



**REDD COACHING**

*training for corporations & professional sports teams*

# **The Hot 5 Eating Habits- Eating for Sustained Performance**

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# The Hot 5 Eating Habits

## 1. Balance

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**Protein** – Lean meats & fish, low fat dairy, beans and soy. Necessary for building strong muscles, growth and repair of all body tissues, protecting the immune system and every enzymatic reaction in the body. It also helps slow the speed of digestion and makes you feel full faster.

**Carbohydrate** – Starch/Fruit/Dessert and Alcohol

Choose complex carbohydrates that are brown in color, have a heavier weight, and list the word “whole” as the first ingredient on the food label. These carbohydrates have vitamins and minerals as well as fiber in them. Fiber helps slow the rate of digestion and may help lower cholesterol levels. It also makes you feel full faster. Good sources are oats, bran, whole wheat, barley and fruits.

**Carbohydrate** – Vegetables

Vegetables have their own column in the “Hot 5 Food List” to remind you to eat 5 servings of colorful (rainbow colors) and dark leafy green veggies a day! Make a salad with veggies, steam them or eat them raw.

**Fat** - “Bad” fats are saturated fats found in the skin of meats and the marbling of meats as well as trans-fats & partially hydrogenated oils found in crackers, cakes, muffins, cookies and snack items. “Good” fats are unsaturated fats that help to protect against heart disease and high cholesterol. Good sources of these are nuts, olive oil, wild salmon and canola oil.

## 2. Timing: Eat every 3-5 hours.

Learn to use the “Hunger Scale,” check in with yourself throughout the day.

1, 2, 3	“I am starving, low blood sugar, irritable, moody, and I have decreased concentration.”
4, 5, 6	“I am going to eat now and STOP before I get too full, I feel comfortable & energized.”
7, 8, 9, 10	“I overate, the food looked too good or I waited too long to eat. Now I have gas, acid reflux, low energy, and I feel bloated & uncomfortable.”

3. **Portions:** Use the “hands method.” Know how many calories you need a day and what that “looks like” in terms of portions on your plate.

4. **Water:** 2-3 liters a day. Take your weight and divide by two = oz. per day.  
For example a 120 lb. woman needs 60 oz. of water a day.

## 5. The 80/20 rule:

80% of what you eat is to fuel performance, health and nourishment.  
20% of what you eat can be considered “extra food items” such as junk, sugar, and alcohol or “extra food items” eaten for social or emotional reasons.

# The 5 Food Pitfalls to Avoid

## 1. Refined Sugar

Sugar temporarily and initially relieves depression and fatigue, but then you and your blood sugar are taken on an unhealthy roller coaster ride emotionally and physically. When you first eat a refined sugar product your blood sugar levels spike, but after 10-20 minutes they plummet below normal making you feel worse. When you have low blood sugar two things happen: first you get hungry again immediately (we call this a “craving”) and then second, you have an excess of insulin production that causes your body to store fat rather than burn it. Practice decreasing your sugar intake on a daily basis.

## 2. White flour and refined/processed products

All the “white stuff” located in the “interior section” of the grocery store. These processed, non-whole food items are refined white flour products such as **bread, muffins, crackers, pizza crust, and cookies**. These food items provide little to no nutritional value. They are not alive (hence do NOT have live enzymes) and they tend to be high in calories. They are digested rapidly in the body, in a manner similar to that of refined sugar.

## 3. Saturated fats

Excess consumption of saturated fat drives up levels of cholesterol & blood fats and increases the risk of heart attack and stroke. Decrease your frequency of eating red meat and dairy products made from whole milk and remove the skin off your meats.

## 4. Convenience foods, synthetic foods, and fast food

Avoid diet sodas, yogurts and jelly. Avoid fast foods that are high in sodium and saturated fats, and low in vitamins, mineral and fiber. Fast Foods and artificial food substances are linked to diseases such as heart disease, stroke, diabetes Type I and Type II, cancer, and ADD & ADHD. Aspartame is a substance that has been shown to slow the body’s ability to lose weight.

## 5. Excess Alcohol

Alcohol can worsen mood swings, but it also can (when used in moderation) relax us. Be aware of how much alcohol you consume & its’ effects on you personally. Many experience sour stomach, headaches, hangover symptoms and disrupted sleep. It is addictive to many, and many use it to relax in the evening versus other healthy relaxation options. A moderate intake of alcohol is one drink (**one, 6 oz. wine = 150 calories**) for women and two drinks (**two, 6 oz. wines = 300 calories**) for men. (**A one ounce shot of hard alcohol has 80 calories, and a mixed sugary drink such as an “cranberry martini” has a 1.5 oz. shot plus juice, this = 200 calories. Watch your liquid calories, they add up quickly.**) One glass of red wine a day has some beneficial antioxidant qualities, however over consumption can lead to toxic liver and nerve cells. Watch out for that “beer belly syndrome.” Beer is made from maltose or “malt sugar.” These sugars are not used for immediate energy and go right to your fat stores around the abdominal area.

\* **Caffeine**

## **The Benefits of The Hot 5 Eating Habits**

- Sustained blood sugar = energy = sustained performance
- Improved mood and concentration
- Decreased feelings of hunger
- Nutrients that aid in muscle growth & repair
- A plan for weight loss and weight maintenance
- A plan for prevention of diseases
- A plan for lowering rising health care costs



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## The Hot 5 Food List

<b>Protein</b> <b>(1 palm size)</b>	<b>Carbohydrates</b> <b>(1-2 fists)</b>	<b>Carbohydrates</b> <b>(2 fists)</b>	<b>Fat</b> <b>(1-2 quarters)</b>
<b>Fish, wild salmon</b>	<b><u>fruit, berries</u></b>	<b>dark salad greens</b>	olive oil
chicken	<b>high fiber cereal, 5 g fiber</b>	romaine lettuce	soybeans
tuna	whole wheat bread	spinach	<b>nuts, almonds</b>
beef, lean roast	<b>sweet potato</b>	asparagus	avocado
tenderloin, fillet m.	veggie refried beans	green bell pepper	almonds, walnuts
turkey	whole grain oatmeal	bok choy	natural peanut butter
pork	<b>beans, lentils</b>	broccoli	flax seeds, seeds
ham	polenta	eggplant	walnut oil
shrimp	brown rice	snap peas	almond oil
crab	rye bread	cabbage	almond butter
<b>1 egg+ 1-4 whites</b>	barley, couscous	collard greens	sesame oil
cottage cheese (1f)	whole wheat pita	cucumber	flax seeds, oil
cheese	whole wheat, corn tortillas	cauliflower	smart balance butter
milk	yam	red bell pepper	parmesan cheese
tofu	<b><u>edamame</u></b>	green beans	string cheese
soy milk	<b>white pasta, white rice</b>	tomatoes	light blue cheese
<b>plain yogurt (1f)</b>	french, sourdough bread	onions	<b><u>light sour cream</u></b>
edamame	white flour tortilla	zucchini	<b>butter</b>
turkey bacon	focaccia bread	celery	sour cream
beef jerky	sugar cereal (over 10g sugar)	brussel sprouts	organ meats
	white bagel	artichoke	regular dressing
	processed white crackers	beets	hydrogenated oils
	chips	corn	fried foods
	chex mix	carrots	skin on meats
	<b><u>juice</u></b>	peas	cream
	<b>cake, brownie</b>	cherry tomatoes	coconut milk
	cookie		coconut oil
	candy bar		lard, pie crust
	scone, muffin		marbling in meat
	pie		palm oil
	ice cream		tropical oil
	frozen yogurt		whole milk
	coffee house cookie		cinnabon
	hard candy		doughnut
	chocolate		<b>fried chicken</b>
	<b><u>alcohol</u></b>		<b>fried shrimp</b>
	1 beer – 12 oz.		french fries
	1 oz. hard alcohol (most mixed drinks are 2-3 oz.)		onion rings
	4 oz. wine (most are 6-8 oz.)		

