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# Scuba Diving Nutrition: What can I do about my hunger?

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**Question:** What can I do about my hunger? I seem to want to eat more when I exercise.

**Answer:** It is quite common to get hungry from exercise. You are burning more calories during exercise and your body recognizes the nutritional need. More often than not, if you are on a diet, your diet is too restrictive. A good nutritional plan will balance the calories you are taking in from

food, with the calories you are burning during exercise. This balance can then be manipulated toward your goal for weight loss by changing the total calories, kinds of foods you are eating, the number of meals each day, and the timing of those meals.

Sometimes hunger is an impulse reaction to stress, boredom or habit. When you get hungry, wait five minutes before eating. What foods have you already eaten and when was your last meal? Also, notice what you are hungry for? You will learn a lot about your eating tendencies this way. Keeping a journal is sometimes helpful.

Spreading your nutrition into five or six meals of smaller portions will give you energy for your lifestyle performance and stave off hunger pangs. Eating more frequently actually boosts your metabolic rate and helps burn more calories. Each meal should consist of lean protein, fruits or vegetables, and a good fat. The **American Institute for Cancer Research** recommends nine servings of fruits and vegetables every day. A serving is one-half cup. Just think of the

vitamins, minerals, and fiber you can consume each day with this healthy eating regime. You will be able to eat more and not be hungry. The best news is you will feel terrific and still lose those unwanted pounds.

Since you are a scuba diver, you can take advantage of the **ScubaFit®** recommendations for macronutrient ratios of 55% carbohydrates, 30% protein, and 15% fat, which is ideal for fueling diving activities and also an excellent weight loss program. The easiest way to evaluate macronutrient components is to use a food counts book, software or application, which itemizes portions in calories, and lists protein, carbohydrates and fats in grams. It is important to create food combinations as accurately as possible, so be sure to also read food labels for macronutrient information on specific products. Select foods within the caloric requirements for your goal body weight and composition. It is important not to feed pounds from body fat. **Read more . . .**