Be Sea-ficient to Improve Sports Performance

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Powered by Seafood

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Key Concepts

- The nutrition prescription for athletes
- Benefits of seafood/omega-3s for health and performance
- Translating the science to practical application and implementation

Performance Nutrition Goals

- Help athletes prepare FOR and repair FROM exercise
- Food/Fluid is the internal equipment
- The #fuelkit is the athletes nutrition advant-edge
- Consistency with number of daily eating occasions
- Quality of food choices
- Quantity consumed
- How food is consumed over the day-distribution
- Supplement savvy

Athletes Wish List

Foods that taste good

Foods that are available and accessible

Non-perishable and portable options especially for protein

Foods that feel good in the gut

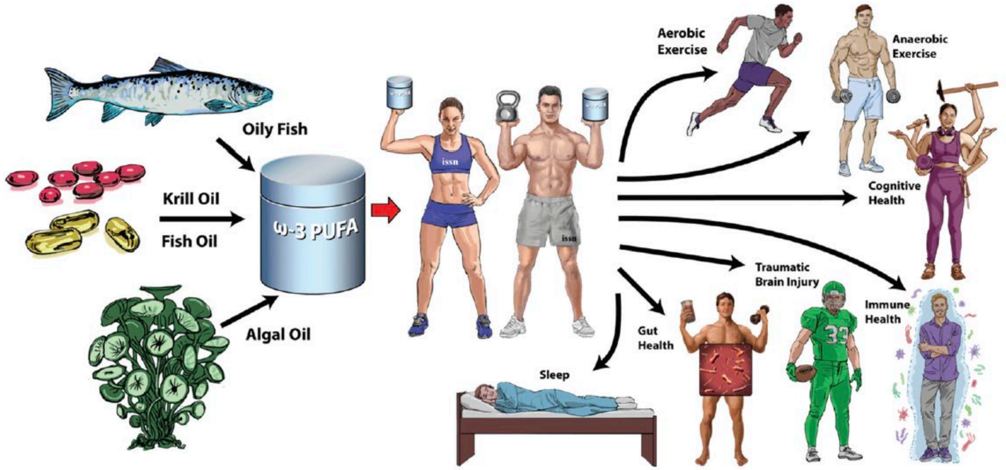
Foods that optimize body composition

Foods that contribute to optimized performance- PEDs

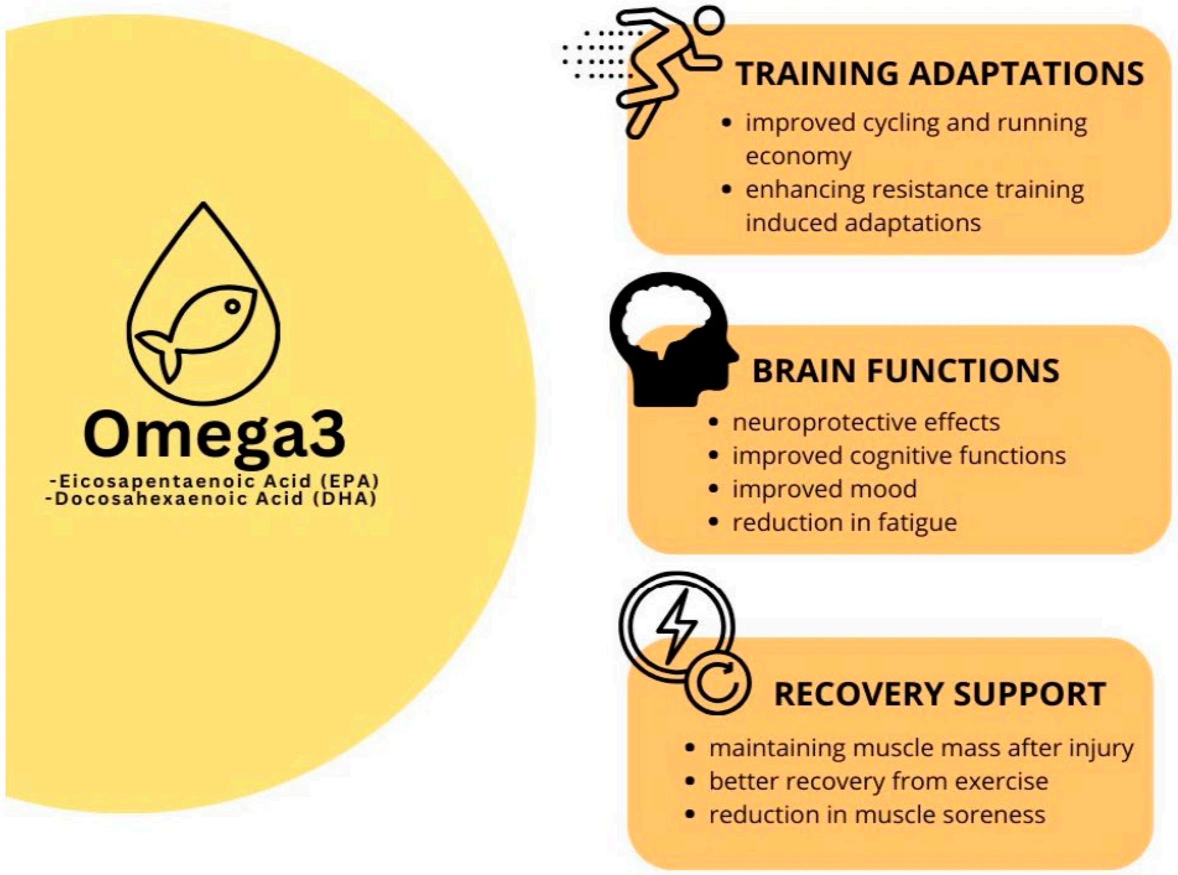
- **P**erformance **E**nhancing **D**iet

Why include seafood in the #fuelkit? [1]

- Improved Cardiovascular function during aerobic exercise
- Enhanced endurance capacity
- May improve strength along with strength training
- May decrease subjective measures of muscle soreness post intense exercise
- Positive impact on immune system functioning
- Affects production of inflammatory markers
- May offer neuroprotective benefits in athletes who have had repeated head impacts
- Improved sleep quality

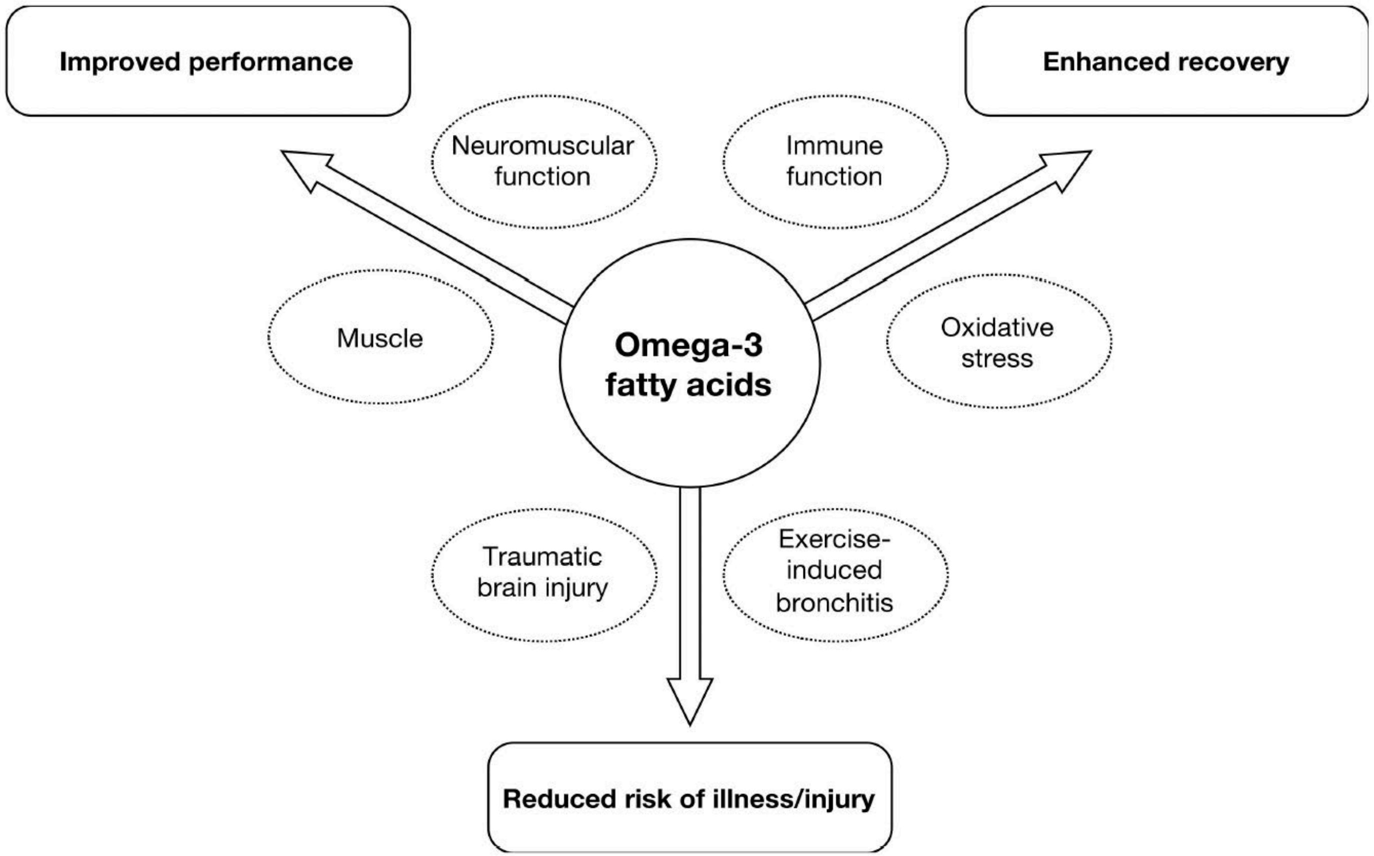


THE HOW 2



Omega3
-Eicosapentaenoic Acid (EPA)
-Docosahexaenoic Acid (DHA)
TRAINING ADAPTATIONS
• improved cycling and running economy
• enhancing resistance training induced adaptations
BRAIN FUNCTIONS
• neuroprotective effects
• improved cognitive functions
• improved mood
• reduction in fatigue
RECOVERY SUPPORT
• maintaining muscle mass after injury
• better recovery from exercise
• reduction in muscle soreness

PERFORMANCE AND HEALTH ROI [3]



BENEFITS FOR DIFFERENT SPORTS [4]

Sports/Physical Activity Context	Rating	Possible Biochemical Mechanism/Signaling Activation
Strength training	5	mTOR activation/protein synthesis
Endurance	8	Airway syndrome/flu mitigation Free radicals and inflammation modulation
Mixed (team sports)	7	Reduced post-workout soreness or DOMS
Immobilization	7	Prevention of muscle wasting (inflammation modulation)
Combat sports/concussion	7	Possible support for neuron plasticity and functional preservation

Rating resulting from science: 0—poor; 10—strong.

#Reelthemin- The why to try Seafood

Macros+Micros with brain and body benefits

#proonthego with canned options

Pro-scription for muscle preservation

Omega-3s for heart health, cognition, vision

Fish can feel “lighter” in the gut for easier digestion, lower in fat and high in protein

OMEGA-3 FATTY ACID RECOMMENDATIONS [5,6,7]

At least 2 fatty fish meals/week

500 mg EPA + DHA daily

ALA sources of omega-3 won't get omega-3 levels where they need to be- conversion process of ALA to EPA and DHA is inefficient

2-4 grams Omega-3s daily for athletes

2019 study of 1500 NCAA DI student athletes showed **average omega 3 consumption to be < 150 mg/day of EPA + DHA**

Average Omega-3 index (O3I) in student athletes is **4.0-4.5%**

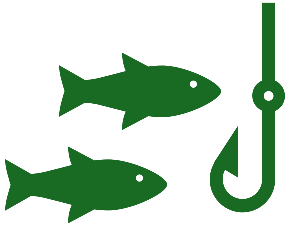
Professional athletes **4.29-5.02% %**

Military-3.18%

Goal is **> 8%**

A 3-for-All

Being an A-fish-in-ado



Fishing for complements

Seafood is a go-to and go-with

Pairing with produce/grains/potatoes/corn for flavor combinations and nutrient amplifications

Cast a wide net

Variety

Form- fresh, frozen, canned

Flavor

Key Takeaways

- Emphasize the why to try and the benefits of implementation
- Seafood not only provides the protein, healthy fats and micronutrients, but can complement and amplify the overall nutritional composition of the plate
- Prioritize seafood to correct deficiencies and help athletes SHOP
    - **S**afeguard **H**ealth, **O**ptimize **P**erformance

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