

# NUTRITION FOR ATHLETES

*Train your nutrition for optimal performance, customized to you.  
There is no “one-size fits all.”*

Always combine proteins, fats and carbs for sustainable energy. Choose real, whole foods (think foods without labels, as close to their original state). Avoid refined processed foods (think foods in boxes, bags or frozen).

## How Much to Eat

	Per Day	Per Meal	Per Snack
Carbs	150-300g	40-80g	15-30g
Fats	30-40g	0-15g(1-2tbsp)	5g(1tsp)
Protein (0.6-0.8g/lb)	10-25oz	3-5oz	1-3oz
Water	1/2 Body Weight in Ounces		

### Carbs

- Vegetables
- Fruits
- Whole grains (rice, quinoa, beans)
- Sweet potatoes
- Yams

### Fats

- Real butter
- Avocado
- Olive oil
- Coconut Oil
- Olives
- Nuts & Seeds
- Full fat dairy

### Proteins

- Chicken
- Pork
- Eggs
- Grass-fed beef
- Dairy
- Turkey
- Whey

## When to Eat

	2-3 hrs pre-game/ practice	During event >2 hrs. Every 1 hour	30-60 min. Post-game/ practice
Carbs	15-30g	15-30g	15-30g
Fats	1 tsp	1 tsp	1 tsp
Protein	≤ 1oz	≤ 1oz	≤ 1oz
Water	10-20oz	4-8oz every 15-30 minutes	1-2 hrs. 20oz/lb. lost

**Meal idea:** 4 oz grilled salmon, 4 cups salad greens, 1 cup of quinoa, all mixed with 1 tsp olive oil

**Snack idea:** 1 cup plain yogurt (full fat), 1 Tbsp raw honey, 1/2 cup berries

## Why Athletes Need More Nutrition

To keep up with high demands from athletic performance, school/work, family, and stress.

**Carbs:** Energy production, metabolic regulation for use of fats and proteins

**Fats:** Maintains and repairs cellular integrity, provide long burning energy after glycogen stores are used up, balances hormones (i.e., adrenalin), and critical in managing inflammation. Helps regulate absorption of carbs and proteins to avoid blood sugar spikes and crashes.

**Proteins:** Repair structure and function of muscle, soft tissue and hormones. Timing is important. Digestion slows during and after activity so choose easily digested proteins (eggs, fish, poultry, etc.)

**Water:** Balances systemic pH, protects, deliver nutrients, flushes toxins, regulates body temp, delivers oxygen to tissues and improves digestion.

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## Trouble Shooting

- Constantly eating well through training will optimize performance. Focusing on just before or after your event is not enough.
- **Digestive issues:** Before, during or after activity consider decreasing quantity of food and/or eating more than 2-3 hours before.
- **Bloating or gassy:** Some raw vegetables, fruits and beans may cause athletes to feel this way. Allow more time for digestive system to get used to them, decrease quantity and avoid pre-event. Cook these foods to help aid in digestion.
- **Sluggish, low energy, grumpy, agitated or depressed:** Consider adding more carbohydrates in the form of fruits, veggies and complex starchy carbs and eliminating processed foods.
- **Insomnia (can't sleep):** Make sure you're getting enough quality fats and carbs daily. Consider adding a snack of carbs and fats closer to bedtime to stabilize blood sugar and reduce anxiety.
- **Poor recovery after event:** Consider electrolyte infused water post event. Make sure you're getting enough protein between 2 to 6 hours post-event in snack or meal portions. Consider easily digested proteins (eggs or fish). Avoid processed foods and sugars.
- Read your food labels to determine if foods contain ingredients you should try to be avoiding. Protein powders and bars, sports drinks, juices and anything with a label!
- Nothing working? Stay well hydrated and get adequate sleep, at least 7 to 9 hours per night. Ask for help.