



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 |