

# CasePerformance

## March Newsletter

### Part II



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## I. Leading Off...

Hello,

Glad to see that you're tuning into Part II of our newsletter! I hope you enjoyed [Part I](#) which featured an exclusive interview with physical preparation and nutrition coach Zach Moore, who shared with us his background and philosophies on training, nutrition and recovery. Additionally he touched upon his experience of overcoming an eating disorder. Following our interview, we get to our CP Community Member Discussion where Chris Gile, DC, shared with us his article, *Good Health & Fitness: Look No Further than a Healthy Spine and Joints*. In it, Chris explained how even small alterations in the spine and other joints can greatly impact health and fitness.

Shifting gears a bit, we're proud to bring you Part II of our Jan-Feb '15 newsletter. We kick things off by taking a quick peek at some article news here at CasePerformance before moving onto our "Building Better Athletes Exercise of the Month"

Next we move on to our CP Performance Discussion, *Apples & Baby Carrots & "Green Powders" vs. Fruits & Vegetables*. In this article, I discuss how eating apples, bananas and carrots is NOT the equivalent of eating fruits and vegetables. Additionally I share my thoughts on "green powders" which often are marketed as "*Greater than 10 servings of fruits and vegetables in just one serving!*" Finally we conclude with our SuppVersity Corner Report. Enjoy!

Respectfully,

Sean Casey

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## II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we **DO NOT** litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

### Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or those pinching pennies.

### The Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[\*\*CLICK HERE\*\*](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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## III. Article News at CasePerformance

Top article at CasePerformance during the month of March...

### High Intensity Interval Training (HIIT) for Fat Loss



This blast from the past article, originally written in 2010, saw resurgence in popularity during the past months. Maybe this is a reflection that individuals are looking to burn off some remaining winter fat (if live in Northern Hemisphere of course) before hitting the beaches this summer ;-)!

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## IV. Building Better Athletes Exercise of the Month

**BBA**  
Building Better Athletes

This month's BBA exercise of the month..... (drumroll).....

### Lateral Palloff Walks



Left Image: initial set-up



Right Image: End range of motion

#### NOTES:

Many movements on the athletic field as well as everyday life involve holding the abdominal/core musculature in a static position (i.e. – with no movement) while the rest of the body is moving dynamically (i.e. – with movement). Although there are many “gym” exercises address this, few do so in the frontal (i.e. – side to side) plane of motion. With this in mind, BBA is pleased to share with you the *Lateral Palloff Walk* which targets this specific motion! As shown in the pictures above, as well as [this video](#), to start the exercise, set a band (or cable) at a height somewhere between the bottom of the ribcage and nipple height while in an athletic position (the angle of pull will slightly alter the exercise). From there walk out so there is slight tension in the band as shown on the image to the left. Once in this initial set-up, laterally walk such that the only thing moving is your legs. Everything else should be tight. You've hit your end range of movement just prior to when you can no longer maintain your arms straight out in front of you. At this point slowly move back towards the starting position. Oh yeah, don't forget to do each side ;-)

If you're interested in training/doing a nutrition consult "in person" with us at BBA, send an email to us at [scaseybba@gmail.com](mailto:scaseybba@gmail.com).

Also, be sure to block May 2<sup>nd</sup> off on your calendar to attend the BBA Elite Performance Clinic. [CLICK HERE](#) for more details

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## V. CP Performance Discussion

### Apples, Baby Carrots & “Green” Powders

VS.

### Fruits & Vegetables

By Sean Casey



Figure 1. Fruits & Veggies – They’re only healthy if you eat them!

### Do you REALLY eat Fruits & Vegetables???

It’s well known that fruits and vegetables play an integral role in any healthy diet. As recommended by the United States Department of Agriculture (USDA), who is responsible for setting the dietary guidelines in the USA, individuals should aim for 2-4 servings of fruit per day as well as 3-5 servings of vegetables. This provides a great starting point, and depending on an individual’s goals, I may even encourage him/her to shoot for even more!

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*“... what I define as eating fruits and vegetables differs from most...”*

That said, what I define as “eating fruits and vegetables” differs from most. I am often reminded of this while completing [dietary consults](#) with various individuals and groups. For instance, during a recent dietary education session with an organization I had individuals complete various dietary intake forms which we later reviewed together. In doing so I found that most individuals ate apples, oranges, bananas, salad greens, peas, etc.

At surface level this was all fine and dandy. However, upon asking a few follow-up questions, I learned that most individuals ate the same one to three types of either fruits or vegetables daily. In other words, those who ate “apples, bananas and baby carrots” tended to only eat “apples, bananas and baby carrots”. I informed them that they weren’t really eating fruits and vegetables.



As happens most times when I make this comment, I was met with bewildered looks that seemingly said *“Wait a minute, doesn’t this dietitian know that apples, bananas and baby carrots are all considered fruits and vegetables? Great... our organization blew money on a dietitian that apparently doesn’t know his food groups.”*

Ok, ok - Technically speaking all these food choices are fruits and vegetables. However, there are hundreds of different items that fall into one of these food categories.

Thus, in order to say that you TRULY eat fruits and vegetables, you have to eat a variety from each group; For instance, I break fruits and vegetables down into 14 different subcategories. I define eating fruits as vegetables by hitting a majority of these subcategories over a two week period. If all you’re eating is “apples, bananas and baby carrots, then, well, all you’re eating is “apples, bananas and baby carrots” – NOT fruits and vegetables.

This is especially important as each fruit and vegetable presents a different nutrient profile. For example, oranges are a great source for vitamin C but lack any appreciable amount of vitamin A. In contrast, carrots are a great source for the vitamin A precursor known as beta-carotene but are quite low in vitamin C.



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This situation is akin to resistance training. One can go to the gym and only do calf raises, bicep curls and sit-ups exercises three times a week and say they're on a thorough exercise program. However, few trainers would consider this a thorough as it misses vital exercises targeting your thigh, butt, back, core, shoulders and chest... and as all guys know, it's not a workout if you don't get some pec work in ;-)!

## **This doesn't apply to me – I take “Green Powders” ...**



*“I see your point but this doesn't apply to me – I take “green powders” and the label clearly states, 1 serving of this is equivalent to eating 20 servings of fruits and vegetables”*

Ah yes, those miracle green powders which allow one to eat a crap diet lacking any appreciable amount of whole fruits and vegetables yet still allow one to magically reach 20 servings of fruits/veggies per day ;-). Sarcasm aside, I don't necessarily have anything against green powders and do believe they can be healthy depending on the composition. However, they are NOT the magical elixirs often portrayed by the clever marketing directors of company XYZ.

Let's take a look at a classic marketing tactic often used by manufacturers of these powders. a bit closer....

*“This product contains 3 different propriety blends, each greater than 10,000 mg of pure goodness, with extracts from over 30 fruits and vegetables”*

I've seen many fruit and vegetable green powders with claims similar to the one above. However, let's break this line down a bit with special focus being placed on the underlined words...

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## 1. “...contains 3 different propriety blends...”

Great – now we have no idea of how much of any of the ingredients is actually included in the product. That said, all propriety blends are required to list the ingredients in order of weight within the product.

## 2. “... each greater than 10,000 mg of pure goodness...”

I highlighted 10,000 mg for a specific reason – it sounds like a HUGE amount. I mean think about it. That is like 1,000 mg (and 1000 is a big number) x10! Okay, once your initial enthusiasm has died down a bit, let’s think about this – do you know what 10,000 mg also equals???? You got it 10 grams which isn’t exactly a huge number when you’re considering this is coming from fruits and vegetables. Let’s put some #’s behind what 10,000 mg of a given fruit or vegetable powder may look like.

Approximately 37 grams of banana powder is equivalent to eating one large banana (8-9 inches/20-23 cm). In other words, a single large banana that has been put into a dehydrated powder form is 37,000 mg.... I’ll let you do the math, but this shows how little actual fruit or vegetable is actually included in these products – especially if it claims to contain over 30 different ones within it.



## 3. “... with extracts from over 30 fruits and vegetables.”

Have you ever caught a headline that says, “*Research shows vegetable/fruit extract X **may** be the reason fruits and vegetables protect one from XYZ*”? Everyone in the scientific community and popular press gets excited. Randomized clinical control trials are conducted with the hopes of proving what an epidemiology/in-vitro seemed to indicate. Unfortunately the results from these trials often are quite dismal, or in some cases, indicate that substance X may actually increase the risk of XYZ. This latter scenario happened in trials involving beta-carotene in which mega-doses were

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thought to protect against cancer. However, researchers found out that mega-doses of beta carotene actually INCREASED the risk of developing certain cancers?

Tying this back into point at hand, “extracts” are NOT the same as eating actual fruits and vegetables as a given one may have 100’s of different chemicals synergistically working together to provide a given benefit. It’s shortsighted to think that simply focusing on one or two given compounds within the plant may be the reason it exerts a given health benefit

*“... equivalent to surfing through “BBC World News” via the internet and proclaiming ...”*

Now, don’t get me wrong. As aforementioned, I think “green powders”, depending on their composition, can be healthy. However, the idea that you’re receiving the nutrition of eating 30 different fruits and vegetables from the powder is equivalent to surfing through “[BBC World News](http://www.bbc.com/news)” via the internet and proclaiming that you’re an expert in foreign affairs.

### **Easy Ways to Actually Eat Fruits and Veggies**

So what are some ways to ensure that you’re actually eating fruits and vegetables vs. only your “apples, bananas and baby carrots?” Easy strategies I recommend include buying bags of mixed frozen fruit and/or vegetables and leaving your “apples, bananas and baby carrots” comfort zone to venture into the great unknown in your local store’s produce section. Don’t know how to eat/prepare a given fruit or vegetable? If so, just do a google search and you’ll have 1,000 different recipes at your disposal in the matter of seconds.

The second option is to seek out the guidance of someone knowledgeable in foods to see where you’re lacking fruit and vegetable balance. As previously mentioned, I break fruits and veggies into 14 different subcategories. When [working with clients](#), I have them fill out a food frequency questionnaire that I created with the assistance of CP contributor [Alex Leaf](#). Below is just a partial example of a couple of the groups for both the fruits and veggies categories...

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Food	Frequency of Consumption								
	Never or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Fruit									
Pits, Cores (apples, peaches)									
Tropical (pineapple, banana, mangoes)									
Vegetables									
Red (tomatoes, red peppers)									
Purple (purple cabbage, beets)									

## Bottom Line

Don't be the equivalent to the guy/gal who only does 1-3 fluff exercises in the gym; stop eating just “apples, bananas and baby carrots” and start to actually eat fruits and vegetables!

## *References*

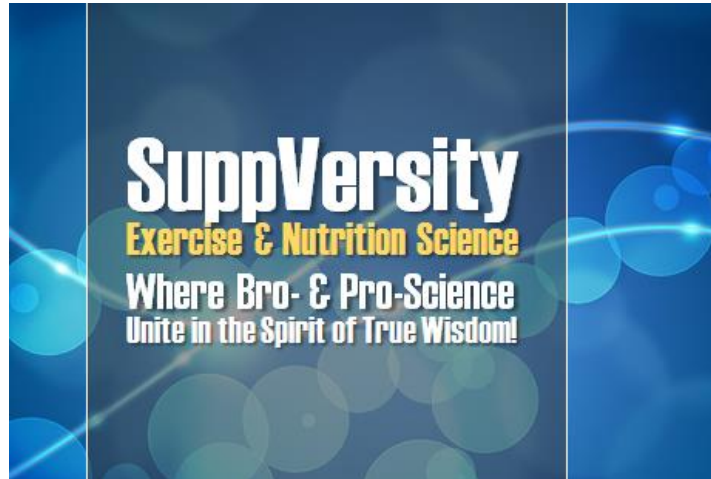
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## VI. SuppVersity Corner Report!



[SuppVersity](#) is one of my favorite sites. It's run by my friend [Adel Moussa](#). One of the things we do on the CasePerformance [FACEBOOK](#) page is highlight one of their excellent posts each week. Here they are for the past month...

### Week of March 2<sup>nd</sup>-8<sup>th</sup>

Narrowing down a single SV post was dang near impossible for this week. There were SO many ones that I found to be interesting. Thus, we're ending up with a "tie"... a 3 way tie on that note!

Article #1:

[Whey + Casein - A Superior Post-Workout Shake in Theory \(Fast + Slow\) and Practice \(Results of a 10-Week Study\)](#)

### CP Quick Thoughts

Don't get suckered into buying the fancy "added BCAA" type post workout supplements. The basic casein and whey ones will work just fine... Trust us on this!

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Article #2:

[Linear or Undulating Periodization for Maximal Strength & Size Gains? Latest Study Shows Both Work, Differences Between the Two Exist, But May Eventually Be Negligible.](#)

## CP Quick Thoughts

I find that too many people get caught up worrying about the minutiae of training programs (admittedly, at times this includes myself at times while writing programs for myself/clients). As this article mentions, most programs can be effective regardless of the periodization method used... As long as the training program is set up with 1st) the overall health of the individual in mind and 2) follows some sort of logical periodization method, solid results will be achieved.

Article #3

[Is Noneliac Gluten Sensitivity Legit? A Review of the Latest Scientific Evidence on NCGS](#)

## CP Quick Thoughts

This article, a guest post from Alex Leaf, critically evaluates a recent study that has been causing waves and has been used as a "rallying" cry for those demonizing gluten. He summed it up quite well in his final line:

"So enjoy your wheat... or don't, whatever makes you feel best. Just please don't go throwing this study around as proof that NCGS is real."

## **Week of March 9<sup>th</sup>-15<sup>th</sup>**

[Yohimbine as an Ergogenic? 5mg of Yohimbine 2h Before Cycling to Exhaustion Increase Time to Exhaustion by 29%, Energy Expenditure & Fatty Acid Oxidation by >10%](#)

## CP Quick Thoughts

Well my selection of this as the post of the week is a bit biased. We finally have nice "spring" weather where I live and the urge to jump on a bike and ride around sounds quite appealing to me at the moment.... In this beautiful weather, if time to exhaustion is improved, I'm all for it ;-)!

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**Week of Feb 16<sup>th</sup>-22<sup>nd</sup>**

[Can Diets & Supplements Make Your Skin Look Sexier & Younger? Review Says What Works & What Doesn't Work](#)

CP Quick Thoughts

Although many in the CP community are training for athletic performance, just as many are training and leading a healthy lifestyle simply to, "*Look and feel good naked*". Regardless of what group you fall in (maybe even both), I'm sure you'll find this article of interest.

**Week of March 23<sup>rd</sup> – March 29<sup>th</sup>**

[Failure, a Necessary Prerequisite for Max. Muscle Growth & Strength Gains? Another Study Says "No Need to Fail, Bro!"](#)

CP Quick Thoughts

Other than some burn out sets here/there on smaller muscle groups, I rarely go to failure when writing training programs. However, few things produce a muscle pump quite like high(er) reps, short rest drop sets with bicep curls etc ;-)

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That wraps up this CasePerformance newsletter. Thanks for being a part of the team. We look forward to hearing your feedback on anything and everything so drop us a note on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)