

SPECIAL **BEGINNERS'** ISSUE

# triathlete<sup>®</sup>

## KICK START YOUR TRAINING

*How to:*

- ✓ BOOST SWIM CONFIDENCE
- ✓ GET MORE FROM YOUR RUN SESSIONS
- ✓ MAKE PEACE WITH YOUR BIKE TRAINER



TASTY FOOD  
TO FUEL THE  
MACHINE

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**WIN THE  
MENTAL  
GAME**

Advice from a  
Seasoned Pro

**CAITLIN  
SNOW**

TOP AMERICAN  
WOMAN IN KONA TWO  
YEARS RUNNING





» 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.

**Scott Sowinski** AGE: 29 HOMETOWN: Coeur d'Alene, Idaho  
 YEARS IN TRI: 3 OCCUPATION: Intern architect BEST TRI ACCOMPLISHMENT: Taking 40 minutes off my Ironman PR in one year TRI GOAL: This summer I turn 30, changing my age group to a more challenging set of competitors. Despite this, it is my goal to finish on the podium at my local sprint- and Olympic-distance races.

» **NUTRITION VITALS:** I am 5-foot-10 and average 153–156 pounds on race day, but walk around about 159–161. I keep protein powder at my desk, and always make my lunch the night before. I drink water or electrolyte drinks (Nuun) throughout the day.

MY DAY

Time	Food/Activity
7:30 a.m.	A True Mass (BSN) protein shake (2 scoops and water, 33 grams of protein)
8:30 a.m.	12-ounce decaf Americano with steamed soy foam
10 a.m.	Mid-morning snack: a sliced tomato and low-fat cottage cheese
11:30 a.m.	A banana
Noon	Swim during my lunch hour
1 p.m.	Lunch at desk: turkey and cheese sandwich on wheat bread with mustard, three hard-boiled eggs (throw away half of each yoke)
3 p.m.	Afternoon snack: a serving of raw almonds or baby carrots dipped in hummus
4:45 p.m.	Run
6 p.m.	Dinner: 6–8oz of salmon and asparagus (cooked with 1T olive oil), quinoa with feta, glass of wine

LAUREN'S TAKE:

It's clear that you care about what you put into your body and are trying to eat right! I commend you for packing your lunch, making an effort to eat whole grains and varying your meals—these are all great steps toward a well-balanced and healthy triathlete diet. Does it surprise you to learn that you are currently consuming almost twice as much total protein as your body actually needs and can use? Additionally, you mentioned that you are looking to podium in shorter, more intense races this year, and to do so you will need a higher intake of total carbohydrates to fuel that intensity. You also need to increase your fruit intake and your “good fat” intake to better enable your body to recover from the intensity with which you want to train. I recommend you trade your morning protein shake for a better balanced and antioxidant-rich fruit-based smoothie. For the same 400 calories, you can have 2 cups of fresh or frozen fruit plus 6–8 ounces of low-fat milk, yogurt or soymilk and 2T ground flaxseed or wheat germ. Not only will this

better meet your nutritional needs, I dare say it will taste much more delicious!

You are young, in good shape and didn't mention any family medical history; however, to be prudent, I would recommend eliminating the daily eggs. You do not need the extra protein, and you would be better off avoiding the extra fat and cholesterol in the egg yolks long-term. Replace them with a side of grilled or sautéed vegetables and beans or grains for needed vitamins and soluble fiber.

Finally, I question why you drink (or would need) an electrolyte drink throughout the day. I recommend switching to water or tea to meet your daily hydration needs and then choosing a true sports drink (with 14–17 grams of total carbohydrate and 110–200mg of sodium per 8-ounce serving) as needed to hydrate and fuel your longer and more intense training sessions. ❶

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