

# Nutritional Information

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Main Guidelines for Optimal Performance		
Stay Hydrated	Fuel-Up	Limit Fats
Drink enough fluid to never lose more than 2% of body weight during an activity.  Monitor urine color. (lemonade color and not cloudy)	Make sure energy intake is sufficient for optimal performance.	Make sure fat intake does NOT exceed 35% of total intake

Food Choices for the Athlete	
What You Should Eat	What You Should Avoid
eat familiar foods that DO NOT cause discomfort, focus on eating lean proteins, whole food, fruits, vegetables, whole grains, complex carbohydrates, healthy/low-fat foods, drink 8-10 glasses of water/day (8 if <100 lbs.)	avoid high fat meats, dairy products, fried food, fast food, processed foods, packaged snacks, dark soda, highly processed/refined packaged food (bleached flour), unhealthy/high fat foods, high fructose corn syrup, limit pre-packaged sports nutrition products

The 3 Main Categories of Energy Sources - Maintain correct balance between energy sources				
Type	Calories per gram	% of Total Intake	Used For	Notes
Proteins	4	15%	building and repairing muscles	1-2 grams/kg of body weight or 30 Calories/kg of body weight
Carbohydrates	4	60%	rapid source of energy, fueling the body	300-600 grams/day
Fats	9	25%	low-level stored source of energy, sleeping, reading, etc.	helps absorb vitamins A, D, E, K insulates body and protects organs

Types of Fat	Unsaturated		Saturated	Trans	Cholesterol
	Monounsaturated	Polyunsaturated			
% of Daily Intake	10-20%	5-10%	10%	0%	< 300 mg
Examples	liquid oils, olive, canola and peanut oils, nuts, nut oils, olives, avocados	liquid oils, omega-3; safflower, sunflower, corn, soybean and cottonseed oils, nuts	solid oils, animal products, dairy, butter, lard, tropical oils, baked goods	hydrogenated oils, solid margarine, shortening, powdered/liquid creams, pre-packaged baked goods	animal products

When You Should Eat			
Type of Meal	When to Consume	What to Consume	What to Avoid
Pre Workout Meal	3-4 hours before	lean, high quality proteins like fish, chicken, turkey, eggs, peanut butter, Greek or low-fat yogurt, milk, whey protein; pasta, rice, fresh fruit and vegetables, olive oil, avocados	High fiber, high fat proteins they slow digestion, saturated or trans fats as they limit athletic capacity, fried food, fast food, high fat toppings like mayonnaise, cream cheese or ranch dressing
Pre Workout Snack	1-2 hours before	easily digestible foods, granola, dried fruit, dry cereal, pretzels, trail mix, fruit, peanut butter (and jelly), nuts and nut butters, seeds, cheese sticks, crackers, animal crackers, protein shakes	meat, dairy
Post Workout Snack	30-60 minutes after	granola, whole grain cereal, trail mix, protein/energy/breakfast bars, sub sandwiches with lean meats, bagels with peanut butter, crackers and cheese, fresh fruit and vegetables, rice cakes, yogurt parfait	pre-packaged foods with sugar listed first or second, tropical oils

**NOTE: Not eating properly after depleting workouts/competitions delays recovery.** It can take up to 36 hours to replenish depleted muscles. To help the body recover faster, rehydrate and choose carbohydrate-rich foods with 15-25 grams of protein within 30-60 minutes after finishing the workout/competition. Examples include fruit, Greek yogurt, protein bars, fruit smoothies, and recovery drinks such as chocolate milk, sport drinks and protein shakes. This should be followed by a carbohydrate rich meal with 2 hours after the activity to ensure recovery.