



# How to Eat Like a Champion

Jordan Davies



# INTRODUCTION

## WHO AM I?

University of Minnesota - Duluth

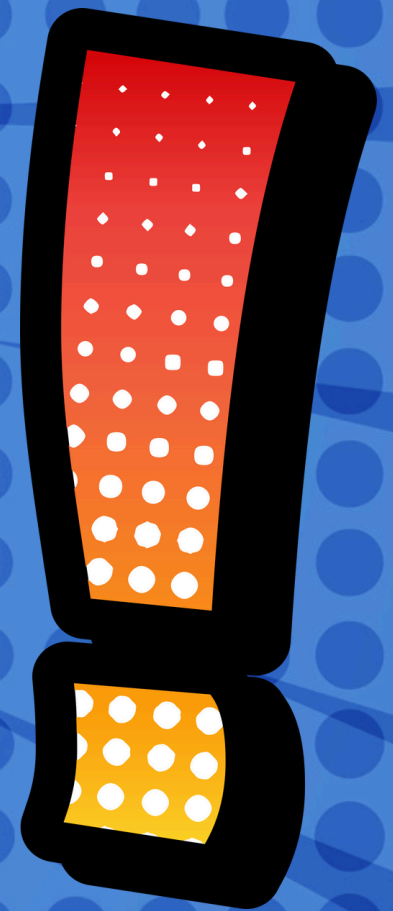
- B.S. Exercise Science & Psychology
- 4 Year Starter

St. Catherine University

- M.A. Holistic Health
- 4 Year Assistant Softball Coach

Fitness & Nutrition Professional

- Gym Owner
- Nutrition Coach





# INTRODUCTION

## WHO AM I?

Wife

Mom (Dogs & Boy)

Pickleballer

Powerlifter





**WHY DOES**

**NUTRITION MATTER?**





# WHY DOES NUTRITION MATTER?

What You Eat & Drink Is Your Most Important  
Piece of Equipment!





# WHY DOES NUTRITION MATTER?

**What You Eat & Drink Is Your Most Important  
Piece of Equipment!**

By looking at your nutrition you increase your:

- Energy
- Focus
- Recovery Capacity
- Endurance





**MACROS FOR  
SOFTBALL**





# MACROS FOR SOFTBALL

**Protein**





**MACROS FOR  
SOFTBALL**

**Protein**

**Carbs**





# MACROS FOR SOFTBALL

**Protein**

**Carbs**

**Fats**



# PROTEIN

1

Necessary for the proper functioning of a human body and are the basis of skin, hair and nails.

2

Responsible for helping build and maintain muscle.

3

Keeps you fuller longer!



# PROTEIN

## Top Protein Sources

Chicken  
Turkey  
Lean Beef  
Bison  
Venison  
Lean Pork

Fish  
Shellfish  
Egg Whites  
Cottage Cheese  
Greek Yogurt

Tofu  
Tempeh  
Seitan



# CARBS

1

The body's primary energy source.

2

An excellent source of fiber.

3

A great way to add flavor and excitement to your plate



# CARB

## Top Carb Sources

Sweet Potato

Red Potato

White Potato

Beans

Legumes

Brown Rice

White Rice

Whole Grain Bread

Oats

Whole Grain Pasta

Couscous

Quinoa

Fruits

Veggies



# FATS

1

Often thought of as unhealthy, but the “good” fats are necessary for functioning.

2

They build cell membranes, nervous tissue and hormones.

3

A slow, low intensity energy source.



# FATS

## Top Fat Sources

Peanut Butter  
Almond Butter  
Coconut Oil  
Grass Fed Butter  
Olive Oil

Olive Oil  
Avocado  
Any Nuts  
Seeds

Egg Yolks  
Fatty Cuts of Meat  
Bacon



# HOW TO HYDRATE?

Small Piece, HUGE Difference Maker

Water is responsible for:

- Regulating Body Temperature
- Aiding Muscle Contraction
- Supporting Digestion
- Improving Focus & Brain Functioning
- Supports Your Immune System
- AND MUCH MORE



# HOW TO HYDRATE?

## Signs of Dehydration:

- Fatigue
- Dry Mouth
- Headaches
- Light-Headedness
- Dizziness
- Confusion or Mental Fatigue
- Mood Changes
- Urinating Less Than 3x/Day





Let's Get Down  
to Business





Sugar, Salt &  
Caffeine



# SUGAR

## SWEET FACTS

1

Your Body NEEDS Sugar - It's a Primary Source of Quick Energy

2

Supports Brain Function - Your brain relies on glucose to function.

3

Replenishes Glycogen Stores After Exercise - Aiding in recovery and preparing for future exercise.



# SUGAR

## PROS & CONS

### Pros

- Quick Energy When Needed
- Required for Brain Functioning
- Adds Flavor & Fun

### Cons

- Quick Energy Crash
- Poor Recovery
- Sparks Inflammation





# **SUGAR QUESTION**

**What Are Popular  
Sugary Snacks You  
Enjoy?**



# SUGAR

## HEALTHY SWAPS

- Fruits
- Honey
- Pure Maple Syrup

Healthy, Sugary Sweets  
**SHOULD** Be Consumed in  
Moderation!



# SALTY SNACKS

## SALTY FACTS

1

Helps Maintain Fluid Balance

2

Supports Muscle Function & Nerve Signals

3

Replenishes Electrolytes After Sweating



# SALTY SNACKS

## PROS & CONS

### Pros

- Replaces Electrolytes Lost In Sweat
- Required for Fast Twitch Nerve Signaling

### Cons

- Risks Dehydration
- Higher Risk of Cramps
- Risks for Health Long-Term





**SALT  
QUESTION**

**What Are Common  
Examples of Game  
Day Snacks?**



# CAFFEINE FACTS

1

Boosts Energy & Mental Alertness

2

Enhances Physical Performance

3

Supports Fat Burning & Metabolism



# CAFFEINE

## PROS & CONS

### Pros

- Improves Mental Alertness & Focus
- Enhances Physical Performance\*
- Boosts Metabolism

### Cons

- Major Sleep Disruptor
- Increased Anxiety & Fidgeting
- Increases Risk for Dehydration





**CAFFEINE**

**QUESTION**

**How much  
caffeine is in  
coffee?**





**CAFFEINE**

**QUESTION**

**How much caffeine  
is in your average  
energy drink?**



# CAFFEINE QUESTION

**How much caffeine  
is in the average can  
of pop? Sugar?**





**CAFFEINE**

**QUESTION**

**How much caffeine do  
Bodyarmor Sports Drinks  
have?**

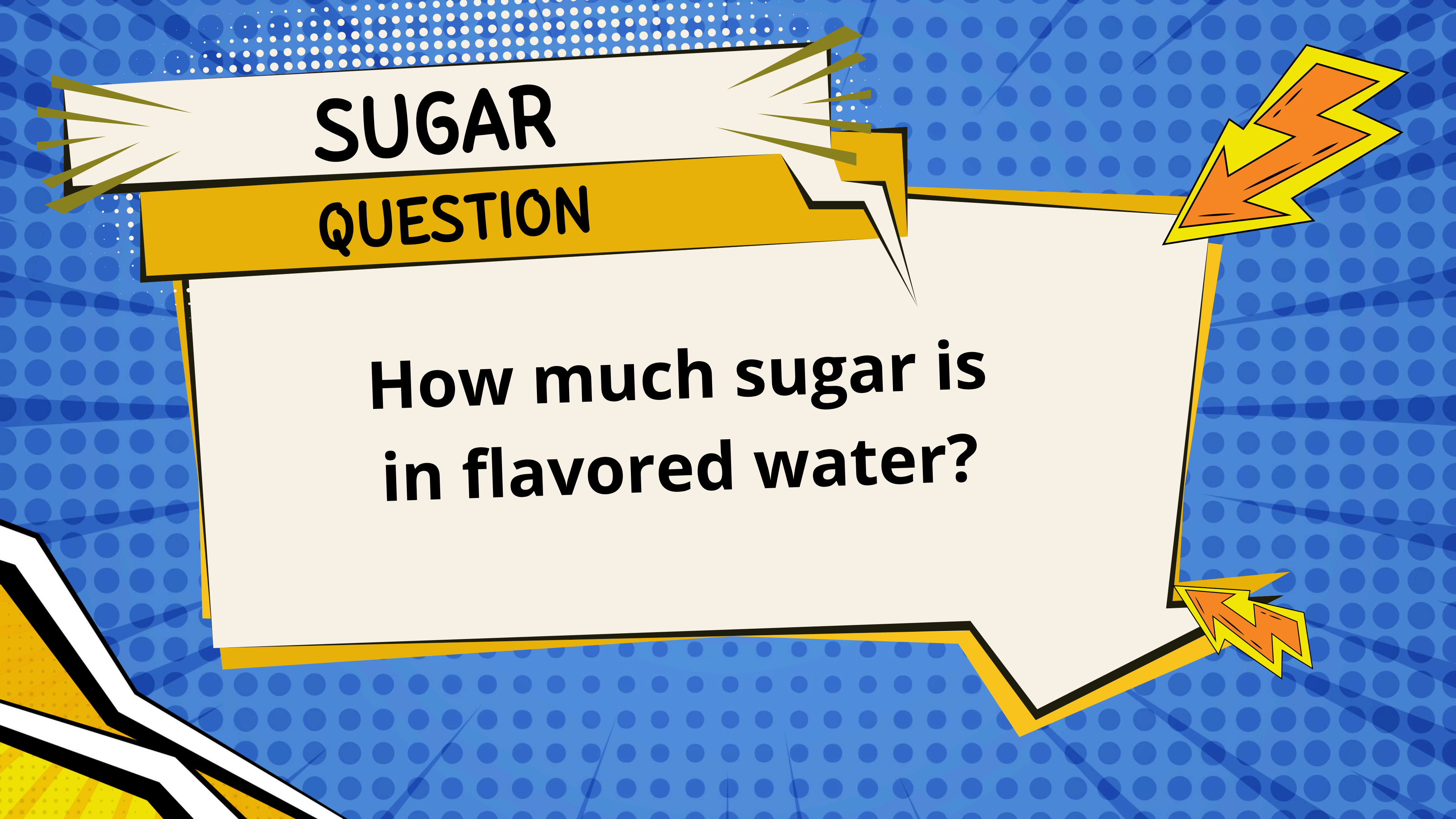




# **SUGAR QUESTION**

**How much sugar is  
in iced tea?**





**SUGAR**

**QUESTION**

**How much sugar is  
in flavored water?**



# DRINKS TO PRIORITIZE

Water

Water + Electrolyte Packets (WATCH SUGAR!)

Diluted Gatorade/Powerade

All Natural Fruit Juices





# Let's Talk About Snacks



# PRE-GAME

Greek Yogurt + Fruit + Honey

Banana + Peanut Butter + Whole Grain  
Bread/Toast

Apple + Cheese or Nut Butter



# DURING THE GAME

Banana + Almond Butter Packets

Trail Mix

Energy Bites or Balls



# POST-GAME

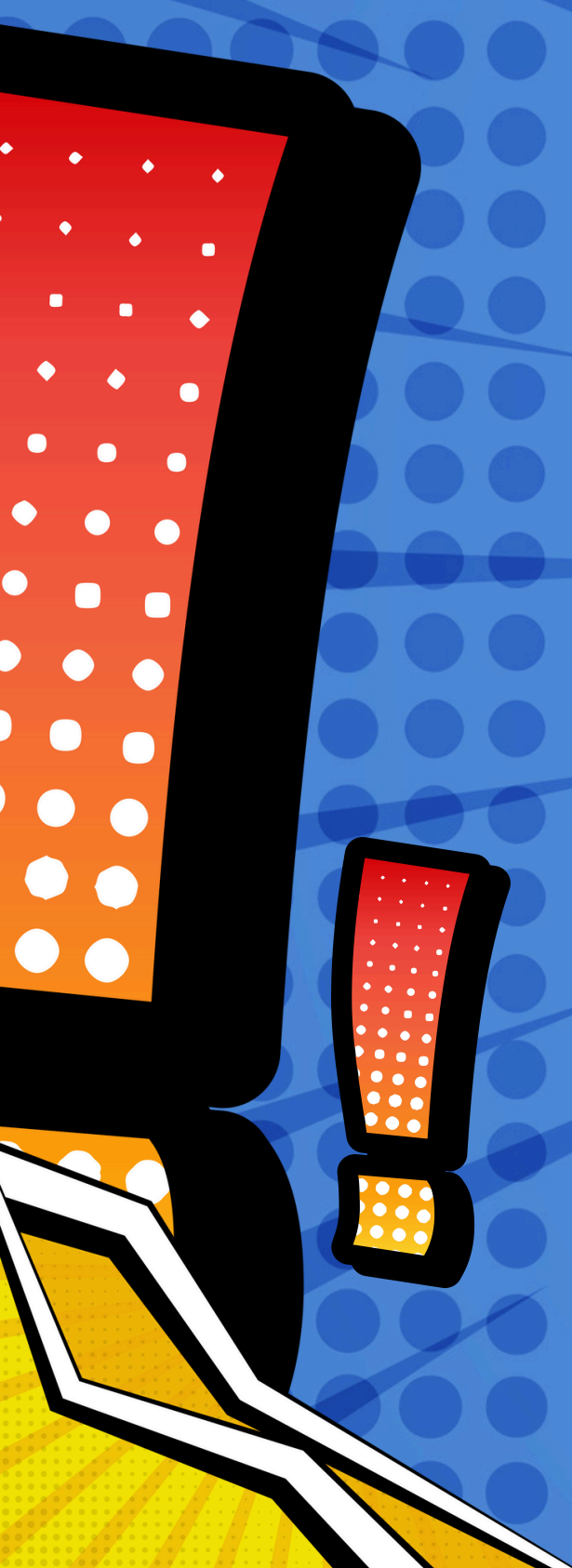
Protein Packed Greek Yogurt + Oats or Fruit

Jerky + Whole Grain Crackers


Hummus + Veggies or Pita Chips



**PUT IT ALL  
TOGETHER**







**PUT IT ALL**

**TOGETHER**

The Best Diet for an Athlete Is a Well-Rounded Diet



# PUT IT ALL TOGETHER

The Best Diet for an Athlete Is a Well-Rounded Diet

Sugar, Salt & Caffeine Need More of Our Attention



# PUT IT ALL TOGETHER

The Best Diet for an Athlete Is a Well-Rounded Diet

Sugar, Salt & Caffeine Need More of Our Attention

Healthy Snacks Matter





**BECAUSE YOU  
CAME...**



**BECAUSE YOU  
CAME...**

**NEW!**



**Sports Nutrition Course**



Thank You







# Contact Info

**Jordan Davies**

**612-440-0904**

**[jordan@completeperformancemn.com](mailto:jordan@completeperformancemn.com)**