

Performance Nutrition

Seasons of change and assuming health first

Energy It does not matter how hard you work if you don't have the fuel on-board.

- Energy balance or very close on most days.
- Menstrual question, chronic injury issues

Hydration

- Not just a water issue, sodium and potassium can help, caution here on "natural" diets
- All day, not just practice/games, urine color guide
- Two hours before through recovery

Before activity

- *Carbohydrate, quality depends on how long you have to digest*

3-4 hours out- mixed meal but high in carb

- Pasta with a few lean meatballs in sauce, garlic bread easy on butter (jelly), mandarin oranges, glass of skim milk
- Lean 3 ounce pork chop, cup of mashed potatoes, cooked carrots, glazed apples, glass of skim milk
- Vegetable lasagna, easy on the meat,
- Egg muffin or bagel with slice of cheese and Canadian bacon, tomatoes and lettuce as you like
- Oatmeal with berries and nuts, slice or toast with peanut butter
- Characteristics: pasta/bread as primary ingredient, little bit of lean meat, side of higher carb veggie or some fruits, skim milk to drink...

1-2 hours out if no meal at 3-4 hours- high carb, some protein is fine, low in fat

- Sandwich heavy on the bread and easy on the meat, anything to add carb to it, easy on condiments, Gatorade or skim milk as tolerated
- Yogurt with pretzels, juice of choice
- Baked potato with Frosty?

Within the hour- all carb

- White bread with jelly
- Pretzels
- Fruit like grapes or dried fruit
- Gatorade/other sports drink
- Anything high in carb, low in fat, little if any protein that sits well for you

During activity- only if really hot or really long

- longer than 90 mins- pretty straight forward- 4-6-8% carb, good sodium

Recovery After activity

- Want a nice mixture of carbohydrate and good quality protein
- 3:1 or 4:1 in nature carbs:protein suggest minimum of 40-60 g carb 15-20 g protein
 - Good quality protein is typically animal in nature
- Hydration and sodium, 150% of weight loss, electrolytes and the salt shaker....

Ideas for After within 30-45 minutes of activity especially if not 24 hours before next event- carb, protein, sodium

- 16 ounces chocolate milk with handful of pretzels
- Fruit on the bottom yogurt with pita chips, water (love higher protein yogurts)
- Trail mix of favorite cereal, raisins or cranberries, skim milk/sports drink
- Snack bar or recovery beverage with 40-60 g carb and 15-20-25 g protein, as low in fat as reasonable
- Turkey sandwich, easy on mayo or cheese, with banana or other fruit
- Chex mix, water, mozzarella cheese stick
- Cottage cheese with peaches or pineapple
- Rice Krispie Treat, milk

BRICKS: Things that slow food’s ability to get out of stomach- carb alone is easily emptied, absorbed
 High fat: Fried foods or high fat foods
 High enough protein: pre-performance should be moderate in protein

Good training habits

- Energy balance, eats every 3 hours or so
- Variety of foods with carb base
- Knows what snacks are helpful and plans ahead
- Get enough fluids throughout the day
- Moderation without deprivation- no forbidden foods
- Plan, plan, plan

CHECK TO SEE IF YOUR SUPPLEMENT IS THIRD PARTY VERIFIED

	http://nfsport.com/listings/certified_products.asp
	http://www.bscg.org/bscg-certified-drug-free-database/
	http://informed-choice.org/registered-products