





## Eating for Peak Performance Nutrition Guidelines

Athletic Components	Key Points	Recommendations
<p><b>#1. FOCUS</b></p> 	<p>Water is best for hydration. Flavored water, sports drinks &amp; dilute 100% fruit juices are also good choices. NOTE: Avoid all caffeinated beverages and alcohol. They dehydrate the body.</p>	<p>Drink cool, plain water. 8-12 ounces prior to activity. To maintain hydration, strive for 4 ounces every 15 minutes during activity. For long-term events, sports drinks and dilute fruit juices may provide an advantage.</p>
<p><b>#2. ENERGY</b></p> 	<p>Total caloric intake should maintain a healthy weight. Calories should come from:</p> <ul style="list-style-type: none"> <li>• 55-70% carbohydrate</li> <li>• 20-35% fat</li> <li>• 15-20% protein</li> </ul>	<p>Choose whole grains, breads, cereals, pasta &amp; rice. Fresh, frozen, canned or dried fruits &amp; vegetables and low fat or non fat milk &amp; dairy products.</p>
<p><b>#3. ENDURANCE</b></p> 	<p>Carbohydrates provide a key source of energy for activity. Hi-carb foods should be eaten through the day to replace muscle glycogen and energy. NOTE: Avoid simple sugars such as candy &amp; soda.</p>	<p>Eat more complex carbohydrates including whole grains, pasta, rice, cereals, breads, fruits, vegetables and low fat dairy products. These also provide key vitamins and minerals.</p>
<p><b>#4. POWER</b></p> 	<p>Protein and a well-balanced diet are essential to build lean body mass and overall performance.</p>	<p>Choose lean meats, poultry seafood or meat substitutes that are baked, broiled or boiled. Avoid fried foods.</p>

**Compiled by: Anne-Marie Davee, MS, RD, LD**

## A List of Healthy Snacks

Food Group	Suggestions
<p>Fruits</p> 	<ul style="list-style-type: none"> <li>○ Fresh, canned or dried fruits</li> <li>○ Fruit kabobs (chunks of melon and pineapple)</li> <li>○ Apples, bananas, grapes, kiwi, melons, nectarines, oranges, peaches, plums</li> <li>○ Apples or banana with peanut butter</li> <li>○ Frozen grapes, banana slices or 100% fruit juice popsicles</li> <li>○ Mandarin oranges</li> <li>○ Raisins, craisins, dried pineapple or mango</li> </ul>
<p>Vegetables</p> 	<ul style="list-style-type: none"> <li>○ Fresh, frozen or canned vegetables</li> <li>○ Baby carrots with reduced-fat ranch dip</li> <li>○ Celery, cucumbers, carrot Sticks</li> <li>○ Celery sticks with low fat cream cheese or peanut butter</li> <li>○ Summer squash or zucchini sticks</li> <li>○ Vegetable soup or minestrone soup</li> <li>○ Baked potato topped with low-fat yogurt or cheese</li> </ul>
<p>Low Fat Dairy Products</p> 	<ul style="list-style-type: none"> <li>○ Fat-free or low fat milk or fruit smoothie</li> <li>○ Fat-free or low fat yogurt or puddings</li> <li>○ Fat-free or low fat yogurt &amp; granola</li> <li>○ Fat-free or low fat frozen yogurt</li> <li>○ Fat-free or low fat frozen desserts</li> <li>○ Reduced-fat mozzarella cheese sticks</li> </ul>
<p>Whole Grains</p> 	<ul style="list-style-type: none"> <li>○ Whole grain cereals, dry or cooked</li> <li>○ Graham crackers</li> <li>○ Low fat granola bars</li> <li>○ Popcorn or pretzels</li> <li>○ Whole grain crackers and low-fat cheese</li> <li>○ Whole grain waffles or pancakes with berries or peaches</li> <li>○ Rice cakes with peanut butter</li> </ul>

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**Sample Daily Menu for Peak Performance**

## 2000 Calories

<b>Meal</b>	<b>Food/Beverage</b>	<b>Portion Size</b>
Breakfast	Skim or Low fat Milk	1 cup
	Whole Grain Cereal, Flakes	1 1/2 cups
	Fresh Fruit - Banana	1 whole
	Orange Juice	½ cup
Lunch	Skim or Low Fat Milk	1 cup
	Whole Grain Bread	2 slices
	Lean Sliced Meat (Turkey)	2 ounces
	1 slice Swiss Cheese	1 ounce
	Lettuce Leaves	As desired
	Tomato Sliced, Raw	As desired
	Baby Carrots	As desired
	Reduced Fat Ranch Dressing	2 Tablespoons
	1 orange	Medium size
Snack	Pretzels or Whole Grain Crackers	1 ounce
	1 Fresh Fruit	1 apple or 1 cup grapes
Dinner	Skim or Low Fat Milk	1 cup
	Whole Grain Pasta or Rice, Cooked	1 cup
	Skinless Chicken Breast, Broiled	4 oz cooked
	Green Beans	As desired
	Margarine, Soft Tub	2 teaspoons
Snack	Fat-Free Popcorn	3 cups popped

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## **Eating For Peak Performance! Pre-Competition Guidelines**

- #1. Do not introduce anything NEW on the day of your event.
- #2. Every athlete is unique. Eat what works best for you!
- #3. Stay hydrated by drinking plenty of fluids. Cool, plain water is best .
- #4. Choose whole grains including breads, cereals, pasta & rice, lots of fruits and vegetables the week prior to your event. Maintain total daily caloric levels to prevent weight gain or loss.
- #5. Eat something light and high in carbohydrate 2 hours before the start of your event to maintain normal blood sugar levels and prevent the build up of lactic acid. High carbohydrate foods can be eaten throughout endurance events to sustain energy levels.
- #6. Avoid all concentrated sugars (candy, soda) and sweets immediately before your physical activity. These can lead to a low blood sugar reaction during the event and harm your performance.
- #7. Get psyched!

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