

Performance Nutrition Guidelines

- As an athlete, you'll maximize your energy stores by taking in appropriate amounts of carbohydrate and protein frequently through the day. Try to eat a meal or snack every 2 to 3 hours.
- **Carbohydrates** are the major source of fuel for muscles - Athletes should consume high-quality carbohydrates throughout the day to maintain optimum energy levels.
- High-quality carbohydrates include whole grain breads, crackers, cereals, rice, potatoes, lentils/legumes, and fresh fruit.
- Consuming high-quality **protein** throughout the day is essential for effective recovery and repair of damaged muscle tissue.
- High-quality, lean sources of protein include fish, chicken, turkey, egg whites, and lean beef such as round and sirloin.
- **Fat** is not an efficient fuel source – takes a long time to break fat down into energy. Fat intake should be moderate.
- Drink plenty of **fluids** – this will help to prevent dehydration, fatigue, and muscle cramps.

Take time to rest – Muscle repair and growth occurs during times of rest. For optimal recovery, take 1-2 rest days a week. These days can be just light cardio and stretching, or nothing at all. Also be sure to get at least 7-8 hours of sleep a night.