

# FEAST, FAMINE OR FUNCTIONAL FOODS

HOW MUCH PROTEIN SHOULD YOU EAT?

*MS*



**ALL OF IT!**

**Feast or Famine or Functional foods...Join us and explore the world of macronutrient manipulation and the practical application of functional foods to enhance exercise adaptations. Starring two experts in the field of feasting & fasting, and the relationship to sports nutrition and performance, as well as a culinary demonstration with functional foods**

**Date:** 31st October 2017, Tuesday

**Time:** 2pm- 5pm

**Place:** Temasek Polytechnic West Gate, Global Connect Village, Room GV42-01-08 (Multimedia Lab), 21 Tampines Avenue 1, Singapore 529757

**Program:**

13:30 - Registration

14:00 - Welcome address

14:10 - Dr Stephen Burns - Feasting on fat; What's the skinny?

15:00 - Culinary Demonstration - Functional foods "Watch & eat"

16:00 - Dr Rashid Aziz - Deliberate fasting for high performance

16:45 - Closing remarks

Registration  
Closes 27<sup>th</sup>  
October  
2017



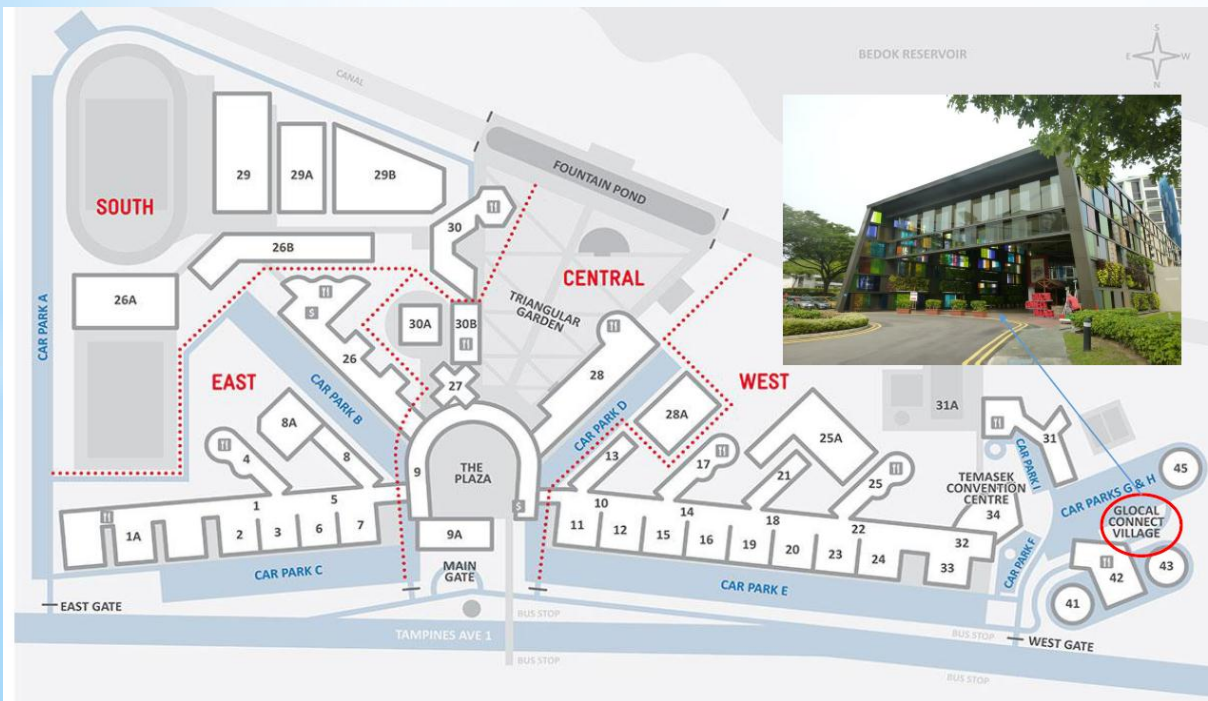
## Registration

Registration fee of \$10 applies - to be paid at the door on the day of the event. Discount registration fee of \$5 for SNDA members, Sport SG staff & TP staff/ students!

SNDA members: Please register through SNDA website: [www.snda.org.sg](http://www.snda.org.sg)

All other participants: Please register via the link: [goo.gl/i46x0B](http://goo.gl/i46x0B), and select your participant type accordingly

Registration closes on 27<sup>th</sup> October 2017. Limited seats! E-mail [joyseng@alivenutrition.sg](mailto:joyseng@alivenutrition.sg) for any queries



## Map and Directions

Enter Temasek Polytechnic through their West Gate.

Turn right and you can see the Global Connect Village.

Locate room GV42-01-08 within the building.



**Dr Stephen Burns**  
**Associate Professor**  
**Nanyang Technological**  
**University**

### **Biography**

Dr Stephen Burns is an Associate Professor in the Physical Education and Sports Science Academic Group at the National Institute of Education in Nanyang Technological University. Dr. Burns completed a PhD at Loughborough University in the UK examining the effects of resistance exercise on lipid metabolism before moving to the US where he taught at the University of Texas at El Paso and completed postdoctoral studies in childhood obesity and insulin resistance at the Children's Hospital of Pittsburgh. His current research interest lies in examining the effects of exercise on fat oxidation and metabolism fasted and during the postprandial period.

### **Synopsis**

#### **High fat diets for sports performance**

For over 30 years there has been interest in the use of high fat diets - alternatively referred to as low-carbohydrate diets or ketogenic diets - for sports performance. The potentially unlimited store of fat for energy in the human body compared with carbohydrate and the ability to 'tap' this energy store in order to preserve precious muscle glycogen stores mean that high fat diets have been of interest to both researchers and athletes. Nevertheless, their use in sports remains controversial. This presentation will outline the background for the use of high fat diets to improve sports performance and examine whether the best available evidence supports their use.



**Dr Abdul Rashid Aziz**  
**Senior Strength &**  
**Conditioning Coach**  
**Singapore Sport Institute**  
**Sport Singapore**

### **Biography**

Rashid has been involved in Singapore's sporting scene for over 20 years as a sport physiologist and as a strength and conditioning coach. His work in the area of exercise science and sports performance training and testing has been published in international sports medicine and sports science journals. He is a pioneer in research investigating emerging Asian-dominated sports such as sepak-takraw and pencak-silat. His research interest lies in the practical applications of research findings to improving the athletes' sporting performances. Please see link for his list of publications:

[https://www.researchgate.net/profile/Abdul\\_Rashid\\_Aziz](https://www.researchgate.net/profile/Abdul_Rashid_Aziz).

Rashid obtained his PhD at Nanyang Technological University where he examined the physiological effects of Ramadan fasting on competitive sporting performances and training of Muslim athletes, and designing ways to attenuate or circumvent the adverse impact of Ramadan fasting on Muslim athletes' performance.

### **Synopsis**

#### **Fasting for Athletic Performance**

We know the importance for our exercising muscles to be carbohydrate-laden during acute endurance activities to ensure maximal efficacy of the activity. Recent research however, has in contrast, suggested it may be more optimal for the working muscles to be in the fasted (or low-carbohydrate); especially if the long-term primary objective of the session is to optimize adaptations of the exercise session. It is reasoned that exercising in the fasted or low-carbohydrate state may induced a heightened signaling and metabolic stimulus that when performed repeated over time, may potentially led to a greater training-induced adaptations. This study will present recent published data supporting the beneficial effects of exercise training in the fasted state, a condition which serves to act like an additional stimulus; with various practical strategies to implement within the athlete's training programme.