

# Performance Nutrition 101

## The Basics of Fuelling Your Mind & Body

Kyle Harris, MS-AES, MS-LA  
Group Training Coordinator & Hitting/Pitching Instructor  
Bob Harris Baseball School

---



Contact Information:

Email: [battersbox@yahoo.com](mailto:battersbox@yahoo.com)

[hossjob13@gmail.com](mailto:hossjob13@gmail.com)

Twitter: @hossjob

Instagram: @hossjob





# **FIRST PRINCIPLES OF NUTRITION & Then Some...**

- **Disease Prevention**
- **Development of Body systems & Organs**
- **Growth & Repair**
- **Health, Well-being, Longevity**
- **Fuelling Cognition**
- **Fuelling Physical Performance**
- **Recovery**
- **Enjoyment**



# PERFORMANCE NUTRITION GOALS

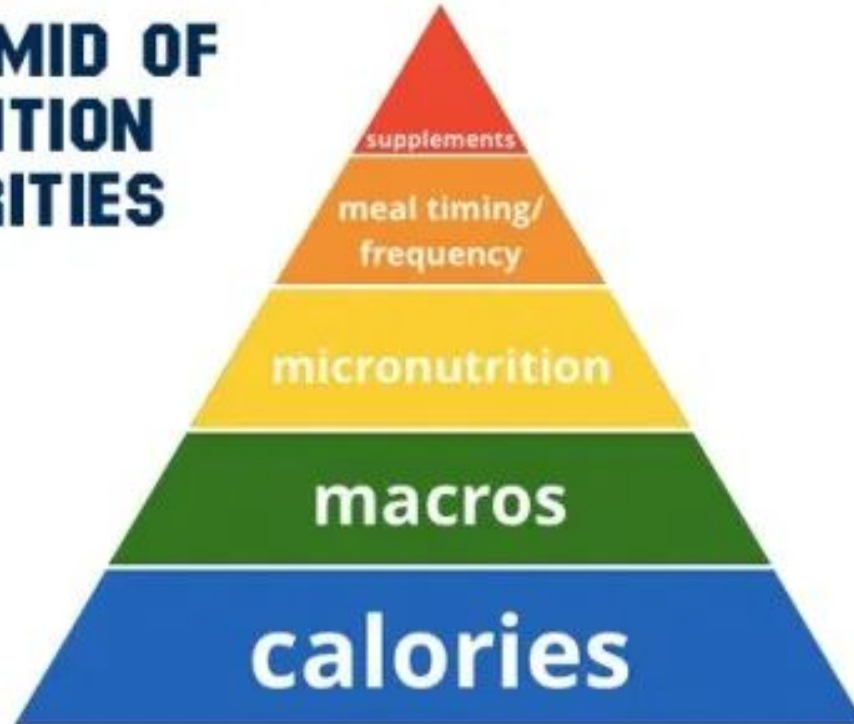
1. Optimize Recovery
2. Fuel Performance
3. Improve Performance
4. Long Term Lean Body Mass Management
  - a. Weight Gain
  - b. Weight Management
  - c. Weight Loss
5. Caloric Balance (Goal Determined)
  - a. Calories = Units of Energy
  - b. Balance Energy in VS Energy Out
    - i. Goal Dependent





# NUTRITION HIERARCHY

## PYRAMID OF NUTRITION PRIORITIES





# CALORIES

---

## WEIGHT LOSS:

- Eat fewer calories than you burn

## WEIGHT GAIN:

- Eat more calories than you burn

## WEIGHT MANAGEMENT:

- Calories in equal calories out

**Calories = Energy**

**Food is Fuel**

## CALORIC MAINTENANCE FORMULA:

Body Weight in Pounds x (10 + the number of hours you train weekly)

Ex: 185lb athlete that trains 6 hours per week:

$$185 \times (10+6) = 2960 \text{ Cal}$$

**THIS IS TO MAINTAIN WEIGHT**



# MACRONUTRIENTS

**Carbohydrates** - Main Source of Energy for Cognition & Physical Performance

- 4 Calories/Gram

**Protein** - Maintenance & Recovery of Muscle; Body Processes

- 4 Calories/Gram

**Fat** - Endocrine System Functioning, Neurotransmitters, Body Processes, Recovery

- 9 Calories/Gram



# Steps to Determine Calories + Macros

1. Determine Maintenance Calories:  $BW \times (10 + \# \text{ of training hrs/wk})$
2. Determine Goal (weight loss, maintenance, or gain)
  - a. Weight Loss: Maintenance Calories - 500 Calories
    - i. 1-2 Pounds Lost/Week
  - b. Weight Gain: Maintenance Calories + 500 Calories
    - i. 0.5-2 Pounds Gained/Week
3. Determine Protein Requirements
  - a. 0.8-1 Gram of Protein/Pound of Body Weight
4. Determine Fat Requirements
  - a. 20-40% of Total Calories
5. Determine Carbohydrate Requirements
  - a. The Remaining Amount of Daily Calories



**EXAMPLE:** 200 Pound Athlete  
Trains 6 Hours Per Week

1. Caloric Maintenance:  $200 \times (10+6) = 3200$  Calories
2. Goal: Weight Gain -  $3200 + 500 = 3700$  Calories/Day
3. Protein: 160-200 Grams/Day (640-800 Calories)
4. Fat: 82-164 Grams/Day (738-1476 Calories)
5. Carbohydrates: 356-580 Grams/Day (1424-2320 Calories)





# PROTEIN CONSUMPTION

- **More is not better**
- **Every 3.5-5 Hours**
- **30-40 Grams Per Meal (3-5 meals/day)**
- **30-40 Grams Pre & Post Training**



# MICRONUTRIENTS

VITAMINS, MINERALS, ANTI-OXIDANTS,  
PHYTONUTRIENTS

- Needed for all body process, recovery, health, disease prevention, & more
- Anti-Inflammatory:
  - Fatty Fish, Whole Grains, Nuts, Green Leafy Vegetables, Olive Oil, Berries, Rich/Dark Fruits/Vegetables

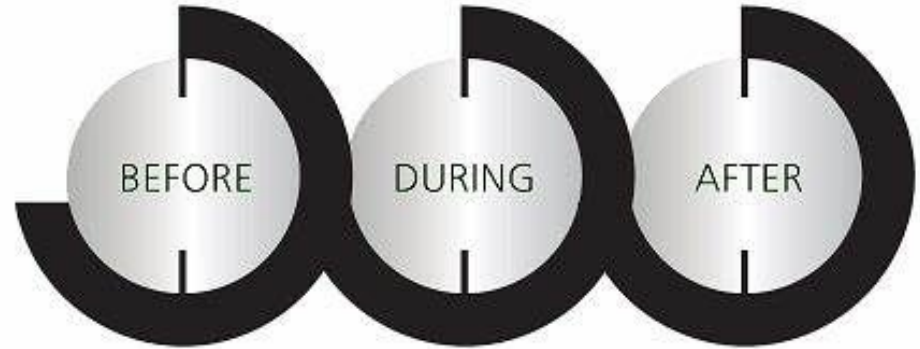
## Anti-inflammatory foods





# HYDRATION

## BE SMART!





# **SAMPLE BREAKDOWN:**

## **200 LB Athlete, Goal - Weight Gain**

**Daily Totals: 3700 Calories, 200 Gr Protein, 500 Gr Carbohydrates, 100 Gr Fat**

**Per Meal: 40 Gr Protein, 100 Gr Carbohydrates, 20Gr Fat**

- Meal 1: 4 Whole Eggs, 1 Cup Oatmeal, 150 Gr Blueberries, 8oz Orange Juice
- 60-90min Before Training: 30 Grams Whey Protein, 2 TBSP Natural Peanut Butter, 300 Grams Sweet Potato, Banana
- After Training: 5oz Chicken Breast, 1.5 Cups Rice, 1 oz Almonds, 1Cup Broccoli, 150 Grams Cherries
- Meal 2: 4oz Lean Beef, 1oz Cheese, 1Cup Green Beans, 50Grams Carb Drink, 200 Grams Potatoes
- Meal 3: 5oz Chicken Breast, 200 Grams Spinach, 1TBSP Olive Oil, 1.5 Grams Rice, 150 Grams Black/Raspberries, 1oz Pretzels

○ **TOTALS: 202P, 495C, 100F**

# Performance Nutrition 101

## The Basics of Fuelling Your Mind & Body

Kyle Harris, MS-AES, MS-LA  
Group Training Coordinator & Hitting/Pitching Instructor  
Bob Harris Baseball School

---



Contact Information:

Email: [battersbox@yahoo.com](mailto:battersbox@yahoo.com)

[hossjob13@gmail.com](mailto:hossjob13@gmail.com)

Twitter: @hossjob

Instagram: @hossjob

