



These are our tips and guidance for peak performance and nutrition.

## Basic Nutritional Requirements

First, let's understand what the body needs to fulfill its basic nutritional requirements:

### Carbohydrates = Fuel.

From simple sugars to starches and complex carbs, these supply quick-burst glycogen.

### Proteins = Muscle Building Blocks.

They are found in all meats (beef, poultry, fish, and dairy) as well as soy, nuts, and other non-meat foods such as legumes (chick peas, kidney beans, etc.).

### Fats = Insulation.

Fats are used to insulate the body, fuel longer aerobic work, and to create hormones like testosterone. We need good fats such as Omega 3s (fish and nuts), and should avoid bad fats such as partially hydrogenated fats and cholesterol.

### Water = Hydration.

Staying well hydrated keeps cells and organs nourished so that protein metabolism and tissue maintenance/repair can all function at peak levels. No matter how well you eat, if you dehydrate your body, performance will suffer.

### Micro-Nutrients

This is a vast category that includes vitamins and minerals. Generally, these should be provided by your diet.

## Meal Planning

Plan several (5) small meals throughout the day. For weight training, aim for 0.8-1.0g protein per pound of body weight, each day. Carbohydrates will make up the majority of your calories, and you should eat more protein than fat. Aim to replace foods that are bad with new, healthier ones. Planning your meals will let you see where these changes can be made. The list of foods here is definitely NOT complete:

**Breakfast:** Ideally your biggest meal, breakfast should include complex and simple carbohydrates to wake up your body up, in addition to protein should also be ingested. Examples: bran cereal, skim milk, bagels with peanut butter, protein shake, cooked eggs... *Note: Skipping breakfast is NOT good for your body.*

**Daytime Snacks:** Try to plan out more, smaller meals throughout the day to keep the body well fueled for activity. Snacks include: canned tuna in water, protein shakes, fruits, veggies, bagels, nuts.

**Lunch:** Lunch should contain the normal recommendation for protein/fat/carbohydrate intake. It should be in the neighborhood of 50% complex carbohydrates, 30% fat, and 20% protein. Lunch could be chicken breast, fish, salad, roast beef, pasta and fruit.

**Dinner:** Dinner should be in the neighborhood of 45% carbohydrates, 40% protein, and 15% fat. Dinner might be lean beef, skinless chicken or fish, with veggies, whole grain pasta or rice.

**Evening/Night Snack:** Snacks should be small, because unused calories throughout the day may be stored as fat during sleep. A night snack could be fat free yogurt or cottage cheese, chicken, a bagel or cereal with skim milk.



Nutrients	Good	Bad
<b>Carbohydrates</b>	<b>Complex carbs:</b> Starches, pasta, bread, bagels, potatoes, yams, oats, bran, grains. Try and get whole grain instead of white as they have more nutrients. Vegetables and fruits-eat as much as you want!! Brown rice is great. Fiber is very needed.	<b>Simple sugars:</b> Honey, molasses, sucrose, fructose, soft drinks, candy, baked goods. Avoid these things most of time. Fruit and recovery drinks contain high amounts of simple sugars and you should use them sparingly OTHER than after workouts.
<b>Proteins</b>	<b>Dairy products:</b> nonfat yogurt, skim milk, cottage cheese, cheese. <b>Poultry:</b> chicken breast and turkey, other fowl. Eggs are excellent, take out high fat yolks. Fish: great source of protein and omega-3 fatty acids. Tuna is quick and easy! Beef: lean cuts are best. <b>All Beans &amp; Nuts:</b> almonds, walnuts, peanuts, cashews, macadamia nuts, nut butters, etc. Nuts are high protein and high fat. <b>Soy products.</b>	Pork is O.K. as long as you avoid high fat cuts and greasy bacon. Chicken wings, fatty sausages. Lamb is high-fat.
<b>Fats</b>	Choose lean cuts of meat and trim off visible fat. Avoid chicken skin. Eat low or non-fat cheese, yogurt, cottage cheese and skim milk. Choose butter over margarine (margarine is highly processed) Recognize that plant products can be high in fat, as well (avocado)	Avoid trans/ saturated fat: go for unsaturated. Tip: the harder the fat is at room temperature, the higher the percentage of trans/saturated fat it contains (think about that hard fat in your system sticking everything up). For example, beef fat is more solid than chicken fat, and it has more saturated fat. Avoid CHOLESTEROL.
<b>Vitamins &amp; Supplements</b>	<ul style="list-style-type: none"> <li>• Protein powder, low in fat and carbs</li> <li>• Multivitamins</li> <li>• Vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>• Ephedrin based</li> <li>• Creatine</li> <li>• Protein powders high in fat and sugar</li> <li>• Meal replacements</li> </ul>
<b>Water</b>	Water is always GOOD!!!! Try to drink as least 8-10 glasses a day. Often, people mistake thirst for hunger.	
<b>Condiments</b>	Low-fat light dressings, mustard, ketchup, seasonings, tomato sauces	High-fat dressings, too much salt. White sauces (alfredo) Avoid NutraSweet and Aspartame (sweeteners).



## Maximizing Performance

**Pre-Workout Drink or Meal:** 300-400 calories from complex carbohydrates should be ingested about an hour before working out. If that is too soon for your stomach, try to eat smaller snacks over the 2.5hrs leading to the workout. Do not ingest over 400 calories too soon before your workout, as your body redirects blood flow to your digestive system, hindering your performance. Proteins and fats are harder for the body to deal with while you work out than just burning the sugars.

**Post-Workout Drinks or Meals:** It's important to get simple carbohydrates (mainly glucose) and protein after a workout. It's better to drink within 45 minutes after your workout – this is the best time for Gatorade, for example. Protein is most important after workouts with weights, and in liquid form you can get it from a protein shake OR skim chocolate milk blended with peanut butter. This is extremely important when you are working out on successive days; that 30-minute window after practice or a game gives you the opportunity to maximize recovery and get your body ready for the next event.

**Carb-Loading:** Generally, during supper before the night of a competition, be sure to consume some complex, whole wheat/grain carbohydrates. Pasta dinner would be a great choice.

## Performance Killers and Substances to Avoid

**Snacks:** Snacks in moderation are ok. However, try to replace the following with healthier snacks – candy, candy bars, cookies, potato chips, French fries (get a salad instead), onion rings, pizza. Switch to low fat ice cream and shakes (remember yogurts are much healthier) Switch from sugar cereals to ones with good fiber, bran, or ones that you can just plain tell are healthier!

**Soda:** Soda is bad because it disrupts chromium and insulin, which means it negatively affects your metabolism. Empty calories make you fat and inhibit you from getting in other more useful calories. Soda is very acidic and the effects on your stomach are bad (ulcers).

**Skipping meals:** Never skip meals, especially breakfast.

**Dehydration:** Bad for your body and for performance.

**Alcohol:** Depresses the immune system and affects the body's ability to maintain muscle. Wine is better than beer. If you do drink alcohol, always drink in moderations, never to excess.

**Caffeine:** This is a diuretic. Though the caffeine might give you a bit of a lift, there will be a down, which is made worse by caffeine's dehydrating effects.

**Smoking:** Destroys cardiovascular fitness.

**Sleep deprivation:** Limited sleep prevents your body from recovering properly and limits your ability to increase strength. As well, it affects your performance the following day. Try to get 7-8 hours of sleep a night.

**Processed foods:** Think cheese slices, Cheezewhiz, margarine. Processing adds a lot of unsatisfactory preservatives, and removes a lot of nutrients. Some of examples of switches you can make are in the table.

Processed	Natural
Instant rice	Brown rice
Boxed potatoes	Whole baked potatoes
Stick margarine	Reduced-fat tub margarine or olive oil/canola oil
White bread	Whole wheat bread
Pop Tarts	Whole wheat English muffin with all-natural peanut butter
Ham, bacon, bologna	Deli turkey, chicken breast, or lean roast beef
Potato chips	Air popped corn