

Helpful Hints to Healthy Eating

Proper fueling of the body is a vital component to achieving peak performance. Good nutrition often takes a back seat to other aspects of training, but should be a key component in your day to day regimen. The importance of understanding how to fuel the body can make the difference between winning and losing. Choose whole foods vs. packaged and processed. Read your labels!

Carbohydrates

Carbohydrates or complex sugars serves as the primary fuel for our bodies.

- Carbs should make up about 60-65% of an athlete's diet.
- Carbs are made of both simple and complex carbs

Good sources of complex carbohydrates

100% Whole grain breads, whole grain bagels

Pastas, fruits and vegetables

Whole grain cereals (watch sugar content)

Quinoa, brown rice

Simple Sugars are still carbohydrates. They are carbs that you want to minimize in your diet as much as you can. They will give you that sugar rush, but are not good for prolonged sources of energy.

- Choose natural sweeteners when you can (agave nectar, honey, maple syrup) same calories, but better for you.
- Avoid sodas, caution on sports drinks
- Avoid artificial sweeteners and high fructose corn syrup

Sources of Simple Sugar

Sweeteners (sugar, syrup)

Sodas, juices (even 100% fruit juice)

Candy

Proteins

Proteins are the building blocks for healthy bones and muscle. Proteins help stabilize blood sugar levels to prevent "crashing".

- Proteins should make up 15-20% of total calories
- Choose lean meats and dairy sources of protein
- Legumes, beans, grains, nuts and veggies

Lean Protein Sources

Fish, skinless chicken, venison (wild game)

Turkey, ground sirloin, string cheese, low fat yogurt (Greek)

Fats

Fats are still an important part of overall nutrition, just in moderation. They are essential for proper digestion, good organ function and protection of the organs and nervous system.

- Fats should be 25-30% of total calorie intake
- Fats are fuel reserves after the “sugars” in your system have been depleted
- Avoid HYDROGENATED OILS and Trans Fats!
- Watch non-fat and low fat options, they often add a lot of sugar!

Healthier Fats

Butter, olive oils

Nuts, 1% or skim milk

Avocado, real mayo, natural peanut butter

Hydration

It is very important to stay hydrated. The best and cheapest way to do this is water. Sports drink should be used in moderation. They are best used several hours before activity and following activity. If used during activity they should be diluted with water by half. Urine will be lemonade yellow when properly hydrated.

Guidelines for fluid Intake

- 16-20oz of water 2 hours before, another 8-16oz 30 minutes before activity
 - 4-6oz. Every 10-15 minutes during
- 16oz after activity and another 16oz for every pound of weight lost.

Pre-Game Meals

- Proper nutrition starts the day before an athletic event.
- Meals should consist of high complex carb, lean protein, low fat meals
- Avoid new foods that you have not had before
- Avoid spicy foods
- Large meals should be consumed 4-6 hours prior to activity

Great snack ideas

Pretzels, whole grain pita chips

Cereal and protein bars (least amount of ingredients)

Cheese cubes/sticks

Fruits/veggies

Yogurt