



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #186

Clint Wattenberg

Clint Wattenberg is currently the Director of Nutrition at the UFC Performance Institute in Las Vegas. Clint was a 2X All American wrestler at Cornell University and a member of the US National Team. He is a registered dietician and earned his master's degree in exercise physiology. He now works with some of the top MMA athletes in the world.

Quotes

"There's no quick fix to nutrition and that's one of the reasons why it's so hard."

"It's important to not cut out completely any major source of nutrients in our diets, including carbs."

"Neurotransmitters like serotonin and dopamine cannot reproduce without carbohydrate substrate."

"Failure is not just the part of success, it's kind of the key ingredient."

About Fad Diets 14:40 - 16:00

"If a diet has a name, you probably want to stay away from it because it's not sustainable. That said, the Mediterranean diet is more a description of an eating pattern rather than a diet. But all of those diets, whether it's keto, paleo, intermittent fasting, you can name a thousand of them, they all work in a vacuum. If you create a core deficit and you cut out certain nutrients, they're going to lead to weight loss. Part of it is the core deficit and part of it is cleaning out the nutritional quality that you're having. But a lot of it is just creating that deficiency that drives weight loss. The problem is having a ketogenic diet -or any diet, for that matter - while trying to raise kids or while having to socialize for work or around holidays is a recipe for disaster because it's not sustainable for most people into perpetuity. Because of that, it creates a whiplash effect on the body in a restricted period. Once that ends,

it's a period of surplus. The best way to gain weight and get fat is to go on a diet. Research has shown this time and time again. So the best long-term solution is to fuel your body and your brain to be well enough to do work and your body will adapt positively to that."

About Clint's Breakfast Diet 16:44 - 19:04

"The first priority for me is to eat every 2 to 4 hours - on average, about 3 hours. So that'll look like breakfast, snack, lunch, snack, a dinner, sometimes a snack before bed, depending on what my body is telling me. Sometimes people are so deregulated, their hunger cues are deregulated as well. So you need to spend a period of time of recalibration, just feeding the body and the brain at the times we know it's best optimized to. That, we know, can be a little bit challenging for some people. But if you're fueling in a consistent way, your body will adapt.

So breakfast is generally making sure that we get some protein. A good dose of protein is going to be 4 to 6oz of protein, in general. An egg is going to be about 1 1/2 oz of protein. Have some dairy or cheese or meats with it. Have some complex carbs with that to get some good, stable energy for the day, as well as fiber from fruit and vegetables, and also some fat. Fat is a macronutrient that I am very cognizant to include every time I eat. That does a good job of stabilizing blood sugar from any carbohydrates. Breakfast will really be a balanced plate.

As the day goes on and I tend to be less active, I decrease the carbohydrate content of each meal. Dinner will be my lowest carbohydrate content whereas fat will be increasing throughout the day as a replacement and a resource that my body can use when it is less active."

About Clint's Optimum Dinner and Snack Options 21:08 - 23:04

"So I might do stir-fried vegetables with a high-fat base like oil, and serve it with hummus or pesto with salad. Or vegetables with a side of carbohydrates, whether it's rice mixed into the salad or just a small serving of macaroni for my kids. The staple is going to be your protein, your vegetables with a fat base there, and then include a quarter cup or a half cup of starchy carbs, a lower portion than you would have during the day.

With snacks, it's the same. Every time we eat, we want to load the body with a protein dose which will help stimulate anabolic processes in our body. That's going to keep our muscles essentially rebuilding and nourished. The complementary macronutrient that I would include would depend on my [inaudible 22:21] level.

Mid-afternoon is when many people are struggling with energy. I would advise against a big dose of sugar because that's just going to perpetuate the ups and downs of blood sugar. When you're sitting at your desk and you're needing a snack, that's when you do some proteins and fat. So nuts, trail mix, vegetables with hummus, yogurt full fat, full-fat dairies like cheese and vegetables, something along those lines."

About Ketogenic Diet 26:35 -28:04

"I alluded to the fact that any of these diets can be successful in a vacuum. Keto is a great example. If you have the time, energy and resources to have ketogenic food available at all times and to have the insider education or ability to investigate what foods work for you - because it's near-impossible to go out and eat like that - then there's really no better way to balance blood sugar than to be ketogenic. You'll have little to no spikes and your body becomes dependent on endogenous ketone bodies which are essentially your body's byproduct for breaking down body fat for energy. That is a really stable, long-term energy source.

The problem with keto is as soon as you put any sort of metabolic stress to the body, from physical activities, training for any sort of competition where you require intensity, or something along lines of illness or stress, then it becomes problematic. You create these deficiencies that then cause the cascade effect where the body can't keep up with it."

Action Item

Make sure you're fueling your body and your brain every 3 hours with some protein. That is the first step to balancing out not only the nutrients that are going to support your efforts, but also help retrain any sort of digestion and appetite cues to support the balancing of energy for your body and your brain to be successful all day long.

Website and Social

Website: <http://www.ufc.com/performance-institute/team.html?redirect=no>

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