

Nutrition / Foods



I. Energy

Complex Carbohydrates (50% of your calorie consumption):

High Energy Foods that will be your preferred Energy Source, Eat these three hours before your workout or Race:

Brown Rice

Rice

Grains

Cereals

Pasta

Potato

Medium Chain Carbohydrates (20% of your calorie consumption):

High Energy foods that are to be eaten 1 hour before a Workout or Race:

Vegetables

Breads

Vegetables

Fruits

Energy Bars/ Shots (Power Bar, Cliff Bar, Gatorade Bars, etc.)

Simple Carbohydrates (5% of your calorie consumption):

Not preferred energy source for an aerobic athlete: To be eaten while working out or when Energy stores are low and you need a quick fix

Sweets

Honey

Simple Sugars

Fats (5% of your calorie consumption):

Non-saturated Fats (non- land animal sourced fats) (5% of your calorie consumption):

These are “good” fats and are essential for a healthy body

Beans

Nuts

Fish

Omega 3 supplements

Saturated Fats

Avoid Animal Based Fats:

Red Meat

Sausage

Pepperoni
Beef

II. Recovery/ Growth

Protein (20 % of your calorie consumption):

A last resort energy source. Protein is important in that it is the only substance that rebuilds tissue in your body. It is essential that one gets enough protein in their diet to repair damaged muscle, tendons and bone after a workout. Try to get about .25 to .5 X your body weight in total grams of protein per day. (ex. 150lbs x .25 or .5 = 38 – 76 grams per day)

Fish

Seafood

Meats

Peanut Butter

Nuts

Beans

Soy

Eggs

Wheat

Pasta

III. Supplements

Supplements are exactly what they say they are. They are meant to supplement a diet Nutritionally. Vitamins and Minerals allow your body to function properly and aid in energy transport and recovery. They are NOT energy sources.

Supplements to consider;

Multi-Vitamin / Mineral – improves all functions of the body

Protein (Whey based powder) – improves protein deficient diet

Iron – Improves blood's ability to transport oxygen to muscles

Vitamin E – Repairs muscle cells and protects body

Potassium/ Sodium Electrolytes – improves Cell function, energy transport

Vitamin D – Improves Bone strength

Glucosamine – Amino Acid responsible for repair of Tendon, Ligaments and dense tissues

Vitamin C – improves immune system function

Vitamin B – Improves energy efficiency

IV. Water

You live in one of the most arid places on earth. Make sure you constantly hydrate through out the day. At least 8-10 glasses a day. Your urine should be light yellow to clear. If it is dark yellow it is an indication that you are dehydrated! Drink and go to the bathroom as often as you need.

