



Bear Bites: Summer 2012

Diet & Nutrition

Baylor Athletic Performance Nutrition



WHAT IS THE PALEO DIET?

The concept of the Paleolithic Diet is to get back to ancient times. When adopting this dietary approach, you are going to forego all the processed foods you find at the supermarket and instead focus on foods that either occur in the wild or come straight from the ground.

Essentially, if it was available thousands of years ago, it is going to have a place in your meal plan. This means that your daily diet will primarily consist of meat (grass feed beef is preferred) and fish, plenty of fresh fruits and vegetables, as well as nuts and seeds. Oils are typically allowed in moderation. Foods to be avoided included dairy products, cereal grains, legume's, starchy vegetables, fatty meats, and foods that are very high in salt content (such as processed meat products and salted nuts).

PROS VS. CONS : PALEO DIET

Pros:

Nutritious: Since it lacks today's processed foods which are relatively "nutritionally empty", there is no doubt that this diet has a high nutrient density. In most cases it will far exceed the minimum requirements for vitamins and minerals, although individual choices could influence this.

Stable Energy Levels (eat throughout the day): The Paleo diet relies heavily on whole meats, vegetables and fruits. These foods digest slowly, keeping blood sugar levels stable throughout the day. Stable blood sugar eliminates the energy and mood swings that can result from a diet high in processed carbs and refined sugar.

Simple: No counting or measuring. You eat from the food lists, and that is that.

Emphasis on Physical Activity: Increasing activity levels is seen to be an integral part of the Paleolithic Plan.

Cons:

Requires Huge Adjustment: Even more than most low carb diets, eating this way would almost certainly require an enormous change in eating. We are told to "shop the perimeter of the grocery store" (which is where the foods for this diet primarily are found), however few of us actually stay there. This diet can also make it more difficult for an athlete to consume the number of calories that are needed.

Inconvenient: Processed grains and dairy are widely used in prepared foods. They are also not allowed on the Paleo diet. Consequently, Paleo dieters often find it difficult to dine out or grab meals on the go. Fast food is often out of the question, as are most non-perishable options, excluding nuts.

There is still quite a debate about what constitutes a "proper" Paleo diet, and practitioners get quite touchy about it. Still, there is more overlap than not among the various authors. One point that has been brought up is that clearly there are groups of people who have made a genetic adaptation to eating milk and other dairy products those people should go ahead and eat them.

Can be expensive: Grass fed beef, for example, can be hard to find in some places, and almost always costs quite a bit more.

A Note on Calcium: A frequently asked question about this diet is how a person gets enough calcium without dairy. Greens are rich in calcium.

Paleo Recipe of the Month: Muffin Omelet

Ingredients:

- coconut oil or paper muffin liners
- 6 eggs
- 1/2 red bell pepper
- 1/4 dry sage
- 5 oz spinach
- 3/4 lb chicken, ham, or sausage, cooked and cut or crumbled into small pieces
- 1/4 tsp salt



Directions:

1. Preheat oven to 350 degrees.
2. Heat the skillet and add chicken sausage.
3. Add bell peppers and green onions to the cooked chicken. Cook until tender.
4. Drain any excessive oils or liquids.
5. Stir in the chopped spinach to the chicken and vegetables.
6. Let chicken and vegetables cool after being cooked.
7. Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1" of water, so they do not scorch while baking.
8. Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add.
9. Pour mixture into the muffin cups.
10. Bake for 18-20 minutes.

MEATS
VEGETABLES
NUTS & SEEDS
SOME
FRUIT
LITTLE STARCH
NO
SUGAR

BEHIND THE LINE

In this month's interview we sit down Nina Secerbegovic. This senior comes to us from Tulza, Bosnia. Through this senior's determination and grit, she has found a great deal of success while at Baylor. This past month, Nina was awarded her fifth Big 12 Player of the Week of her career. As a leader of the 2012 Baylor Women's Tennis team and seasoned veteran, Nina has taken the time to share some of her lessons and aspirations for the future with us in Behind the Line.



First off, congrats on receiving Big 12 player of the week. What's receiving this award mean to you?

"It's a great honor, especially when you win so many of them, so often".

So I see you're from Bosnia, why did you choose Baylor University?

"I have had previous teammates who have played here and for Tennis. They have a top 10 team and I wanted to be a part of something big."

Do or did any of your family play tennis? How is it that you came about playing tennis?

"My mom played tennis as a kid and my dad played professional soccer and even competed in the Olympics. I have always had a mental edge from my dad, he has coached me since I was young."

How has your experience been at Baylor thus far?

"Baylor has prepared me for life. It has been great, bad and tough... kind of like a rollercoaster. I have no regrets and this experience of being at Baylor will be in my memory forever."

I see you have won many awards and titles ranging from NCAA Singles All-American to Big 12 Singles and Doubles Champion. What is your goal for your senior year?

"I hope to win the championship this year with my team! I would love to become a double all-American as well as make the Dean's List."

You've gained a reputation for being passionate and competitive, who has been the biggest influence in your daily approach to competing?

"My dad has definitely been a big influence on me. It has been good and bad, because he really does not like to lose, so I think emotionally I can be pretty hard on myself."

What is your most memorable moment while at Baylor?

"Definitely Semis in the NCAA tournament. It's always a wonderful experience."

What is an interesting fact about you?

"I speak four languages: English, German, Spanish and Japanese. I also have a pretty good singing voice".

Have you ever participated in any other sports?

"No... I have only played tennis"

How do you think strength and conditioning has affected your performance in tennis?

"I would say that strength and conditioning has strengthened me as well as prevented injuries"

After graduation in May, do you plan to return home or stay in the states? Do you plan on making tennis your career?

"I plan on attending grad school in Japan. As much as I love tennis, I would like to take a bit of a break to allow my body to recover."

What is one thing after leaving Baylor that you will take with you?

"Something I will take with me is that, although life is hard, it can be very enjoyable."

Do you have anything else you would like to say?

"Believe and always try your best!"

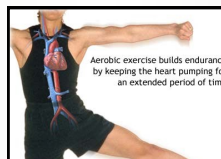
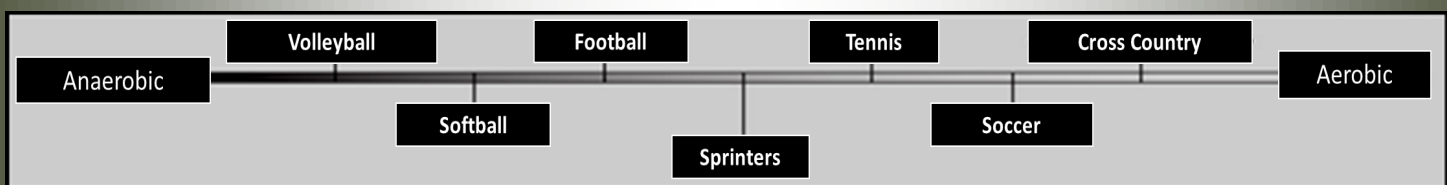
TRAIN LIKE AN ATHLETE



This month we will begin discussing how the body utilizes and creates energy. The end goal of most **metabolic processes** is to create adenosine tri-phosphate (ATP) which is the body's energy source for activity. In part one of this series we will discuss the **aerobic system**.

What is the Aerobic System ?

During rest, light or prolonged moderate exercise the body primarily utilizes aerobic pathways for ATP production. The aerobic system also facilitates ATP regeneration during rest periods in many team sports (football, soccer, volleyball). Aerobic respiration takes place in the **mitochondria** and requires oxygen in combination with **glucose** to drive a series of chemical events where the end product is carbon dioxide, water, and ATP. The carbon dioxide is released into the blood and removed from the body through the lungs. Fuel for this **oxidative process** may come from **muscle glycogen**, **blood glucose** or **pyruvic acid** (primarily early on in activity) and move to free fatty acids later on in exercise. The body may even use some amino acids for fuel during aerobic activity. This process yields a high level of ATP (36 per molecule of glucose) but it is a relatively slow process because of the number of chemical steps it takes to turn the fuel to energy, it also requires a steady flow of oxygen to continue the process.



WORD BANK

Mitochondria: provide energy to the cell that is needed to move, divide, produce products and contract. This are the power centers for the cell.

Glucose: is a simple sugar (monosaccharide) and an important carbohydrate in biology.

Oxidative Process: a process where oxygen combines with other molecules.

Muscle Glycogen: is an important fuel for contracting skeletal muscle during prolonged strenuous exercise. Glycogen depletion has been implicated in muscle fatigue.

Blood Glucose: the concentration of glucose in the blood, represented in milligrams of glucose per deciliter of blood.

Pyruvic Acid: is an organic acid, a ketone, as well as the simplest of the alpha-keto acids.



At the pinnacle of Coach John Wooden Pyramid of success stands "Competitive Greatness". The legendary Coach defined Competitive Greatness as "A real love for the hard battle, knowing it offers the opportunity to be at your very best when your best is required". All great competitors desire to be at their very best during the times of team or individual competition. They embrace the struggle and hard battles of preparation with the ultimate goal in mind. It is with these goals in mind the great competitors sacrifice time, energy and health for team and individual achievement. They prepare with a big picture mindset instead of focusing on their current state of being. These great competitors truly live by the old adage "When the going gets tough, the tough gets going."



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HIS " "