

ATHLETE NUTRITION BASICS

Summer is around the corner and long sunny days are coming up. If you have been a bit of a couch potato, this is the best time to get outside and be move. Train like an athlete and take a few basics to enhance your health and longevity. Increasing activity levels means you will need to adapt your nutrition to meet metabolic needs.

MACRONUTRIENTS: AKA “MACROS”

How much of what do I eat? Macronutrients refer protein, carbohydrate, fat (and water). Adequate amounts of each are vital to optimal performance and well-being. Refer to the general guidelines below to get started on the track to greatness.

WATER: THE MOST IMPORTANT NUTRIENT!

- 70-75% of muscle tissue is water. The higher the muscle mass, the higher the water needs.
- Water removes lactic acid from your working muscles which means less soreness the next day.
- You are dehydrated by the time thirst hits. **Drink (1) glass of water every hour throughout the day.**

PROTEIN

- Protein forms enzymes, hormones, antibodies, maintains fluid and electrolyte balance and is the main structural component in muscle.
- Do not overindulge in protein. Your body can only absorb 30-45 grams of protein at a time, which is about the size of a fillet mignon. Anything above and beyond your absorption ability has the potential to be stored as fat.
- For full utilization, eat complete proteins. Complete refers to the (9) essential amino acids our body cannot produce. The best sources of complete protein are **meat, dairy, non-GMO whole soy, and quinoa**. If you are a vegetarian you must pair your plants to make them complete. Refer to the table below.

MAKING A "COMPLETE" PROTEIN			
FOODS	LIMITING AMINO ACID	COMPLEMENTARY FOODS	MENU EXAMPLES
Legumes=beans, peas, lentils	methionine	grains, nuts, seeds	hummus & pita
Grains=wheat, rice, oats, barley	lysine	legumes	tacos
Corn & Gelatin	tryptophan	legumes	chili & cornbread

CARBOHYDRATE

-The most debated macro, recommended intake for carbohydrate varies widely. Fine tuning your nutrition and paying attention to your body will tell if you are eating a sufficient amount of carbs.

-Do you experience brain fog throughout the day? If so, it may be time to eat a snack.

Carbohydrates are t

-Carbohydrate is "protein sparing" meaning it is your first fuel source. When carbohydrate runs out, the body will tap into its protein stores for energy.

THE RULES: EATING AROUND YOUR TRAINING

1. (2) glasses of water upon waking.
2. **Always eat breakfast** (may be pre or post workout).
3. Eat to train, don't train to eat.
4. HAVE AS MANY MEALS THROUGHOUT THE DAY as you are comfortable with.
5. **Keep meal patterns consistent.**
6. Careful not to overeat recovery meal.
7. For workouts >2hrs, eating half the calories you burn each hour should be sufficient.
8. Last meal should be at least **2-3hrs** before going to sleep.

TYPICAL PORTION SIZES

- PROTEIN=(1-2) palm sized portions
- BUTTER/OIL=(1-2) thumb sized portions
- AVOCADO=($\frac{1}{2}$) of an avocado
- FRUIT=(1) baseball
- CHEESE=(4) dice
- OLIVES=(1) handful
- PASTA=(1) cupcake wrapper
- NUTS/DRIED FRUIT=(1) handful
- BAGEL=(1) hockey puck
- CHIPS/CRACKERS/POPCORN=(1) handful
- COOKED WHOLE GRAINS=(1) fist sized portion
- SALAD DRESSING/NUT BUTTER=(1) golf ball
- LEAFY VEGETABLES=as much as you can shove in your mouth

1. CHOOSE THE RIGHT MACRONUTRIENTS
 - a. Make your protein “complete”
 - b. Complex carbohydrate over simple carbohydrate
 - c. FAT= “butter is better;go nuts”
2. DO A LAP AROUND THE PERIMETER OF THE GROCERY STORE BEFORE HEADING DOWN THE AISLES
3. READ NUTRITION LABELS
4. STAY CONSISTENT
5. BUY A PEDOMETER OR FITNESS TRACKER
6. VEGETABLES FIRST! AT LEAST $\frac{2}{3}$ OF YOUR PLATE SHOULD BE STRAIGHT FROM THE PLANT

FUEL

PRE-WORKOUT OPTIONS (carbohydrate dominant)

tropical fruit, melons, berries, pears

granola bar

pureed fruit & veggie packets

oatmeal

dried mango

low-fat fruit and yogurt parfait

POST-WORKOUT (blend of carbohydrate and protein)

hummus & whole grain chips

protein bar

sushi

protein smoothie

chocolate almond milk

chicken & sweet potato



Briana D. Greenlee is a Registered Dietitian and the proprietor of Starting Line Nutritional Concepts. Professionally trained at the Culinary Institute of America, she loves food as much as she loves to sweat. With a B.S. in food science, dietetics, and nutritional sciences she continually researches the interrelationship between food and metabolism. With a focus on integrative and functional nutrition, she excels at individualizing programs for each person based on genetics and lifestyle. Eat for your lifestyle with food that you enjoy and the results will come.