



apple to zucchini
performance nutrition

NUTRITION FUNDAMENTALS

CHAIN REACTION 7DAY 1000

SALLY ANDERSON: ADVANCED SPORTS DIETITIAN & EXERCISE PHYSIOLOGIST



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THE APPLE TO ZUCCHINI TEAM



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ALCOHOL – depends on your goal


Weight gain	Performance	Fat loss
Helpful	Away from tough sessions	As little as possible



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ALCOHOL ON THE SUGAR SCALE

← 0% 2% 4% 6% 8% 10% 12% →




0%: G&T, Pure Malt Scotch Whisky, Lashes, Pure Malt Scotch Whisky

2%: Red Bull

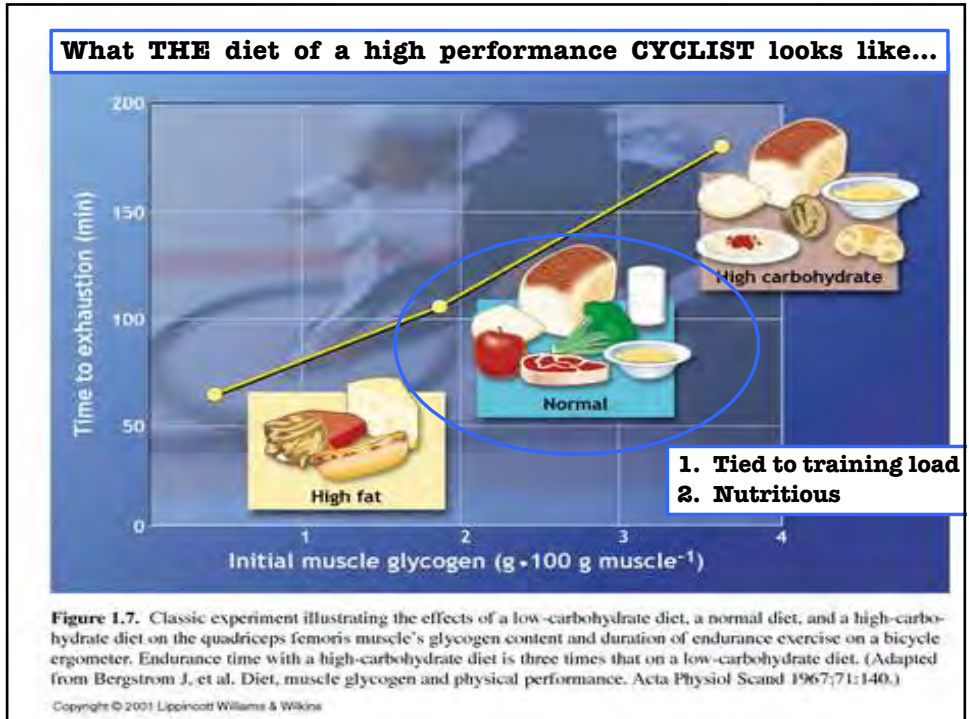
8%: Breeze, Rum + coke, Scotch + drv

10%: G&T

12%: Vodka, lime soda



4



5

CARBS – depends on your goal

<p>Weight gain</p> <p>Growth nutrient</p>	<p>Performance</p> <p>Scaled with training load</p>	<p>Fat loss</p> <p>In and around training sessions</p>
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LUNCH + DINNER... COMPONENTS TO THE IDEAL ATHLETE MEAL

Healthy fats

Quality Carb

Protein

Vegetables & Salad



7

52 names for sugar...

rice syrup, sorghum, evaporated cane juice, golden syrup, powdered sugar, sorbitol, muscovato, fruit juice concentrate, Date Sugar, Free Flowing Brown Sugar, High Fructose Corn Syrup, golden sugar, diastatic malt, sucrose, icing sugar, fruit juice, raw sugar, ethyl maltol, fructose, Demerara Sugar, honey, diastase, rice bran syrup, oat syrup, corn syrup, coconut sugar, galactose, sorghum syrup, glucose, beet sugar, carob syrup, agave nectar, brown sugar, malt syrup, Sugar Cane, Caramel, confectioner's sugar, invert sugar, brown rice syrup, Dextran, cane juice crystals, corn syrup solids, maltose, Dextrose, maple syrup, cane juice, castor sugar, molasses, lactose, buttered sugar, barley malt, maltodextrin, corn sweetener, mannitol, Turbinado, Tapioca syrup, yellow sugar



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WHY ORDER MATTERS...



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BJPY_ZV1H00](https://www.youtube.com/watch?v=BJPY_ZV1H00)



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LABEL READING GUIDE

- 🌱 (try to) ignore marketing / front of pack
- 🌱 3-5 ingredients
- 🌱 Not too many numbers

NB. Ingredients listed from most to least



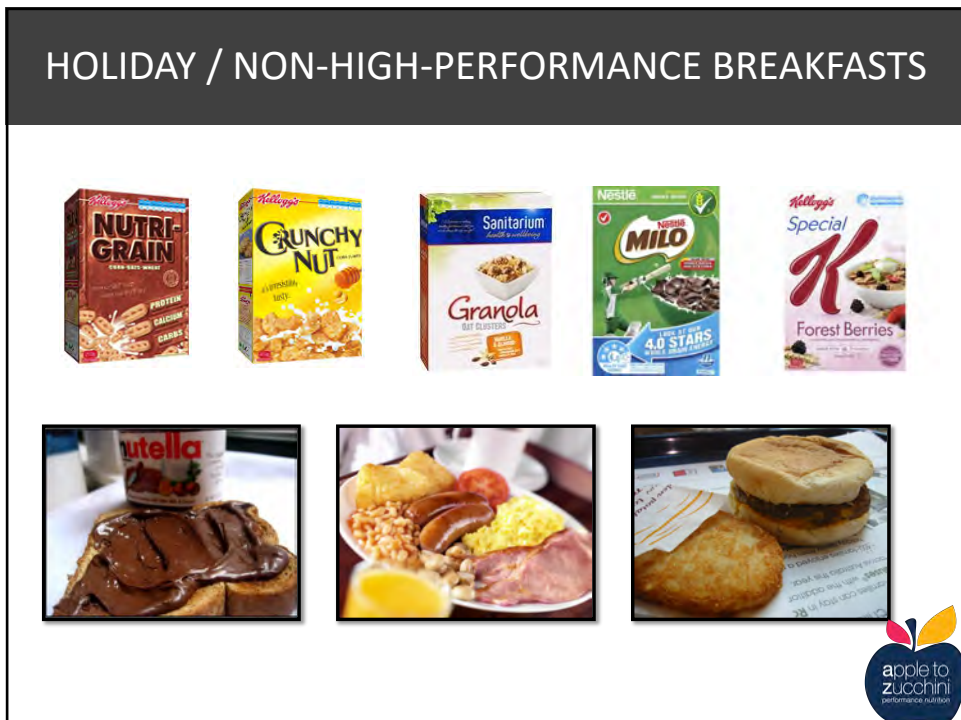
<p>Ingredients: Musashi® Bulk Protein Blend (36%) (Whey Protein Concentrate, Calcium Caseinate, Soy Protein Isolate, Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Cocoa Powder, Salt) Emulsifier (Soy Lecithin, 471)), Glycerol, Milk Chocolate [Sugar, Cocoa Butter, Cocoa Liquor, Milk Powder, Emulsifier (322), Flavour], Glucose Syrup [Glucose Syrup, Preservative (220)], Caramel (10%) (Glucose Syrup, Sweetened Condensed Milk (Milk, Sugar, Lactose), Vegetable Fat, Unsalted Butter, Salt, Emulsifier (471)), Resistant Starch (Corn Starch, Maltodextrin), Xylitol, Cocoa Powder, Unsalted Butter, Flavours.</p> <p>Contains: Milk, Soy and Sulphite Products</p> <p>May Contain: Sesame, Peanuts and Tree Nuts</p> <p>Store below 30°C</p>	<p>NUTRITION INFORMATION</p> <p>Serves per package: 12 Serve Size: 80g</p> <table border="1"> <thead> <tr> <th></th> <th>Average Quantity Per Serve</th> <th>Average Quantity Per 100g</th> </tr> </thead> <tbody> <tr> <td>Energy</td> <td>1680kJ (322 Cal)</td> <td>1680kJ (402 Cal)</td> </tr> <tr> <td>Protein</td> <td>33.2g</td> <td>33.2g</td> </tr> <tr> <td>Fat, total</td> <td>8.9g</td> <td>8.9g</td> </tr> <tr> <td>-saturated</td> <td>5.6g</td> <td>5.6g</td> </tr> <tr> <td>Carbohydrate</td> <td>27.8g</td> <td>27.8g</td> </tr> <tr> <td>-sugar</td> <td>15.7g</td> <td>15.7g</td> </tr> <tr> <td>Sodium</td> <td>169mg</td> <td>169mg</td> </tr> <tr> <td>Xylitol</td> <td>2.9g</td> <td>3.6g</td> </tr> <tr> <td>Glycerol</td> <td>11.8g</td> <td>14.8g</td> </tr> </tbody> </table>		Average Quantity Per Serve	Average Quantity Per 100g	Energy	1680kJ (322 Cal)	1680kJ (402 Cal)	Protein	33.2g	33.2g	Fat, total	8.9g	8.9g	-saturated	5.6g	5.6g	Carbohydrate	27.8g	27.8g	-sugar	15.7g	15.7g	Sodium	169mg	169mg	Xylitol	2.9g	3.6g	Glycerol	11.8g	14.8g
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