

DESTIGMATIZE NUTRITION:

NUTRITION GUIDE FOR TEEN GIRLS

Trigger warning: eating disorders, body image issues, and extreme dieting

If at any point it feels too overwhelming, do whatever you need to feel safe

Our definition of girl: non-guy
(includes non-binary folx)





CHECK-IN QUESTION:

Would you rather be invisible or have the ability to fly for a day?



CHECK-IN QUESTION:

How many hours of sleep did you get last night?



CHECK-IN QUESTION:

Does pineapple belong on pizza? Yes
or no?



CHECK-IN QUESTION:

Would you rather be a foot or ten feet tall?

WELCOME EVERYONE

I'm Julia, sophomore, runner + cyclist

I'm Jazmin, junior, soccer player

I'm Aasha, sophomore, climber

Change your name to "FirstName (Pronouns)"



AGENDA FOR TODAY

TIME

ACTIVITY

3:05 - 3:15

Conversation 1

3:15 - 3:40

Presentation About Nutrition + Doctor Speaker

3:40 - 3:50

Athlete Speaker

3:50 - 3:55

Conversation 2


3:55 - 4:00

Closing



GUIDELINES/NORMS FOR DISCUSSION



- Share as much as you feel comfortable sharing
 - What's said in the zoom, stays in the zoom
 - Listen respectfully and attentively
 - When asking questions come from a place of curiosity not argumentation
 - Respect silence as part of the process
 - Take space, make space, and invite in
 - Speak from the "I" perspective
- 

CONVO 1

WHAT?

- 3-4 girls per room + one moderator
- It's ok if it's awkward

PROMPTS (MODERATORS WILL PUT IN CHAT)

- Short intros: Name, grade, tell us about your sport.
- Define healthy eating, what does it mean to you?
- Do you feel like you understand nutrition? Who is in charge of what you eat?
- What have people told you in the past about nutrition, what you should eat or not? Do you think they were right?
- What do you wish people knew about nutrition as a teen girl? Do you think teen girls have unique nutritional needs compared to other ages/genders?




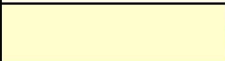
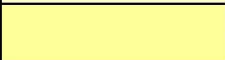





01

NUTRITION

The information from this part of the presentation is adapted from Dr. Jonathan Terdiman's (UCSF Prof. of Medicine) presentation



HYDRATION

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
<hr style="border: 2px solid red;"/>		
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>
7		<small>If you are taking a multi vitamin your urine color is subject to change.</small>
8		

- You should be drinking 3-4 liters of liquid a day and your urine should be very light yellow
- You're sweating roughly 1 pound (16 oz) for every hour you workout (like run)
- To replenish yourself, you need drink 16-24 oz of liquid for every hour you worked out
- Drink electrolytes (gatorade, tablets) after longer workouts on on very hot, high sweat days
- 300 mg of sodium per hour (Gatorade has about 100 mg of sodium per 8 oz)

**HOW MANY
HYDROFLASKS
WOULD YOU NEED
TO DRINK A DAY?

(ANSWER IN CHAT)**



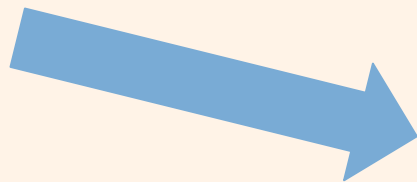
HOW MUCH?



HUGE TIP!!

GET ONE OF THESE

FIND ON AMAZON



NUTRITION

- **Bottom line: If you don't eat after you workout, you don't actually get any of the physical benefits.**
 - Example: tissue damage happens when we're running and the repair begins immediately
- **Refuel within 30 - 60 minutes after exercising**
- Consume complex carbs and protein
 - 0.1 - 0.2 grams of protein per pound of body weight
 - 0.3 - 0.6 grams of carbs per pound of body weight
 - 3:1 ratio of carbs to protein
- Ex. 130 - 150 pound athlete
 - 15 grams of protein
 - 45-50 grams of carbs



WHAT TO EAT?



**½ CUP OF GREEK YOGURT
OR OATMEAL**

21 grams of protein

2 EGGS

21 grams of protein

2 OZ OF CASHEWS

10 grams of protein

**2 TBSP OF PEANUT
BUTTER**

8 grams of protein



BAGEL

48 grams of carbs

SWEET POTATO

28 grams of carbs

**SLICE OF WHOLE WHEAT
BREAD/ENERGY BAR**

12 grams of carbs



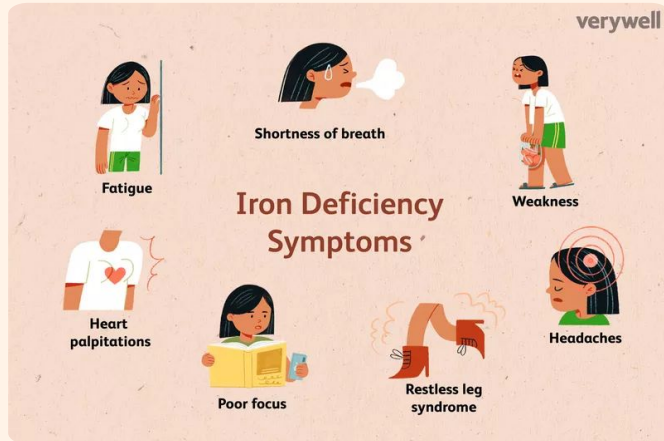
IRON DEFICIENCY

WHY DOES IT HAPPEN?

- Poor intake
- Poor absorption
- Bleeding
- Tissue injury

ADDITIONAL INFORMATION

- Ferritin levels that are less than 50 ng/ml and iron saturation levels that are less than 15% are representative of iron deficiency
- Iron deficiency can occur before anemia and can have adverse symptoms, especially for an endurance athlete
- **Requirements:** 20 mg per day for females, add 10 mg per day for endurance athletes
- **Correction:** iron rich foods, iron pots, Vitamin C
 - Iron supplementation: 65 - 135 mg of elemental iron with 500 mg of Vitamin C EVERY OTHER DAY on an empty stomach (morning is best)



How can you tell?

Dizzy every time you stand up

Tired

Everything hurts

SUPPLEMENTS IN SPORTS

- Popular Supplements: Protein Powders, Energy Gels, Sports Drinks
- consulting a healthcare professional for personalized guidance:**
- Individualized assessment of nutritional needs.
 - Ensures safety by checking for medication interactions and side effects.
 - Recommends reputable supplement brands for quality assurance.
 - Encourages a balanced, whole-foods-based diet for long-term health.



PROTEIN POWDERS

- Protein powders aid muscle repair and growth.
- Various options (whey, casein, plant-based) available.
- Consult a healthcare professional for personalized guidance to determine the right type and amount.



ENERGY GELS



- Used by endurance athletes for quick energy during long workouts.
- Prevents energy depletion during extended exercise.
- Caution needed to avoid gastrointestinal issues.

ENERGY DRINKS

- Designed for hydration and electrolyte replenishment during intense activity.
- Valuable for activities lasting over an hour.
- Be mindful of using them during low-intensity exercise or casually due to added sugars and calories.



1 Start Here →

Nutrition Facts
 Serving Size 1 cup (228g)
 Servings Per Container 2

2 Check Calories

Amount Per Serving
Calories 250 Calories from Fat 110

3 Limit these Nutrients

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

6

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

4 Get Enough of these Nutrients

5 Footnote

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

How to read a label

AND WHY THIS DIAGRAM IS MISLEADING

WHAT IS NORMAL?



- Nearly all High School students should be gaining weight
 - 2 - 5 pounds for a given height
 - 3 - 5 pounds per year for every inch taller
- No female should have an interruption to their menstrual cycle
- Exercise and good nutrition will lead to building muscle mass and some reduction in the percentage of body fat
 - But, for females, an increase in body fat is part of normal maturation
- If you are underweight, you will get sick and tired .

DOES IT HELP?

- Nick Symmonds - 800m champion U.S.A., ate a hunk of chocolate after every meal

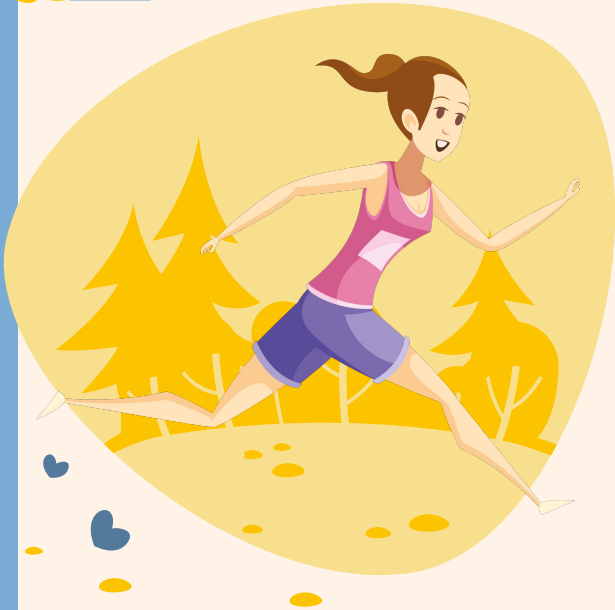
Game:

In the chat, write “helpful” or “sometimes” or “never”

By “helpful” we mean that if you follow this “diet” you won’t face any health risks, in fact, in might benefit your performance

By “sometimes” we mean that this should only be done while supervised by a doctor and in certain situations

By “never” we mean NEVER.



HELPFUL!

PALEO DIET

Emphasizes foods that our hunter-gatherer ancestors would have eaten, focusing on lean meats, fish, fruits, vegetables, nuts, and seeds while excluding processed foods, grains, and dairy.

Never

CARNIVORE DIET:

Promotes an all-meat diet, excluding all plant-based foods.

SOMETIMES

JUICE CLeANSES OR DeTOX DIETS:

Involves consuming only fruit and vegetable juices for a certain period to detoxify the body.

Never

EXTREME LOW-FAT DIETS

Characterized by a severe restriction in the consumption of dietary fats, typically defined as containing less than 10% of total daily caloric intake from fats. This diet regimen places a strong emphasis on reducing or eliminating sources of fat, including both healthy unsaturated fats and less healthy saturated and trans fats.

BOTTOM Line

There is no “one diet” for different people

Make sure you meet the nutritional standards but it’s up to you to decide what makes the most sense

Not alone! Reach out to parent/guardians to discuss your diet

Questions?



convo 2

PROMPTS (MODERATORS WILL PUT IN CHAT)

- How has the media affected your perspective on what being “healthy” is? How has your perspective persisted or changed since you’ve become an athlete or grown older?
- What is something your going to do to take charge of your own nutrition (can be as small as buying a bigger water bottle)?
- Now again, define “healthy eating” as it would fit into your own life.



CLOSING

Does anyone have any takeaways?

Feedback form in the chat



THANK YOU SO MUCH!



Instagram:

@hittingthewallpodcast

Love to have you guys join the team

[Linktree](#)