

00;00;00;27 – 00;00;03;27

Welcome back to episode two of the Women's Wellness Edit.

00;00;03;28 – 00;00;07;03

My name is Annabel Kim, and today we're going to be talking about clean

00;00;07;03 – 00;00;11;23

eating versus eating smart and how women should really fuel their bodies.

00;00;11;26 – 00;00;15;11

As women,  
we face many unhealthy expectations

00;00;15;11 – 00;00;20;02

and stigmas around clean  
eating and fueling your body properly.

00;00;20;05 – 00;00;21;11

Poppy stickler.

00;00;21;11 – 00;00;25;19

Who is a gymnast at the University  
of Utah, spoke to some of her teammates.

00;00;25;19 – 00;00;26;27

Meredith Pryce.

00;00;26;27 – 00;00;29;19

Clara Raposo and Ella

00;00;29;19 – 00;00;33;20

Zorba's about these expectations.

00;00;33;23 – 00;00;38;11

In gymnastics, your body isn't just  
your instrument, it's visible.

00;00;38;14 – 00;00;39;23

It's judged.

00;00;39;23 – 00;00;42;24

It's projected onto a screen  
in front of 15,000

00;00;42;24 – 00;00;46;23

people.

00;00;46;26 – 00;00;48;26

For many female athletes, the pressure

00;00;48;26 – 00;00;51;28

to eat clean starts early  
and it grows louder.

00;00;51;29 – 00;00;53;24

The higher level you compete.

00;00;53;24 – 00;00;56;24

Elizabeth is a junior  
on the Utah gymnastics team.

00;00;56;24 – 00;01;01;18

She says competing in a leotard makes  
that pressure extremely hard to ignore.

00;01;01;21 – 00;01;03;05

Especially as a gymnast.

00;01;03;05 – 00;01;06;02

And the way  
that we're seen competing in leotards.

00;01;06;02 – 00;01;07;19

A lot of her body is revealed.

00;01;07;19 – 00;01;11;08

So it's always kind of been a stigma  
around the sport

00;01;11;08 – 00;01;15;01

to eat clean,  
especially when you're at a high level.

00;01;15;04 – 00;01;18;04

And that pressure  
doesn't just come from judges or fans.

00;01;18;09 – 00;01;22;02

It follows athletes onto their phones  
as social media.

00;01;22;02 – 00;01;24;18

Has grown more prominent  
in today's society.

00;01;24;18 – 00;01;27;23

You see so many accounts  
with Photoshop and editing,

00;01;27;23 – 00;01;30;24

and especially now with AI,  
just so many things that aren't real

00;01;31;00 – 00;01;34;00

or unattainable for body standards,  
especially for women.

00;01;34;00 – 00;01;38;27

And also, there's a bunch of accounts  
that focus on a day in my life, what I eat

00;01;39;00 – 00;01;42;18

and they aren't healthy amounts to eat,  
and people

00;01;42;18 – 00;01;46;03

are supporting that  
and allowing that to grow.

00;01;46;03 – 00;01;49;23

And it's just a very unhealthy culture  
in social media right now.

00;01;49;23 – 00;01;52;23

So that definitely has a big effect.

00;01;52;28 – 00;01;54;29

Keep eating. Sounds harmless.

00;01;54;29 – 00;01;58;28

Whole foods  
less sugar, fewer processed ingredients.

00;01;59;01 – 00;02;00;21

But according to Meredith Pryce,

00;02;00;21 – 00;02;03;21

the gymnastics dietitian  
at the University of Utah.

00;02;03;21 – 00;02;06;04

The term itself is misleading.

00;02;06;04 – 00;02;10;29

I think clean eating  
has kind of developed into this term.

00;02;10;29 – 00;02;14;24

That doesn't really necessarily mean  
a whole lot, if that makes sense.

00;02;14;24 – 00;02;17;20

Like food  
isn't necessarily dirty or clean, right?

00;02;17;20 – 00;02;20;02

But I think what people mean  
when they're trying to say

00;02;20;02 – 00;02;24;17

that is it's not processed  
or very minimally processed,

00;02;24;17 – 00;02;28;09

kind of more whole foods  
usually like lower in sugar.

00;02;28;09 – 00;02;28;22

Right.

00;02;28;22 – 00;02;32;29

And like, yeah, just things that  
maybe you kind of you wouldn't

00;02;32;29 – 00;02;35;29

necessarily get in like a package,  
if that makes sense.

00;02;36;00 – 00;02;39;26

But what does mean something is the guilt  
that comes attached to it.

00;02;39;29 – 00;02;43;04

If every time that you're eating,  
you have guilt about

00;02;43;04 – 00;02;46;25

what you're choosing, like  
that's happening multiple times a day.

00;02;46;26 – 00;02;49;26

And what we can see. Is typically.

00;02;50;00 – 00;02;51;26

Like overdoing it on those foods.

00;02;51;26 – 00;02;55;26

So when we actually, like, have guilt  
and shame surrounding a food choice,

00;02;56;02 – 00;02;59;12

those are the people that tend to binge,  
that tend to overdo it.

00;02;59;12 – 00;03;01;12

And you're constantly thinking about food.

00;03;01;12 – 00;03;07;25

So we do see a lot of like eating  
disorders develop long term from that.

00;03;07;28 – 00;03;09;08

So for

00;03;09;08 – 00;03;12;27

athletes restriction often starts  
small cutting

00;03;12;27 – 00;03;17;01

sugar, skipping  
breakfast, avoiding carbs before practice.

00;03;17;02 – 00;03;20;02

Elizabeth says she's tried this.

00;03;20;03 – 00;03;22;02

I have gone.

00;03;22;02 – 00;03;26;11

Back and forth with cutting out sugar,  
just being such a high level

00;03;26;11 – 00;03;29;11

athlete  
and someone who's seen in the media a lot.

00;03;29;13 – 00;03;32;13

I've gone back and forth with it, but

00;03;32;16 – 00;03;35;16

honestly, I don't think  
it makes a big change for me.

00;03;35;18 – 00;03;38;08

The result wasn't improved performance.

00;03;38;08 – 00;03;40;18

It was indeed fatigue.

00;03;40;18 – 00;03;42;16

For gymnastics especially.

00;03;42;16 – 00;03;45;20

It got just way more fatigued, easier.

00;03;45;20 – 00;03;49;03

I would notice if I had a morning practice  
and I wouldn't eat before.

00;03;49;06 – 00;03;52;28

I would just be so much more tired  
than if I'd had a full breakfast.

00;03;53;01 – 00;03;56;17

And my muscles also started to shrink.

00;03;56;20 – 00;03;58;19

Less fuel didn't make her leaner.

00;03;58;19 – 00;04;00;12

It made her weaker.

00;04;00;12 – 00;04;03;24

When I started eating right again  
in the healthy amount,

00;04;03;27 – 00;04;05;01

my muscles started to grow.

00;04;05;01 – 00;04;08;01

So obviously I gained weight,  
but it was healthy weight.

00;04;08;01 – 00;04;10;28

Clara Raposo,  
a sophomore on the team, has seen

00;04;10;28 – 00;04;14;27

how quickly under fueling  
shows up in her own gymnastics.

00;04;15;00 – 00;04;16;25

It will make you extremely tired,  
fatigued.

00;04;16;25 – 00;04;18;20

You're not going to be able to perform  
at your best.

00;04;18;20 – 00;04;20;13

You can see your body slowly  
breaking down.

00;04;20;13 – 00;04;23;06

It affects your muscles  
and your joints in general,

00;04;23;06 – 00;04;25;04

like you're not getting enough nutrients  
into your joints.

00;04;25;04 – 00;04;26;08

And this can cause injury.

00;04;26;08 – 00;04;29;12

So if you don't need healthy,  
you're basically putting yourself

00;04;29;12 – 00;04;31;25

at risk for injury or not eating healthy.

00;04;31;25 – 00;04;33;25

But if you don't eat enough,

00;04;33;25 – 00;04;37;05

you need enough food to fuel your body  
in order to get through a practice.

00;04;37;08 – 00;04;40;21

Meredith Price says the body keeps score  
no matter what.

00;04;40;24 – 00;04;44;20

Under fueling can present itself  
in a lot of different ways,

00;04;44;20 – 00;04;48;14

but typically it kind of starts  
with just some, like unexplained.

00;04;48;14 – 00;04;51;19

Maybe it's feeling a little bit  
more fatigued on something

00;04;51;19 – 00;04;54;25

that you normally,  
you know, wouldn't have felt that before.

00;04;54;26 – 00;04;57;21

Maybe it's a couple like nagging injuries

popping up.

00;04;57;21 – 00;05;02;29

Maybe it's poor concentration in class  
or in the gym.

00;05;02;29 – 00;05;06;22

Like having a hard time focusing on  
what the coach is saying or like,

00;05;06;25 – 00;05;08;28

you know, focusing on your routine.

00;05;08;28 – 00;05;11;02

If we're thinking about gymnastics  
specifically.

00;05;11;02 – 00;05;14;09

So it can kind of present,  
in a lot of different ways,

00;05;14;09 – 00;05;17;14

but our bodies  
do not like to be under fuels, and

00;05;17;14 – 00;05;20;26

so they will do anything possible  
to prevent that.

00;05;20;28 – 00;05;25;08

Maybe our immune system starts  
working really hard to try and fight off

00;05;25;08 – 00;05;26;20

illnesses, right?

00;05;26;20 – 00;05;27;20

So, yeah,

00;05;27;20 – 00;05;31;12

our bodies do not like to be under fueled,  
especially as a female athlete.

00;05;31;17 – 00;05;32;26

Hormonal shift.

00;05;32;26 – 00;05;38;09

Cortisol rises as it drops, and over  
time, bone density can decline.

00;05;38;12 – 00;05;41;03

Prolonged under fueling and under eating

00;05;41;03 – 00;05;44;16

can have really significant consequences  
on our bone health.

00;05;44;16 – 00;05;50;29

And they say, you know, women  
stop producing bone around like 25 to 30.

00;05;50;29 – 00;05;54;22

And what I mean by that is like  
it's really hard to build bone after that.

00;05;54;23 – 00;05;57;19

We're really just kind of maintaining.

00;05;57;19 – 00;06;02;03

And so if this is happening  
in a really critical part of a female's

00;06;02;07 – 00;06;08;07

life cycle, where they might not be able  
to really repair that lost bone,

00;06;08;10 – 00;06;10;29

then it's can be really problematic  
for the future.

00;06;10;29 – 00;06;18;16

As we think about like  
osteopenia and osteoporosis.

00;06;18;19 – 00;06;21;19

In a sport built on impact that matters.

00;06;21;19 – 00;06;24;24

So does carbohydrate intake.

00;06;24;27 – 00;06;26;16

Sugar isn't toxic.

00;06;26;16 – 00;06;29;28

Detoxes don't reset metabolisms,  
and avoiding

00;06;29;28 – 00;06;33;12

entire food groups can often backfire.

00;06;33;15 – 00;06;37;11

For Clara, eating smarter  
meant unlearning fear.

00;06;37;14 – 00;06;40;00

I noticed that there were times  
where I would try to, like, avoid

00;06;40;00 – 00;06;41;05

eating breakfast in the morning.

00;06;41;05 – 00;06;43;22

Because I knew we had practice  
that like 12:00.

00;06;43;22 – 00;06;44;18

And I was like,

00;06;44;18 – 00;06;48;00

well, eating two full meals before 12:00  
feels like I'm eating too much.

00;06;48;03 – 00;06;50;05

But I've kind of learned that, like,  
it's important.

00;06;50;05 – 00;06;53;05

And throughout the day  
I need to have those meals.

00;06;53;06 – 00;06;56;27

She also began paying attention  
to the consistency of her diet.

00;06;57;00 – 00;07;00;25

I need to be fueling my body more,  
but I need to make sure I am fueling it

00;07;00;25 – 00;07;02;20

with the right foods  
and not with like things

00;07;02;20 – 00;07;06;08

that are bad for me or super processed  
is kind of what I try to avoid,

00;07;06;08 – 00;07;07;26

but at the same time  
it's all about balance.

00;07;07;26 – 00;07;11;18

They say like 80, 20, so 80%  
healthy foods

00;07;11;18 – 00;07;13;01

and then 20% kind of fun things.

00;07;13;01 – 00;07;17;04

So I really try to keep that in mind  
because I love my sweet treats.

00;07;17;07 – 00;07;21;21

Fun things, sweet treats balance  
not perfection.

00;07;21;24 – 00;07;25;18

Eventually Ella realized the biggest shift  
wasn't physical.

00;07;25;21 – 00;07;27;16

It was mental.

00;07;27;16 – 00;07;32;01

I noticed something needed to change when  
I just wasn't acting like myself anymore.

00;07;32;01 – 00;07;35;25

Everything was revolving around  
when I could eat,

00;07;35;25 – 00;07;40;20

what I could eat,  
and how it would fuel me.

00;07;40;23 – 00;07;43;23

But not be too much to eat as a gymnast.

00;07;43;26 – 00;07;46;11

And it just got to be too much.

00;07;46;11 – 00;07;48;25

And I decided that I was unhappy with  
that.

00;07;48;25 – 00;07;51;25

And I went back to kind of just

00;07;51;28 – 00;07;55;20

eating how I was taught to eat, and

00;07;55;23 – 00;07;57;24

everything was much better.

00;07;57;24 – 00;08;01;04

Food was supposed to support her  
body doing her sport.

00;08;01;07 – 00;08;06;03

Instead it was controlling it  
when she stopped restricting.

00;08;06;06 – 00;08;09;11

When I was feeling myself correctly,  
my energy level was much better.

00;08;09;12 – 00;08;12;18

I was having a much better  
time in the gym, I was having more fun

00;08;12;21 – 00;08;16;07

and one turn wasn't  
taking everything out of me,

00;08;16;07 – 00;08;21;16

and I just felt a much more healthy space  
for me.

00;08;21;19 – 00;08;24;19

Clean eating promises control,  
but eating smart.

00;08;24;20 – 00;08;30;01

Build strength, strengthen muscles,  
strengthen hormones, strengthen bones,

00;08;30;06 – 00;08;34;00

and strengthen confidence  
because food isn't something to fear.

00;08;34;03 – 00;08;37;28

It's the reason female athlete women  
have shown amazing perspectives

00;08;37;28 – 00;08;39;23

on properly fueling your body,

00;08;39;23 – 00;08;44;00

especially as elite athletes  
at the collegiate level.

00;08;44;03 – 00;08;47;01

Next, Teagan Steinmetz, who is a swimmer

00;08;47;01 – 00;08;52;03

at the University of Utah, interviewed  
her nutritionist Libby Hazelwood

00;08;52;03 – 00;09;00;02

on the topic of clean eating  
and eating smart, especially as athletes.

00;09;00;05 – 00;09;00;28

Nutrition can

00;09;00;28 – 00;09;04;03

feel overwhelming,  
especially for college women and athletes

00;09;04;03 – 00;09;07;28

who are constantly hearing mixed messages  
about clean eating, healthy habits,

00;09;07;28 – 00;09;10;28

and what it really means to feel  
your body well.

00;09;10;28 – 00;09;13;12

With so much advice online, it can be hard

00;09;13;12 – 00;09;16;27

to separate helpful guidance  
from harmful pressure.

00;09;17;00 – 00;09;20;13

In this interview,  
I talk with sports nutritionist Libby

00;09;20;16 – 00;09;23;02

about how college women and athletes  
can eat in a way

00;09;23;02 – 00;09;26;14

that supports their health, energy,  
and performance.

00;09;26;17 – 00;09;30;06

We cover topics like feeling enough,  
building realistic habits,

00;09;30;09 – 00;09;34;04

and how to find support  
when nutrition starts to feel confusing.

00;09;34;07 – 00;09;35;29

Well, you just start with inner.

00;09;35;29 – 00;09;39;20

Do you see yourself in  
explaining your background in nutrition?

00;09;39;23 – 00;09;42;04

Yeah. So my name is Libby is Wood.

00;09;42;04 – 00;09;46;23

I'm a registered dietitian and a certified

nutrition support clinician.

00;09;46;26 – 00;09;49;19

So I got my undergrad at Texas A&M,

00;09;49;19 – 00;09;53;17

and then I did a distance internship  
through Iowa State.

00;09;53;20 – 00;09;57;09

Which means I like set up all my own  
rotations, which was kind of nice.

00;09;57;09 – 00;10;02;00

I got to pick what I wanted to focus in,  
and then I've worked in

00;10;02;03 – 00;10;05;26

quite a few different places  
long term care, the ICU,

00;10;05;29 – 00;10;11;16

I did an IV outpatient nutrition  
clinic, dialysis and then the acute.

00;10;11;17 – 00;10;17;01

So the newborn ICU and I, after  
all of that, decided I really miss sports.

00;10;17;01 – 00;10;19;29

And I loved my job  
in sports during undergrad.

00;10;19;29 – 00;10;23;10

And so I decided to kind of come back  
into the sports world

00;10;23;10 – 00;10;28;03

and am a sports dietitian at Weber State  
and then also working here at the U.

00;10;28;03 – 00;10;29;28

As kind of a contract dietitian.

00;10;29;28 – 00;10;33;14

What led you to nutrition  
in the first place?

00;10;33;17 – 00;10;36;18

I took a nutrition class  
when I was a sophomore in high school,

00;10;36;18 – 00;10;39;06

just for my own personal benefit.

00;10;39;06 – 00;10;42;07

I loved volleyball and track,  
and so I was like, well,

00;10;42;07 – 00;10;44;02

maybe there's something here  
where I can learn

00;10;44;02 – 00;10;46;03

a little bit  
more to give me a little bit of an edge.

00;10;46;03 – 00;10;47;23

And it was such a fun class.

00;10;47;23 – 00;10;51;04

I loved it, and I was in Nebraska,  
so we went to the University

00;10;51;04 – 00;10;55;17

of Nebraska–Lincoln and met their sports  
dietitian, and he was awesome.

00;10;55;17 – 00;11;00;07

And they had like a big training table,  
which, was just so cool to see

00;11;00;07 – 00;11;03;11

as like a little high school kid of like,  
oh my gosh, this is awesome.

00;11;03;11 – 00;11;06;16

And so just from that moment on, I was  
like, okay, that's what I want to do.

00;11;06;19 – 00;11;09;00

Like, I want to be a dietitian. Cool.

00;11;09;00 – 00;11;10;24

And that was when you were a sophomore.

00;11;10;24 – 00;11;11;09

Yeah.

00;11;11;09 – 00;11;12;16

You got through your school.

00;11;12;16 – 00;11;14;17

You got to go. Yeah.

00;11;14;17 – 00;11;16;13

Wow. That's awesome. It was super cool.

00;11;16;13 – 00;11;19;26

It was like a, like a college class  
that was linked in.

00;11;19;26 – 00;11;23;09

I don't even know how you set it all up,  
but it was such a great experience

00;11;23;12 – 00;11;26;25

because I went to a tiny high school,

and so we had nothing like that.

00;11;26;28 – 00;11;30;26

And to see that, like, I'm in such a big scale was just super cool.

00;11;30;29 – 00;11;34;18

Also, what led you to working with specifically college athletes?

00;11;34;21 – 00;11;36;19

Yeah, I loved it.

00;11;36;19 – 00;11;38;14

When I was in undergrad.

00;11;38;14 – 00;11;39;20

I thought it was so much fun.

00;11;39;20 – 00;11;42;17

And then as it was finishing up, I was like, you know what?

00;11;42;17 – 00;11;45;13

I kind of want to see what other areas of nutrition there are.

00;11;45;13 – 00;11;48;23

And like as you get kind of upper level classes, you're

00;11;48;23 – 00;11;52;08

like, well, I want to like explore this biochem side of things.

00;11;52;08 – 00;11;55;29

And so I did two fields and I've been nutrition for a long time

00;11;55;29 – 00;11;58;17

and then just came back to like,  
I still just love sports.

00;11;58;17 – 00;12;00;26

Like it's  
still where I spend my free time.

00;12;00;26 – 00;12;02;11

I love watching games.

00;12;02;11 – 00;12;04;21

I love like just the interactions.

00;12;04;21 – 00;12;08;27

And I actually had a torn ACL,  
a couple of years ago.

00;12;09;04 – 00;12;10;12

It's my first year.

00;12;10;12 – 00;12;13;12

It was rough  
and it brought me back to like,

00;12;13;18 – 00;12;17;24

that's kind of what I really dialed in on  
was the nutrition for the injury.

00;12;17;25 – 00;12;20;06

Like both leading up to the surgery

00;12;20;06 – 00;12;23;10

and then the reconstruction  
and the recovery and the return to sport.

00;12;23;10 – 00;12;27;13

And it was what kind of brought me back to  
I was like, I really enjoyed that.

00;12;27;13 – 00;12;29;22

And I feel like that's what I enjoy  
helping people

00;12;29;22 – 00;12;33;17

with in terms of nutrition  
the most of like, I know that feeling.

00;12;33;17 – 00;12;34;29

It's so devastating.

00;12;34;29 – 00;12;37;26

And you want to control whatever you can  
and usually that's food.

00;12;37;26 – 00;12;39;22

So how do we use that in your favor  
to help

00;12;39;22 – 00;12;41;27

you get back to playing  
as soon as possible?

00;12;41;27 – 00;12;46;23

Our podcast is talking a lot  
about college women in nutrition

00;12;46;23 – 00;12;50;01

and also debunking some myths

00;12;50;07 – 00;12;53;19

slash rhetoric  
that's currently like the media,

00;12;53;22 – 00;12;56;28

about what nutrition looks like  
and what should look like for women.

00;12;57;01 – 00;13;00;25

So to start clean eating seems to be

00;13;00;28 – 00;13;05;10

just everywhere in in the media right now  
and from you.

00;13;05;10 – 00;13;06;29

And nutrition is point of view.

00;13;06;29 – 00;13;10;27

What does that phrase actually mean  
and is it helpful or misleading?

00;13;11;00 – 00;13;12;06

That's a great question.

00;13;12;06 – 00;13;16;05

I feel like we've been talking about it  
a lot with some of our teams lately, too.

00;13;16;05 – 00;13;19;18

And I think clean eating  
maybe had good intentions.

00;13;19;18 – 00;13;20;22

Once upon a time.

00;13;20;22 – 00;13;23;21

But the thing is,  
if you're only eating fruits, only eating

00;13;23;21 – 00;13;27;00

vegetables, only eating like chicken  
or something super lean,

00;13;27;03 – 00;13;31;14

you have to eat so much of that  
in order to meet your calorie needs.

00;13;31;17 – 00;13;33;15

And it makes food really hard.

00;13;33;15 – 00;13;36;29

Like if you're eating 3004  
thousand calories a day,

00;13;37;02 – 00;13;40;02

that is so much chicken  
like that is so like fruit,

00;13;40;03 – 00;13;43;11

so much veggies and we're balancing  
all these different things.

00;13;43;11 – 00;13;45;12

And so I think the number one priority

00;13;45;12 – 00;13;48;22

for our college  
athletes is getting enough food.

00;13;48;25 – 00;13;53;26

And so if we're super strength in what  
we eat or what types of food, or having it

00;13;53;26 – 00;13;58;25

be super clean or just one way or another,  
it really limits what we can have.

00;13;58;25 – 00;14;02;02

It makes it so much harder  
to meet those goals versus

00;14;02;02 – 00;14;05;21

if we have a little bit of flexibility  
and have some balance.

00;14;05;21 – 00;14;09;29

Like balance of all things is so good

because we need sugars, we need fats,

00;14;09;29 – 00;14;13;11

we need, you know, fiber, fruits,  
veggies, vitamins, minerals.

00;14;13;11 – 00;14;14;21

We need all those things.

00;14;14;21 – 00;14;16;08

We just need them in good balance.

00;14;16;08 – 00;14;19;21

And our body's going to try to find a way  
to balance that out for us

00;14;19;21 – 00;14;23;02

if we don't approach it  
in kind of a balanced way.

00;14;23;02 – 00;14;25;09

And so I'd say  
balance is really the best approach.

00;14;25;09 – 00;14;29;29

And also finding a way to meet those high  
calorie needs when you're also having,

00;14;30;00 – 00;14;33;08

you know, tons of hours of practice,  
tons of hours

00;14;33;08 – 00;14;37;22

in class, other responsibilities,  
you have to do this as a student.

00;14;37;25 – 00;14;40;29

So following that trend of clean eating,  
many women

00;14;40;29 – 00;14;45;06

feel pressured to follow strict diets  
or eliminate foods.

00;14;45;09 – 00;14;48;23

What are the dangers of this  
and specifically for women?

00;14;48;26 – 00;14;52;02

Yeah, one of the biggest dangers  
sometimes people don't know about

00;14;52;02 – 00;14;55;14

is the more restricted or limited foods

00;14;55;14 – 00;14;59;19

exposure your gut has,  
the more your microbiome actually changes.

00;14;59;22 – 00;15;04;14

And so that can start to create different  
gastrointestinal discomfort

00;15;04;15 – 00;15;05;27

like gas bloating.

00;15;05;27 – 00;15;08;06

And some of those like super  
not fun things

00;15;08;06 – 00;15;09;24

which make you more nervous to eat,

00;15;09;24 – 00;15;12;16

which makes it even harder  
to meet your calorie needs.

00;15;12;16 – 00;15;14;13

And so we don't have enough diversity.

00;15;14;13 – 00;15;16;00

We don't have enough calories.

00;15;16;00 – 00;15;18;13

A lot of those things  
are going to change the structure

00;15;18;13 – 00;15;21;29

and the function  
of our gastrointestinal health.

00;15;22;02 – 00;15;25;24

So I think that's the number one thing  
for females that I tend to see is

00;15;25;24 – 00;15;28;24

if we cut down too much  
or get too restricted,

00;15;28;28 – 00;15;31;03

it gets really hard  
to meet our calorie needs.

00;15;31;03 – 00;15;33;00

And that kind of changes our hormones.

00;15;33;00 – 00;15;36;05

That and school and life

00;15;36;05 – 00;15;39;26

can impact our stress,  
which can then also impact our digestion.

00;15;39;26 – 00;15;41;19

And so not that it doesn't happen

00;15;41;19 – 00;15;45;10

among male athletes, but I see it

a lot more often amongst females.

00;15;45;13 – 00;15;47;14

You know,  
we have that little bit longer intestine.

00;15;47;14 – 00;15;51;09

And so it's like we're  
just way more susceptible to any of those

00;15;51;09 – 00;15;55;16

gastrointestinal discomforts  
that tend to be really bothersome.

00;15;55;19 – 00;15;58;16

We have large,  
long term, large intestines.

00;15;58;16 – 00;16;00;27

Yeah. Just a fun little bonus feature.

00;16;00;27 – 00;16;02;03

Yeah. No.

00;16;02;03 – 00;16;05;02

And how does that affect us  
in comparison to men?

00;16;05;02 – 00;16;09;11

It just means that there's like,  
it's easier to have slower motility,

00;16;09;11 – 00;16;12;18

so easier for things  
to not move through as easily

00;16;12;18 – 00;16;15;21

or as comfortably,  
especially like higher elevation.

00;16;15;21 – 00;16;19;17

We need way more iron,  
which also can impact digestion

00;16;19;17 – 00;16;21;23

and just that blood flow circulation.

00;16;21;23 – 00;16;25;05

We also need way more electrolytes  
moving at higher elevation.

00;16;25;08 – 00;16;28;08

And so all those things  
kind of play into your digestion

00;16;28;08 – 00;16;31;27

and how well things can move through  
and how comfortable maybe we feel,

00;16;32;02 – 00;16;33;06

especially when we're needing

00;16;33;06 – 00;16;38;16

to pull that blood supply into our legs  
or our arms in order to perform.

00;16;38;19 – 00;16;40;26

What signs might indicate someone's

00;16;40;26 – 00;16;44;02

relationship with food  
might be becoming unhealthy,

00;16;44;02 – 00;16;47;10

and what would you recommend  
their next step to be?

00;16;47;13 – 00;16;49;03

Yeah, that's a great question.

00;16;49;03 – 00;16;52;10

I think if food is taking up  
a lot of our thoughts

00;16;52;13 – 00;16;56;02

or we kind of call it food noise,  
where like maybe

00;16;56;02 – 00;16;58;06

at the end of the day,  
our mind is kind of racing

00;16;58;06 – 00;17;00;13

and thinking about like,  
oh, what did I eat today?

00;17;00;13 – 00;17;01;11

When I eat tomorrow?

00;17;01;11 – 00;17;05;22

And I have this and this and this and  
a lot of those like, food preoccupation.

00;17;05;25 – 00;17;07;04

That's a big one.

00;17;07;04 – 00;17;09;14

That's one that I think  
is one of the first signs

00;17;09;14 – 00;17;11;27

that things aren't going super,  
super well.

00;17;11;27 – 00;17;15;09

Or maybe we're not meeting our calorie  
needs, and it's actually your brain's way

00;17;15;10 – 00;17;19;03

protecting us, trying to figure out  
how do we get more calories.

00;17;19;06 – 00;17;22;01

And it can just kind of go off the rails  
a little bit.

00;17;22;01 – 00;17;24;12

And so that's  
one of the first signs of like,

00;17;24;12 – 00;17;27;12

hey, we're not getting enough  
and food is feeling super hard

00;17;27;12 – 00;17;30;05

or it's taking up a lot of our thoughts  
or a lot of our time,

00;17;30;05 – 00;17;33;25

that's a really good time  
to reach out, like to dietitian or

00;17;33;25 – 00;17;37;21

like even a coach and be like, hey, look,  
I'm kind of struggling with this.

00;17;37;24 – 00;17;39;27

What are your thoughts? Or like,  
what have you noticed?

00;17;39;27 – 00;17;43;06

And a lot of times that's where the under  
fueling tends to come in, especially

00;17;43;06 – 00;17;46;28

for trying so hard to like,  
eat the right things or at the right time.

00;17;46;28 – 00;17;50;06

And like, food  
shouldn't feel quite that hard.

00;17;50;06 – 00;17;53;11

And so if it's feeling really  
hard, that's a good sign.

00;17;53;14 – 00;17;57;15

If you are just like an average college

00;17;57;18 – 00;18;01;07

student  
that doesn't have resources like athletes

00;18;01;10 – 00;18;05;14

like myself do, who do you recommend  
they reach out to you,

00;18;05;14 – 00;18;08;14

or what should they take  
to potentially get support?

00;18;08;21 – 00;18;10;04

Yeah, that's a great question.

00;18;10;04 – 00;18;13;06

I think that there are quite  
a few resources available.

00;18;13;06 – 00;18;17;22

Like, I know the University of Utah does  
have dietitians just call patient

00;18;17;22 – 00;18;21;29

dietitians that you can reach out to,  
but I think just finding one person

00;18;21;29 – 00;18;25;25

to kind of share like, hey, you know,

I'm kind of struggling with this.

00;18;25;25 – 00;18;28;25

It's getting a little bit harder  
than I think it should be.

00;18;28;27 – 00;18;32;23

And then I think vocalizing it and  
saying it out loud and being like, okay,

00;18;32;26 – 00;18;34;20

it kind of  
makes it a little bit more real.

00;18;34;20 – 00;18;38;14

And then that person can also provide  
you support, even if it's just like,

00;18;38;17 – 00;18;42;00

okay, great, let's go out to dinner  
once a week together or, you know,

00;18;42;00 – 00;18;45;01

let me help you with this so we can go  
grocery shopping together.

00;18;45;01 – 00;18;48;26

Or maybe if it's a parent being like,  
okay, like we can find you resources

00;18;48;26 – 00;18;52;27

better through our insurance or there's  
a lot of different resources out there.

00;18;52;27 – 00;18;53;27

I think the first step

00;18;53;27 – 00;18;58;26

is just like telling one person  
to make it real and make it okay.

00;18;58;26 – 00;19;02;21

And if we're kind of stuck in this cycle  
in our own head,

00;19;02;21 – 00;19;04;28

sometimes our head is the worst. Place to.

00;19;04;28 – 00;19;06;00

Keep some of those thoughts.

00;19;06;00 – 00;19;08;14

So yeah,  
there are a lot of resources out there.

00;19;08;14 – 00;19;10;02

There's a lot of private dietitians,

00;19;10;02 – 00;19;13;29

a lot of counselors, and so forth  
that can be really, really helpful.

00;19;14;02 – 00;19;18;05

But just bring somebody else in. Perfect.

00;19;18;08 – 00;19;21;15

So now that we've  
established some of the potential dangers

00;19;21;15 – 00;19;26;02

of not feeling mouth, let's talk  
about what it looks like to feel enough.

00;19;26;05 – 00;19;29;19

There's been a lot of recent studies  
on the growing importance

00;19;29;19 – 00;19;31;27

of strength training for women.

00;19;31;27 - 00;19;36;21

So how important is nutrient intake  
when it comes to supporting muscle growth

00;19;36;21 - 00;19;41;00

and recovering and also maintaining energy  
while doing all those things?

00;19;41;03 - 00;19;42;28

Yeah, that's a great question.

00;19;42;28 - 00;19;47;13

We talked about energy availability  
a lot in the last couple of weeks,

00;19;47;13 - 00;19;51;16

and your muscles  
and your brain really run on glucose,

00;19;51;16 - 00;19;53;24

and it's like a germ,  
which is the stored form.

00;19;53;24 - 00;19;56;14

And so if we don't have  
enough of that available,

00;19;56;14 - 00;20;01;14

our body can create that energy  
from protein or other sources in our body.

00;20;01;14 - 00;20;06;18

But it takes way more work into our body  
has to put in a lot more investment

00;20;06;18 - 00;20;09;18

in order  
to get that same energy availability.

00;20;09;20 – 00;20;13;17

And so when we're going into practice  
or going into training or honestly

00;20;13;17 – 00;20;17;05

even just going for a long walk,  
we want to make sure our body has that

00;20;17;05 – 00;20;21;18

energy available, which is usually  
some form of quick carbohydrates.

00;20;21;21 – 00;20;25;08

Can be like a bagel or a piece of toast  
or some banana bread or something

00;20;25;08 – 00;20;26;08

really fun,

00;20;26;08 – 00;20;30;21

maybe some fruit to go along with that,  
giving you some good energy going into it.

00;20;30;24 – 00;20;34;05

Definitely hydrating,  
which should be water and electrolytes

00;20;34;05 – 00;20;37;28

throughout that performance or workout  
or strength training.

00;20;38;01 – 00;20;40;25

And then afterwards we want to make sure  
we get that good protein

00;20;40;25 – 00;20;45;10

with a bit of carbohydrate in order  
to replenish those glycogen stores.

00;20;45;10 – 00;20;46;02

And so if we don't

00;20;46;02 – 00;20;49;01

have enough carbohydrate  
or we don't have enough of that glycogen,

00;20;49;08 – 00;20;52;03

we can't build muscle,  
and we actually might end up breaking down

00;20;52;03 – 00;20;53;12

some of that muscle

00;20;53;12 – 00;20;57;02

just because your body needs the energy  
and it can make it from muscle.

00;20;57;02 – 00;20;59;05

But we want to  
we want to build that and support

00;20;59;05 – 00;21;02;09

that and make sure you're getting  
enough glycogen instead.

00;21;02;12 – 00;21;03;19

You covered

00;21;03;19 – 00;21;06;21

a little bit by slimming like those before  
and afters.

00;21;06;21 – 00;21;09;21

But what are some baseline  
nutrition guidelines

00;21;09;27 – 00;21;13;29

or recommendations that you might have  
for women to adequately fuel.

00;21;14;02 – 00;21;15;19

Yeah. For maximum.

00;21;15;19 – 00;21;18;03

Yeah. Maximum result in their training.

00;21;18;03 – 00;21;18;19

Yeah.

00;21;18;19 – 00;21;21;19

I think for females  
especially we're doing a much better job

00;21;21;19 – 00;21;25;12

of getting enough protein,  
but getting enough carbohydrates too.

00;21;25;12 – 00;21;28;12

And I think carbs  
have gotten a bad rap for a long time.

00;21;28;16 – 00;21;31;15

But knowing like, okay,  
if we don't get enough carbs,

00;21;31;15 – 00;21;33;14

then we're not going to have  
as good of a performance.

00;21;33;14 – 00;21;36;18

We're not going to hold on to as much  
of our hydration, we're going to stay

00;21;36;18 – 00;21;39;26

as hydrated, or  
our muscles are going to stay as hydrated.

00;21;39;29 – 00;21;41;26

And then we're also going  
to have to use some of that protein

00;21;41;26 – 00;21;44;17

or some of that muscle  
in order to break things down.

00;21;44;17 – 00;21;48;25

And so we really want to meet our baseline  
energy needs with those carbohydrates

00;21;48;25 – 00;21;50;14

and those healthy fats.

00;21;50;14 – 00;21;54;11

And then protein can go on top  
and protein can be used in the roles

00;21;54;11 – 00;21;58;08

that only protein can do,  
like transporting iron, being involved

00;21;58;08 – 00;22;02;26

in different chemical reactions,  
building muscle, all those things.

00;22;02;26 – 00;22;07;04

If we don't have that baseline energy  
from healthy fats and carbohydrates,

00;22;07;07 – 00;22;11;19

then we're not going to, be able to use  
protein for what we want to.

00;22;11;22 – 00;22;14;25

I want to talk briefly about women's  
menstrual cycles

00;22;14;25 – 00;22;18;16

and how hormones can affect

hunger and energy levels.

00;22;18;19 – 00;22;22;28

So how does nutrition interact with women's hormones throughout the month?

00;22;23;01 – 00;22;25;08

Yeah,  
it actually can fluctuate a little bit.

00;22;25;08 – 00;22;28;11

So depending on which part of the cycle, sometimes you actually need

00;22;28;11 – 00;22;29;18

a little bit more calories.

00;22;29;18 – 00;22;31;22

Sometimes you need a little bit more carbs.

00;22;31;22 – 00;22;35;08

Especially like during that week,

00;22;35;08 – 00;22;39;17

we're going to have a little bit higher iron needs because we're losing more iron.

00;22;39;20 – 00;22;43;04

And so just being kind of attentive and being a little bit more forgiving

00;22;43;11 – 00;22;46;07

with your body of like,  
oh, I'm craving more carbs.

00;22;46;07 – 00;22;48;00

Maybe that's  
because it's the summer months in

00;22;48;00 – 00;22;51;08

my body is like trying to do something  
to balance out my hormones.

00;22;51;11 – 00;22;55;10

And if we fight it, it can actually  
increase some of those stress related

00;22;55;10 – 00;22;59;07

hormones, that then make everything  
a little bit harder.

00;22;59;07 – 00;23;03;07

And so not that I think you have to  
necessarily structure your week like,

00;23;03;14 – 00;23;05;15

oh, this week  
I have to have this out of this after

00;23;05;15 – 00;23;09;09

this, but being a little bit more patient  
with yourself, a little more forgiving,

00;23;09;09 – 00;23;12;20

and maybe trying to incorporate  
more of those, like iron rich foods,

00;23;12;20 – 00;23;14;27

you know,  
during that one week of the month, but

00;23;14;27 – 00;23;18;21

otherwise just being like, okay, my body's  
asking for more calories than usual.

00;23;18;21 – 00;23;22;01

It's doing something.  
I'm gonna go way to that.

00;23;22;04 – 00;23;22;26

A lot of college

00;23;22;26 – 00;23;26;21

women are often battling a busy schedule,  
as we've talked about a little bit.

00;23;26;21 – 00;23;29;21

What are some simple habits that can help

00;23;29;21 – 00;23;33;06

women  
stay fueled without overthinking food?

00;23;33;09 – 00;23;37;01

I think breakfast is one  
that's really difficult for people,

00;23;37;04 – 00;23;39;29

and if you miss breakfast,  
then you're a little bit behind

00;23;39;29 – 00;23;44;12

and your body gets that signal of,  
hey, we're not getting enough food today.

00;23;44;12 – 00;23;48;06

Let's kind of slow things down,  
and then we're sending less calories

00;23;48;06 – 00;23;52;02

towards our brain for problem  
solving or planning or stress management.

00;23;52;02 – 00;23;56;02

And so if we miss breakfast,  
it makes the rest of the day harder,

00;23;56;02 – 00;23;58;14

including getting good food  
and good nutrition.

00;23;58;14 – 00;24;00;15

So breakfast is so important.

00;24;00;15 – 00;24;03;17

And just putting that a little bit  
can make things a lot easier.

00;24;03;17 – 00;24;08;01

Like maybe we grab those little containers  
of Greek yogurt and some granola plants

00;24;08;01 – 00;24;09;06

and fruit or,

00;24;09;06 – 00;24;12;28

you know, we grab a bag of bagels  
and have those little egg bites

00;24;12;28 – 00;24;17;03

that are ready to rock and roll  
or a couple of different combinations,

00;24;17;03 – 00;24;20;25

or like, overnight oats are super popular,  
or the pancakes or,

00;24;20;25 – 00;24;21;29

you know, something like that.

00;24;21;29 – 00;24;24;28

We're just finding out,  
even if you only kind of prep

00;24;24;28 – 00;24;27;28

your breakfast  
or you prep just parts of your breakfast.

00;24;28;03 – 00;24;29;21

Think I can make things really easy?

00;24;29;21 – 00;24;33;11

If you can just grab it  
and walk out the door as opposed to like,

00;24;33;14 – 00;24;34;14

oh, I have nothing ready.

00;24;34;14 – 00;24;36;24

I have to like  
make all these scrambled eggs and bacon

00;24;36;24 – 00;24;38;10

and you don't have to make a full course  
meal,

00;24;38;10 – 00;24;40;08

but just have a little bit of planning for

00;24;40;08 – 00;24;43;15

your breakfast can make a huge difference  
for the rest of your day.

00;24;43;18 – 00;24;48;02

If you had to give three  
simple nutrition habits that college women

00;24;48;04 – 00;24;51;27

could start today to improve their energy  
and health, what would what would

00;24;51;27 – 00;24;54;05

they be?

00;24;54;08 – 00;24;55;02

Breakfast for?

00;24;55;02 – 00;24;56;19

For sure. Yeah.

00;24;56;19 – 00;24;57;12

Planning.

00;24;57;12 – 00;24;59;24

Just like picking one day of the week.

00;24;59;24 – 00;25;04;15

You don't have to meal prep everything,  
but just planning is like, okay, like,

00;25;04;15 – 00;25;08;14

I have bagels, I have tortillas,  
I have some chicken, I have some eggs.

00;25;08;17 – 00;25;11;10

What things could I add  
to kind of make those more of a meal?

00;25;11;10 – 00;25;15;03

Maybe I can switch and swap things  
around of like, well, what am I to do?

00;25;15;03 – 00;25;17;12

Chicken and rice and chicken tacos.

00;25;17;12 – 00;25;19;02

Not today. Breakfast tacos.

00;25;19;02 – 00;25;22;21

So just taking a little bit of time  
to kind of plan some of those things.

00;25;22;24 – 00;25;26;24

And then the third thing  
would be like overall energy intake

00;25;26;24 – 00;25;28;29

and getting enough  
is the most important part.

00;25;28;29 – 00;25;32;18

And so that means that like  
if you're at an event and somebody brings

00;25;32;18 – 00;25;36;17

like chocolate cupcakes or something  
like that, I'd be like, it's okay

00;25;36;17 – 00;25;40;13

to have all the things and help  
you balance and you have a cupcake now,

00;25;40;13 – 00;25;43;16

it will probably help you  
to get to your next meal,

00;25;43;16 – 00;25;47;01

feeling a little bit more satisfied  
instead of getting your next meal feeling

00;25;47;01 – 00;25;50;29

super starving, maybe eating a little bit  
more that's comfortable,

00;25;51;05 – 00;25;54;20

and then like having a ton of guilt  
and getting into this kind of like

00;25;54;23 – 00;25;59;01

and like overconsumption cycle, which  
can also be really, really challenging.

00;25;59;07 – 00;26;00;28

But if you just have the cupcake here

00;26;00;28 – 00;26;04;01

or have what you want in that cupcake,  
then I'll get you to the next meal.

00;26;04;01 – 00;26;07;21

You don't feel comfortable and satisfied  
and kind of helps you dodge that

00;26;07;26 – 00;26;09;15

that cycle.

00;26;09;15 – 00;26;13;09

Those are all great.  
Thank you. And finally,

00;26;13;12 – 00;26;16;25

if there's one  
final message you wish more young women

00;26;16;25 – 00;26;20;16

understood about feeling and their bodies,  
what would that be?

00;26;20;19 – 00;26;23;09

Yeah, that's a good question.

00;26;23;09 – 00;26;27;10

I think it doesn't have to be perfect  
nutrition.

00;26;27;10 – 00;26;31;10

And even the word fueling  
can have like positive and negative

00;26;31;10 – 00;26;33;11

like depending on how it goes.

00;26;33;11 – 00;26;36;26

But fueling sometimes  
means eating a cupcake, and sometimes

00;26;36;26 – 00;26;40;21

it means it doesn't have to be perfect,  
doesn't have to be super clean.

00;26;40;21 – 00;26;42;24

It doesn't have to be only homemade.

00;26;42;24 – 00;26;47;18

It can be just getting enough calories  
and a good balance and a good variety.

00;26;47;21 – 00;26;48;23

And also having like

00;26;48;23 – 00;26;52;15

a comfortable relationship with food  
where it doesn't feel super stressful.

00;26;52;15 – 00;26;54;13

It doesn't feel super hard.

00;26;54;13 – 00;26;55;22

Does it still be fun?

00;26;55;22 – 00;26;58;08

It can still be a part  
of like a great experience,

00;26;58;08 – 00;27;02;03

like travel or connection  
with people or events.

00;27;02;03 – 00;27;03;22

And so huge and still be fun.

00;27;03;22 – 00;27;07;05

And it shouldn't be hard.  
It doesn't have to be perfect.

00;27;07;08 – 00;27;07;19

And I think

00;27;07;19 – 00;27;11;05

deciphering through  
like we're in the age of information

00;27;11;05 – 00;27;14;11

and sometimes more information  
is not always better.

00;27;14;11 – 00;27;18;02

And if everybody has an opinion  
about food, everybody has an experience

00;27;18;02 – 00;27;22;06

and method and you have to do this  
and there's no one way to do it,

00;27;22;06 – 00;27;27;17

you just want to make sure you get enough  
and make sure it doesn't feel super hard.

00;27;27;20 – 00;27;29;28

Perfect. Thank you so much.

00;27;29;28 – 00;27;32;07

Absolutely. All right.

00;27;32;07 – 00;27;34;18

So how are we starting again to say.

00;27;34;18 – 00;27;37;23

Like you're introducing or saying like.

00;27;37;26 – 00;27;40;03

Oh that's right, that's right I. Got it.

00;27;40;03 – 00;27;40;16

All right.

00;27;40;16 – 00;27;42;21

We are back now with the full group.

00;27;42;21 – 00;27;44;01

I'm Annabelle.

00;27;44;01 – 00;27;47;01

I'm Poppy. I'm Katie, and I'm Teagan.

00;27;47;04 – 00;27;50;12

And today's episode  
is focused on nutrition

00;27;50;12 – 00;27;53;12

without restriction, guilt or obsession.

00;27;53;15 – 00;27;57;28

Specifically on  
how women should really fuel their bodies.

00;27;58;01 – 00;28;01;10

Poppy, we spoke to a nutritionist earlier.

00;28;01;13 – 00;28;04;28

What do you want to kind of talk  
about that from an athlete perspective?

00;28;05;01 – 00;28;05;23

Yeah.

00;28;05;23 – 00;28;09;10

I spoke to Meredith  
Pryce, the Utah sports nutritionist,

00;28;09;10 – 00;28;12;06

and she had some really insightful  
information for us.

00;28;12;06 – 00;28;14;29

She kind of spoke  
about how the term clean eating has

00;28;14;29 – 00;28;18;14

been so skewed, like nowadays.

00;28;18;14 – 00;28;22;02

And it doesn't necessarily mean anything  
anymore.

00;28;22;02 – 00;28;25;24

And like, food  
isn't deemed as clean or dirty, and it's

00;28;25;24 – 00;28;29;07

just kind of what you need in moderation.

00;28;29;07 – 00;28;31;14

So I feel like that's a great point  
to make that, like

00;28;31;14 – 00;28;35;10

just because you have a sweet treat  
doesn't mean that you're eating dirty.

00;28;35;10 – 00;28;37;07

It just means that you're  
having a sweet treat.

00;28;37;07 – 00;28;39;03

And that's okay if you want a sweet treat.

00;28;39;03 – 00;28;40;21

It's just in moderation.

00;28;40;21 – 00;28;44;26

So I think that was a great point  
to take from Meredith that like,

00;28;44;29 – 00;28;45;22

it really doesn't

00;28;45;22 – 00;28;50;12

matter of food is clean or dirty  
because it's not either of the above.

00;28;50;15 – 00;28;53;27

It just depends like how you're eating it.

00;28;54;00 – 00;28;56;21

And I know as an athlete, like  
just making sure

00;28;56;21 – 00;28;59;22

you're getting enough  
food is so important.

00;28;59;22 – 00;29;03;20

And online these days, there's  
so many things you see off

00;29;03;23 – 00;29;07;19

especially now, which  
with like the GLP ones and stuff like,

00;29;07;22 – 00;29;10;15

I don't know, I feel like I see a girl

00;29;10;15 – 00;29;13;15

eating a rice cake  
with like some fruit on top of it.

00;29;13;21 – 00;29;15;05

And it's like a plain.

00;29;15;05 – 00;29;18;19

Ass rice cake,  
like guys, there's nothing on it.

00;29;18;19 – 00;29;21;04

Like, it's  
literally like the salted ones for me.

00;29;21;04 – 00;29;22;27

So I'm like, we eat that.

00;29;22;27 – 00;29;25;28

And she calls out like lunch. Like,  
oh hell no.

00;29;26;01 – 00;29;29;22

I feel like that's just projecting such  
that's projecting such a horrible image

00;29;29;22 – 00;29;31;00

to like, younger girls.

00;29;31;00 – 00;29;33;14

That's what I was going to say.  
Yeah. No, it really is.

00;29;33;14 – 00;29;36;17

Because, like, I'm joking about it right  
now, but that's like such an issue with,

00;29;36;17 – 00;29;39;28

like what I eat in a day videos  
and even like, I've seen.

00;29;40;01 – 00;29;40;15

Women.

00;29;40;15 – 00;29;43;28

Athletes like, promote these like,

00;29;44;01 – 00;29;46;06

unhealthy eating habits.

00;29;46;06 – 00;29;48;04

The Serena Williams. Yeah.

00;29;48;04 – 00;29;50;07

I was just thought exactly.

00;29;50;07 – 00;29;53;24

Which it's like, what is the message  
that we're giving to our younger

00;29;53;24 – 00;29;58;06

generation of female athletes,  
or just not even athletes,

00;29;58;06 – 00;30;04;15

just females  
in general, right? Like, I don't know.

00;30;04;18 – 00;30;05;29

Anyone

00;30;05;29 – 00;30;07;14

who is out, but.

00;30;07;14 – 00;30;09;09

Like, I don't have all of that.

00;30;09;09 – 00;30;12;05

I'll just go. Okay. Sorry guys.

00;30;12;05 – 00;30;13;10

But I totally agree.

00;30;13;10 – 00;30;17;26

And I think that especially  
with social media and everything

00;30;17;26 – 00;30;23;11

that's being fed to us in social media  
and just generally,

00;30;23;14 – 00;30;28;05

I think it's more important than ever to  
find what works for you and for your body.

00;30;28;08 – 00;30;32;05

I'm someone who  
I have multiple chronic illnesses,

00;30;32;08 – 00;30;35;28

and so I have to eat to kind of tailor,

00;30;35;28 – 00;30;40;19

my own body, to my own body  
because my body's, like, battling itself.

00;30;40;22 – 00;30;43;18

And so I have to find what works for me.

00;30;43;18 – 00;30;47;19

So even though I'm not allergic  
to anything, I have a lot of things

00;30;47;19 – 00;30;48;12

that I cut out.

00;30;48;12 – 00;30;52;14

Like tomatoes are, like,  
not great for me and like carrots.

00;30;52;21 – 00;30;56;04

But then I that doesn't mean  
that I'm not eating those completely.

00;30;56;04 – 00;30;57;18

It's about moderation.

00;30;57;18 – 00;31;02;14

So I can't have like a huge bowl  
of like pasta

00;31;02;14 – 00;31;06;16

sauce or kind of thing, but I can have  
like a few cherry tomatoes on a salad.

00;31;06;16 – 00;31;10;12

And I think that's the same with anything  
like you can have, like Poppy said,

00;31;10;12 – 00;31;11;06

like a cupcake.

00;31;11;06 – 00;31;13;03

After dinner.

00;31;13;03 – 00;31;16;29

I probably shouldn't  
have like a dozen, but

00;31;17;02 – 00;31;18;05

you can, you know.

00;31;18;05 – 00;31;18;17

Yeah.

00;31;18;17 – 00;31;21;26

And I also feel like women are held  
to such a different

00;31;21;26 – 00;31;27;01

standard as to men or,  
just with, like, eating and things,

00;31;27;01 – 00;31;30;14

and it's just become such a huge thing  
in our society

00;31;30;14 – 00;31;34;10

that, like, women need to be  
these tiny little petite sticks

00;31;34;10 – 00;31;38;29

who walk around and eat rice cakes,  
like Katie said, when in reality

00;31;39;02 – 00;31;43;08

there are so many of us  
who do such incredible things like

00;31;43;11 – 00;31;47;03

some of us are swimmers, some of us are  
gymnasts, like some of us play soccer.

00;31;47;03 – 00;31;48;15

Like we do incredible things

00;31;48;15 – 00;31;52;11

as women and even just regular people  
who aren't athletes.

00;31;52;11 – 00;31;52;24

Every day.

00;31;52;24 – 00;31;55;24

We're doing amazing things,  
and we don't need to be held

00;31;55;24 – 00;31;58;21

to what our bodies look like  
and how we fuel them.

00;31;58;21 – 00;32;01;28

I think it's just such a crazy part

00;32;01;28 – 00;32;05;23

of today's society  
that has been so zoomed in on, and I think

00;32;05;23 – 00;32;09;27

we really need to just zoom out  
and realize that life is so short.

00;32;09;27 – 00;32;12;08

So wow.

00;32;12;11 – 00;32;12;29

You're right

00;32;12;29 – 00;32;16;08

though,  
we're literally on a rock like we are.

00;32;16;08 – 00;32;18;05

We're on a floating rock. Exactly.

00;32;18;05 – 00;32;20;15

And if you want to eat a dozen cupcakes,  
do that too.

00;32;20;15 – 00;32;21;14

Like it's fine.

00;32;21;14 – 00;32;21;26

Oh. What?

00;32;21;26 – 00;32;22;26

Sorry. Yeah.

00;32;22;26 – 00;32;25;10

No, no, no,  
but just don't do it every day.

00;32;25;10 – 00;32;27;28

Yeah, but we should be measured  
by, like, our achievements.

00;32;27;28 – 00;32;28;06

Yeah.

00;32;28;06 – 00;32;31;12

And who we are as people,  
not by how we look.

00;32;31;12 – 00;32;33;02

And I think that's super important.

00;32;33;02 – 00;32;34;02

Like,

00;32;34;02 – 00;32;36;14

people say that when you're younger  
and you're like, yeah, yeah,

00;32;36;14 – 00;32;37;09

like that sounds great.

00;32;37;09 – 00;32;39;11

But like as you get older, you're like,  
you really see like

00;32;39;11 – 00;32;43;22

they're like different pressures  
and like different things that go into it.

00;32;43;25 – 00;32;46;20

I think to, add on like

00;32;46;20 – 00;32;50;20

food is also such an experience  
and the more restrictive.

00;32;50;20 – 00;32;53;28

And, and Libby talked about this  
a little bit earlier in the interview,

00;32;53;28 – 00;32;57;15

but, food  
is like what we share with people.

00;32;57;15 – 00;33;03;23

Food is how we communicate in ways  
and share experiences and connect.

00;33;03;23 – 00;33;08;26

And so this more like restrictive culture  
that shies away

00;33;08;26 – 00;33;12;03

from like treating yourselves  
or going out for ice cream,

00;33;12;03 – 00;33;16;11

whatever it is, is also just taking away  
the opportunities for us to experience,

00;33;16;14 – 00;33;19;10

like enjoying a meal together  
and what that brings

00;33;19;10 – 00;33;22;10

and enjoying different cultures of food  
and enjoying different,

00;33;22;13 – 00;33;24;00

you know, sweets that make us happy.

00;33;24;00 – 00;33;25;00

Like all of those things.

00;33;25;00 – 00;33;27;22

So it's important,  
obviously in moderation,

00;33;27;22 – 00;33;30;25

but to not lose those experience,  
those like negative experiences

00;33;30;25 – 00;33;32;25

that also come with food.

00;33;32;28 – 00;33;35;26

Moral of the story if you  
haven't seen her attitude, go watch it.

00;33;35;26 – 00;33;38;14

Yeah.

00;33;38;14 – 00;33;41;08

And like if we are focusing on like,  
you know,

00;33;41;08 – 00;33;45;11

like maybe focus on eating the rainbow,  
put berries in your diet.

00;33;45;11 – 00;33;50;20

But fruits and vegetables like,  
you know, like still eat

00;33;50;23 – 00;33;54;01

what's considered healthy  
because that could also like,

00;33;54;01 – 00;33;56;15

that can like boost your brain function  
and like it's important

00;33;56;15 – 00;33;58;16

that you're getting like the nutrients

and vitamins.

00;33;58;16 – 00;34;00;04

That you need every day.

00;34;00;04 – 00;34;01;26

And it's important  
that you're eating for that.

00;34;01;26 – 00;34;06;29

But also, you know, like there's a line  
with everything and that line is blurred.

00;34;07;02 – 00;34;09;25

I think something also to remember  
as women,

00;34;09;25 – 00;34;12;25

and we'll kind of wrap this up here, but

00;34;12;28 – 00;34;16;20

a lot of the industries that we see  
today are tailored towards men.

00;34;16;25 – 00;34;22;01

And that's especially with like the food  
and all that stuff that we're eating.

00;34;22;04 – 00;34;25;01

And I think  
if you watch one of your friends

00;34;25;01 – 00;34;27;23

who's an athlete, like, cause  
you guys are on the teams and whatever,

00;34;27;23 – 00;34;29;12

they can obviously eat so much more

00;34;29;12 – 00;34;33;05



