

Sports Nutrition Info

1. **Start the day off right**
 - a. Breakfast is the most important meal of the day to JUMP START your metabolism
 - b. Starting the day off with a healthy meal will properly fuel your body for activity throughout the day.
2. **PLAN for the FIVE**
 - a. Our goal is to eat 5 meals per day, consisting of 3 regular meals and 2 snack meals
 - b. Pack snacks to eat throughout the day so you don't fall into the TRAP of fast food
3. **Eat whole foods**
 - a. Whole wheat, whole grain, fruits, veggies, fish, lean meats, beans, nuts (avoid if allergic), etc
 - b. Minimize chips, cookies, crackers, white bread, non-whole grain pasta and breads, etc
4. **Minimize Soft Drinks**
 - a. Sports drinks including Powerade, Gatorade when exercising for 1 or more hour aggressively
 - b. COKE is used to take corrosion off of car
5. **Taste the Rainbow**
 - a. The more colorful your meal, the better
 - b. Bland colors usually mean more carbs/starches, add color for your daily fruits and veggies
6. **Grilled > Fried**
 - a. Choose grilled over fried
 - b. If all you have is fried, peel off the fried outer layer
7. **Less Butter / Salt**
 - a. Butter 'sticks' to you
 - b. Salt in and of itself is not bad in portion, but our recommended daily intake is usually already in the food we eat. No need to add more
8. **Slow Down**
 - a. Don't eat so fast
 - b. Eat smaller and slower bites and let your body digest the food properly. Your body will now be able to tell you when you are full, instead of when you are already STUFFED
9. **Drink Up**
 - a. Stay hydrated throughout the day (Human body \approx 60% water on average, DRINK UP)
 - b. Sports drinks only when exercising aggressively for 1 or more hours
10. **Eat Early**
 - a. About 2 hours between dinner and sleep is suggested for proper digestion, and to burn off excess calories before going to sleep
 - b. If you must eat before going to bed, choose a low calorie, healthy food choice

