

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



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