



# Performance Nutrition

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## Key Topics:

- Your Base (CHO, PRO, Fats)
- Risk Factors
- Break the Fast
- Pre & Post Exercise Intake
- Tips to Improve Overall Health
- Q & A on Supplements

## Quick Tips:

- *3 grams of FIBER per serving*
- *Eat 3 small meals & 2 snacks per day*
- *Drink 1oz water/Kg of body weight*
- *Fuel yourself before & after workouts*
- *Choose lean proteins*
- *Limit fast-food & gut truck eating*
- *Increase vegetable intake!*

**Complex Carbohydrates:** Vegetables, Fruits, Whole Grains  
**Lean Proteins:** Seafood, Loin Cuts, Chicken/Turkey Breasts  
**Fats:** Unsaturated (Mono & Poly)—nuts, avocados, fatty fish  
Saturated—butter, coconut, palm  
Trans—hydrogenated

## Pre-Exercise Meal Ideas:

*Rule -*

*1—4 grams CHO/Kg of body weight (1-4 hours prior)*

- Egg or Bean Burrito
- Fruit Smoothie
- Fruit + Yogurt + Granola
- Oatmeal w/ Fruits & Nuts



## Post Exercise Meal Ideas:

*Rule -*

*Water + CHO + PRO (3 or 4:1 Ratio)*

- Yogurt w/Fruit
- Trail Mix
- Chocolate Milk
- Accelerade
- Pasta w/Meat Sauce

Fruit + Boiled Eggs + Milk  
Protein Smoothie with Fruit

## Nutrition Prescription:

1. Set & write goals
2. Enhance performance through FOOD FIRST!
3. Don't just eat— EAT WELL
4. Monitor yourself for improvements
5. Allow yourself one free day per week
6. Don't skip workouts

FOOD GROUP	Recommended Intake
Grains (total)	8 ounces
Whole grains*	4+ ounces
Fruit	2+ cups
Vegetables	3+ cups
Dairy	2 - 3 cups
Protein	8-10 & 10-12 oz