



JOHN MAYFIELD

AGE: 32

HOMETOWN: Friendswood, Texas

YEARS IN TRI: 4

OCCUPATION: Banker

BEST TRI ACCOMPLISHMENT: Finishing Ironman Florida in 12:22

COVETED TRI GOAL: 2:20 Olympic finish

NUTRITION VITALS: I can't drop the last 5–10 pounds despite training for an Ironman, a marathon and a 70.3 all over the course of six months. In January 2007 I weighed 220 pounds. I went to 190 in a short time and slowly dropped to 175 and have been there for two-plus years and still have a flabby belly. I am 6 feet tall.

MY DAY

6 A.M. Brick workout at home—bike 60 min with intervals, run 20 min: easy out, threshold back

7:30 A.M. Breakfast of oatmeal with 1 cup skim milk and 2T natural peanut butter

8:45 A.M. Arrive at work and have coffee with Splenda

10:30 A.M. Banana

NOON Lunch of two sandwiches made on whole-wheat bread with one can of tuna, a hard-boiled egg with yolk, 1T low-fat mayo and pickle relish

1 P.M. Coffee with Splenda

2 P.M. Apple

5 P.M. Fresh fruit snack when I arrive home

6 P.M. Dinner of whole-wheat spaghetti with 93/7 ground beef and Ragu sauce, two slices sourdough bread

8 P.M. Banana with 2T natural peanut butter. I drink water throughout the day.

» DAY ON A PLATE «

Sports dietitian Lauren Antonucci digs into a reader's food diary and offers advice for eating, performing and feeling your best.

LAUREN'S TAKE:

It certainly sounds like you have been putting in the training (and racing) miles, and I hear your frustration with not being able to reach your desired body composition goals despite all that training. At this point your body weight is technically within an ideal range. However, as a fit and goal-oriented triathlete, you should be able to safely and healthfully achieve your goal of an additional 5–10-pound weight loss.

First, fuel up before you train. I know it's early, but I'm sure you can eat a banana or slice of whole-grain toast with 1T peanut butter before you begin your morning workout. Next, you didn't mention any fueling during your training sessions. Since you work out intensely for 80 minutes, you should be taking in some carbohydrate calories during your workouts. Start with a bottle of endurance formula (or 200mg sodium per 8oz) sports drink. This caloric "investment" will help you feel better during the later portion of your workouts, and help control your hunger later in the day.

You are off to a good start with breakfast, but I'd recommend substituting the peanut butter with 1/4 cup of walnuts, almonds and seeds such as flax or

hemp for more variety and omega-3 fats.

Next question: Vegetables—do you like them? Add at least 1 cup cooked vegetables or 2 cups of salad made with dark greens to each lunch and dinner. This will provide your training muscles with antioxidants needed for optimal recovery, and help you slightly decrease your portions of other higher-calorie foods to achieve your weight-loss goal. After you put all of the above into practice, you should easily be able to decrease your portion of pasta and bread slightly at dinner and reduce your evening snack to a max of 200 calories (rather than the 300 your current snack contains). Peanut butter is high in calories, so max out at 1T, once or twice a day. Finally, try making and eating vegetarian-style meals, such as quinoa, beans and vegetables or lentils and vegetables, several times each week in lieu of your regular sandwiches or pasta. Doing so will boost your fiber intake, and also enable you to eat small portions—again helping you reach your weight-loss goal while training. 🍌

Clinical nutritionist and certified sports dietitian Lauren Antonucci is the owner/director of Nutrition Energy in New York City.

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