



Nutrition Tips

Did you know that more than 67% of American's are considered "overweight". Besides raising money for a wonderful cause, you have also signed up to better yourself and your body by taking part in the Ovarian Cycle Ride to Change the Future in the city of your choosing. You will be in better shape, lose fat and gain muscle mass! During your 6-week training you will need to take good care of yourself to get the most out of your workouts! Here are a few tips to get you started off on the right foot!

There are many misconceptions out there when it comes to nutrition. One of the most misunderstood is the "Bad Carb vs. Good Carb" debate. The so-called "Bad" carbohydrates are things like white breads/rice/pasta- these have been so processed and refined, that the nutrients have been almost completely removed. Others include soda's, candies/cookies.... So choose from the "Good" carbohydrate category. These carbohydrates provide your body with energy (and your gonna need it when your training starts!), fiber (which will help you stay fuller longer, and avoid overeating), lowers cholesterol, keeps you regular, help to stabilize blood sugar levels, and provides vitamins and minerals. Examples of these carbs are whole grains/pastas, brown rice, fruits and vegetables, nuts/seeds, and beans/legumes. You should be getting about 2.3-5.5 grams of carbohydrate per pound of body weight.

Also, be sure to drink plenty of water while training! Look out for the signs of dehydration: thirst, flushed skin, fatigue, and an increase in body temperature. To avoid these, drink water before, during, and after your training sessions.

I wish you the very best and thank you for being a part of changing the future!

Stacy Hudgins, Registered Dietician
Ovarian Cycle Board of Directors