

# THE FUEL FEED

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## FOODS FOR...SLEEP



A **dairy source** before bed may help increase sleep duration. Try Cottage Cheese - contains a slow-digesting protein, casein, that can promote muscle growth and recovery overnight.



**Cherries** are a natural source of melatonin. It has been reported by some athletes that Tart Cherry Juice helps with sleep.



**Kiwi** contains serotonin. One study has suggested that 2 kiwis before bed can improve sleep.



**Almonds** are high in magnesium, which helps promote muscle relaxation and sleep.



**Camomile Tea** is full of apigenin, a flavonoid that may promote sleep and reduce anxiety.

Sleep is vital for our immune system and endocrine system (hormones), and has a critical role in learning, memory, and brain function. It also plays a huge role in performance!

Inadequate sleep can negatively impact your ability to gain muscle, cause increases in body fat, disrupt your hunger-satiety cues, and suppress your immune system (meaning you are more likely to get sick).

### HOW FOOD CAN HINDER SLEEP:

- ✗ A large meal before bed can decrease your ability to fall asleep.
- ✗ Caffeine can reduce onset of sleep, duration, and quality.
- ✗ Alcohol decreases REM Sleep. REM sleep is where the most Growth Hormone is released.
- ✗ A magnesium deficiency can affect sleep.
- ✗ Additional sources include spinach, nuts, seeds, beans, and brown rice.

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## BETA-ALANINE

Beta-alanine is a dietary supplement used to reduce/neutralize exercise-induced H<sup>+</sup> ions (acid) in the muscle.

**Translation:** It allows an athlete to work at a higher intensity for a longer period of time.

Carnosine works as a buffer, helping keep muscle pH in normal range by neutralizing/reducing acid buildup, which causes muscle fatigue. This allows the muscle to continue firing and working at peak levels. Research indicating benefits to performance are for those activities lasting between 2-4 minutes.

**What's the down-side?** Research is pretty divided and some individuals seem to respond better to supplementation than others.

**How does this apply to baseball?** It may help starting pitchers and catchers throughout the game. We don't have any research on that though, just an educated guess based off how it works.



**C4 and P4** also contain similar amounts of beta-alanine. That tingling feeling you get from pre-workout? That's beta-alanine coating your nerves. Too much of this isn't a great thing, but overall in recommended doses, beta-alanine is considered safe. It's best to take before and/or after a workout.

### How Do You Take It?

Beta-Alanine is similar to creatine, as it is taken to build stores within the muscle.

4-6 g per day is the recommended dose for up to 12 weeks

OR

Start with 1.6 g taken twice per day and build up if you want to avoid/minimize the tingling



## FACT OR FICTION?

B Vitamins give you energy.

**VERDICT: FICTION**

B-Vitamins are involved in energy production; however, they DO NOT provide energy directly. Only foods containing carbohydrates, proteins, fats, or a combination provide energy. B vitamins help convert that dietary energy into a usable form in the body.

If you are consuming adequate B vitamins in your diet, a supplement won't provide that surge of energy you are looking for.

Most of your B vitamins are found in dark leafy greens, eggs, milk, beef, chicken.

## WANT MORE?



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