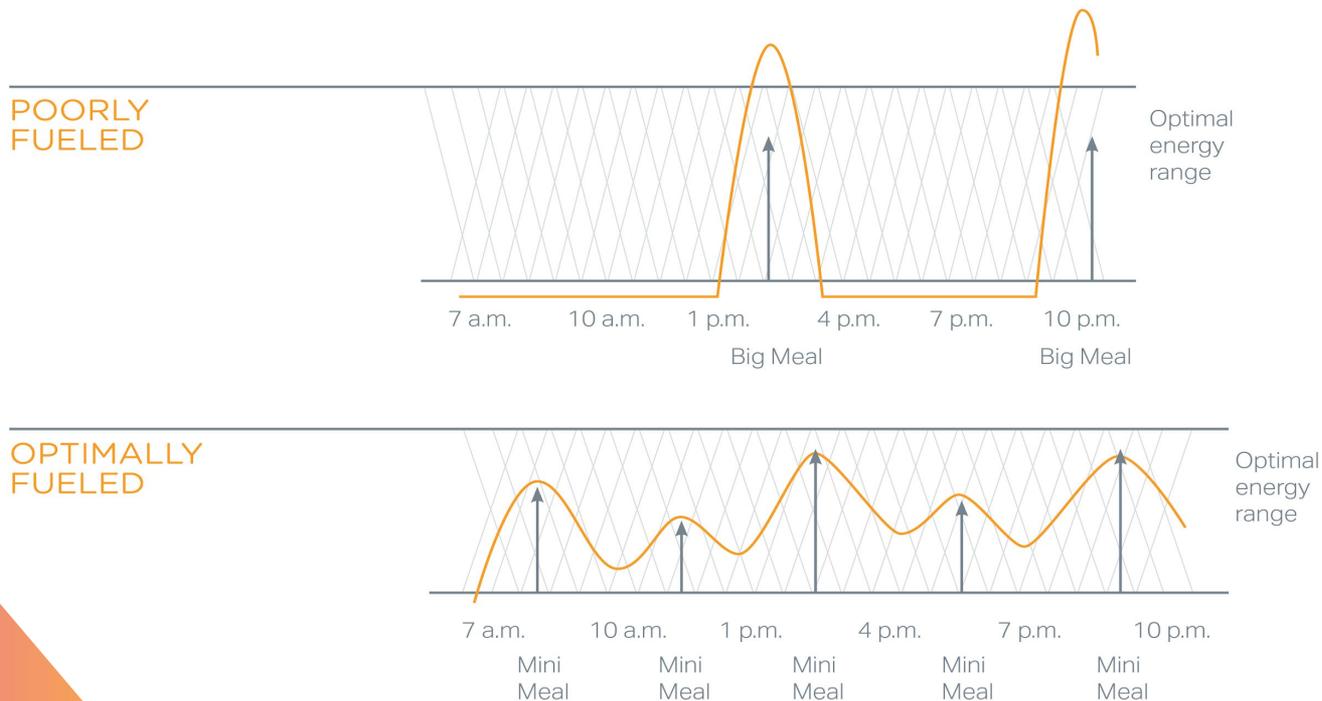


PREVENT

- FRESH / FROZEN VEGETABLES
- FRESH / FROZEN FRUIT
- SALSA
- 100% JUICE
- DRIED FRUIT

CREATE AN EVEN SPREAD

Spread your snacks and meals
evenly throughout the day.

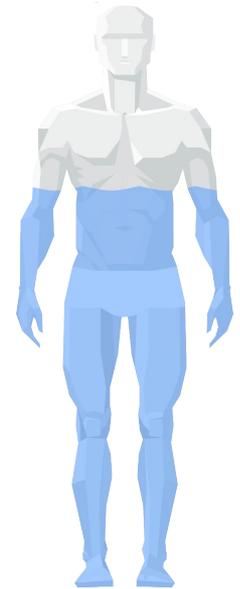
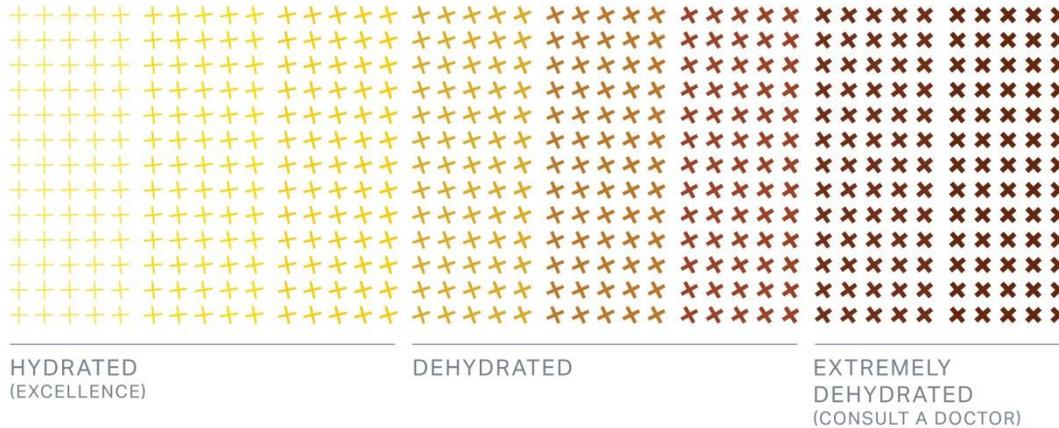


STAY HYDRATED

Choose beverages that hydrate your brain and body.

RECOMMENDED DAILY INTAKE

- 1/2 – 1 ounce per pound total body weight
- Water first, then a sports drink as needed

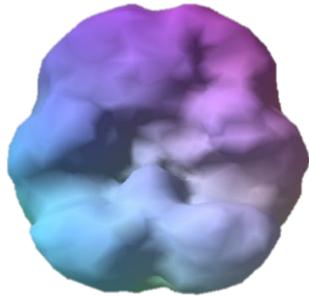


STAY HYDRATED

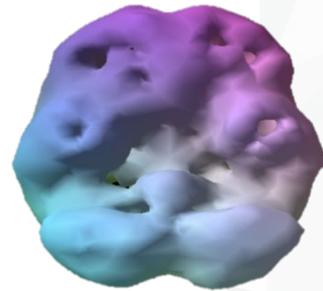
Choose beverages that hydrate your brain and body.

PERFORMANCE BENEFIT

- Increases energy
- Improves movement, recovery, and agility
- Aids in mental clarity and activity



HYDRATED



DEHYDRATED

TRY NEW THINGS

Go on food adventures. Explore,
experiment, and discover.



Nutrition Principles Summary

Mindset

Fuel for Performance

Balanced

80/20

Prepare for it, plan for it, execute it

NYP Sports Performance Services

- Performance Training on and off site
- Team Service Agreements
- Adult and Youth Programming
- Coaching Education
- Medical System Integration for continuum of care.
- Concussion protocol, testing and management
- Preferred Scheduling

EXOS

THANK YOU!



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