

NUTRITION FOR ATHLETES

By: www.advocaregetbetter.com

If you're a hard-training athlete, then you are expending more energy and calories than the average person. Therefore, you require not only more nutrients, but the correct nutrients in order to maintain your training levels, your muscle mass and strength. It takes more than hard work and training to take you to the highest level. Technique, consistent training, mental and emotional preparation and nutrition are all important factors. The human body is a machine and requires the proper fuel. If you're not ingesting the proper nutrients in the proper levels, then the machine isn't going to operate optimally. Nutrition is the science of food and its effects on the body. Volumes of information exists on nutrition, but it's really only come to the forefront of science in the last half century. As a nutrition and sports enthusiast, I find that it's most important to speak with your physician before starting any new nutrition, work-out, exercise or sports program. Another important aspect to nutrition and training is to find out what works for you. No two people are the same physiologically or have the same activity levels; therefore, although the basics of nutrition will help you get started, you need to find out through trial and error what nutrients work best for you. As the science of nutrition evolves, so should you.

The level of training and frequency of competition has exponentially increased in every sport over the last 20 years; however, what I think hasn't increased at the same rate is the understanding of how to properly fortify and fuel the body for sports and recovery. The series of brief articles to come is meant to introduce you to the basics of nutrition, and make you aware of the worst and best foods to consume, nutrition planning, correct portion sizes and supplementation. Additional information about nutrition products can be found at www.advocaregetbetter.com. In this first article, I will discuss the basics of supplementation and the basics of food choices.

NUTRIENTS: Nutritional balance is key to understanding nutrition and the foundation of a healthy diet. The basic nutrients are:

- Proteins
- Carbohydrates
- Fats
- Vitamins
- Minerals
- Water

Part I SUPPLEMENTATION – WHY FOOD ISN'T ENOUGH. The video link below is a great explanation of why supplementing with nutrient products is important and why just eating correctly isn't enough for many people, especially athletes. Supplementing is a personal decision, however, many people don't realize that they are already supplementing whether or not they choose to do so. For example, milk, bread, eggs, meat and cereals are fortified (added vitamins), even water is fortified (fluoride and salts). Fortified is just another word for adding ingredients to a product: <http://www.youtube.com/watch?v=7Vp879Gck6g>



There are hundreds of vitamins, protein, herb, mineral, botanical and amino acid supplements from hundreds of different of companies. A good start to supplementation is to start with a multivitamin, calcium, Omega 3, pro biotic, B-complex or B-vitamin drink, vitamin C or Immunity supplement. Some companies will package them together in a bundle for ease of taking, such as AdvoCare's MNS Max 3 product. Not all supplements are of the same quality and many are not tested or guaranteed for freshness and safety. This past year I was introduced to the AdvoCare brand of supplements and sports performance products and began my own independent distributorship: www.advocaregetbetter.com. Since 1993, AdvoCare® has been a world-class nutrition company specializing in health and wellness, weight management, vibrant energy and sports performance. The products are formulated by an elite Scientific and Medical Advisory Board with over 200 years combined experience in pharmacology, toxicology, nutrition, sports performance and pediatrics: <http://www.youtube.com/watch?v=zINp9y7p8vg>



AdvoCare also has a multitude of product endorsers that include professional athletes, champion amateur athletes (including world level wrestlers), and acclaimed entertainers. The popular wellness show, The Dr. Oz Show, did a study of Omega 3 products and concluded that

out of all the ones tested, only 2 passed, one being OmegaPlex by AdvoCare. Below is a clip from the episode of Dr. Oz Show I referenced above: <http://www.youtube.com/watch?v=AIKOqEX9Srl>



AdvoCare has formed a strategic alliance with INFORMED-CHOICE to certify its products are banned-substance free. AdvoCare values its relationships with the athletic community. With testing on the rise for performance-enhancing substances both at the amateur and professional levels, INFORMED-CHOICE is there to certify that AdvoCare's products are banned-substance free. This alliance will allow athletes to make informed choices about what they decide to put in their bodies.

INFORMED-CHOICE has specialized anti-doping experience. Their WADA (World Anti-Doping Agency)-experienced laboratory adheres to standards for sports supplements and has analyzed more samples for banned substances than any other lab in the world. The INFORMED-CHOICE program adheres to regulations put forth by WADA, and NCAA as well as professional sports organizations including the National Football League, Major League Baseball, National Basketball Association, National Hockey League, Major League Soccer, PGA, ATP, WTA, LPGA, and NASCAR.

INFORMED-CHOICE serves as an addition to the AdvoCare quality assurance program with an independent board of experts in medical nutrition, training and pharmacology.

- The AdvoCare program exceeds other nutritional companies' efforts in the industry and is key to opening doors to new business.
- AdvoCare products can only be purchased through independent distributors. AdvoCare's products are of such high quality compared to other companies that they don't want their products on store shelves next to lesser quality.
- This link will take you to brief description of the product lines: <http://www.youtube.com/watch?v=ZXVRJ3jqLUc>



- You can navigate through my site and determine what AdvoCare products are right for your nutrition and supplementation. To order AdvoCare products go to: www.advocaregetbetter.com

Part II, FOOD BASICS

FOODS TO AVOID – Below is a chart of some of the least nutritious foods and a video explanation for a few of them: <http://www.youtube.com/watch?v=IEAxYlug-ik>



FOODS TO AVOID	BAD SUGAR	BAD FAT	HIGH SODIUM
Doughnuts, pastries, cakes, cookies	•	•	
Soda (pop)	•		
Sports drinks, juices, punch	•		•
Potato chips, nacho chips, French fries, onion rings, blooming onions		•	•
Butter and margarine		•	•
Processed foods and white flour products (crackers, potato flakes, white bread, white pasta, white wraps)	•	•	•
Granola bars (not the same as a healthy AdvoCare meal replacement bar)	•	•	
Processed meats (bacon, hot dogs, sausage, salami, pepperoni, hams, bologna, corned beef, pastrami gyro meat)		•	•
Prepared boxed/frozen meals	•	•	•
Breakfast cereals (including pre-flavored oatmeal)	•		
Candy and candy bars (except 90% or greater cacao dark chocolate in moderation)	•	•	
Pizza (white bread crust, stuffed crust, whole milk cheese, meat toppings)	•	•	•
Canned fruit, canned vegetables, canned meat	•	•	•
Foods labeled such as 'Low-fat', 'low-sugar', 'low sodium'	•	•	•
Ketchup, barbeque sauce, buffalo sauce and sweet sauces	•	•	
Processed cheese, whole milk products, whipping cream, butter sauces (e.g., no Alfredo sauce)		•	•
Fried foods of any kind (chicken, fish, fries, taco shells, corn dogs, vegetables)		•	
Mayonnaise and salad dressings	•	•	•
Jellies and jams	•		
Alcohol	•		
Marbled meats (red meats, pork, filets, ribs, ground meat (except 93% or greater leanness))		•	

GOOD FOOD CHOICES - These are foods that contain high levels of nutrients, help with digestion, immunity and energy levels (Always check with your doctor if you have food allergies, medical conditions or if you are taking any medications). As a rule, you should not eat your food with butter/margarine, added salt, sugar, oils (other than the recommended serving size of olive or flax seed oil), cheese or cheese sauce or other fatty or sweet sauces. The following are some of the best food choices for proper nutrition:

- Vegetables:** Eat fresh, frozen, raw, steamed or lightly grilled with no added butters, oils (other than 2 tablespoons of olive or flax), margarines, cheese (other than parmesan) or cheese sauce. Be mindful that corn and white potatoes are starches and better varieties of vegetables exist which have higher vitamin and nutrition values.
- Fruits and Berries:** Eat fresh, frozen, raw, or blended in a mixer with no added sugar or salt.
- Red Meats, Fish and Poultry** – Eat with no added salt, nitrates, glaze, sweet or cream sauces and not fried (fresh carved form is preferable (no spare ribs or marbled, fatty cuts such as filets, T-bones, ribeye):
 - Red Meat: Bison, buffalo, deer or beef (London broil, skirt or flank,). Ground versions should be at least 93% lean.
 - Fish: Salmon, tuna, and white fishes. Cold water varieties are high in Omega 3 heart healthy fatty acids. Canned or pouch versions are okay in water without oils or flavoring. Grilled or broiled, not fried and no butter or cream sauces.
 - Poultry: Turkey or chicken, white meats with no skin. Canned versions are okay in water and low sodium.
- Nuts** – Eat plain with no added salts, flavorings or candy coatings. All natural butter versions (peanut or almond) are okay. The Best varieties are almonds, walnuts, Brazil, pistachio or peanut.
- Dairy:** Eat fat free, unflavored such as Greek yogurt, non-fat string cheese, non-fat skim milk, parmesan cheese.
- Eggs:** Eat whole, or white, not fried.
- Grains/cereals:** Eat without added sugar. Good choices are steel cut oats, old fashioned oatmeal (not pre-packaged or flavored), quinoa, 100% whole wheat pasta, wheat bread, wheat wraps or wheat pizza crust.
- Beverages:** water.
- Sweeteners:** honey and plain cinnamon. Current research demonstrates that sucralose is a viable non-nutritive substitute for sugar (not to be eaten in unlimited servings).

Below are a couple of charts showing the best food choices for a proper diet. The list of vegetables, fruits and berries is not exhaustive and is only meant to be a guide to get you started on what to buy from the grocery store and consume on a daily basis. An easy way to consume vegetables, fruits and berries is to purchase a blender product such as a Ninja or Nutri-bullet. These can be purchased on-line or from Wal-Mart, Kohl's or a department store. They are a great tool to have in the home to make smoothies and shakes with healthy ingredients.

Blue/Purple	Green	White	Orange/Yellow	Red
Blackberries	Avocado	Bananas	Bananas	Apples
Blueberries	Apples	Pears	Apples	Cherries
Cabbage	Grapes	Nectarines	Apricots	Cranberries
Currants	Honeydew Melon	White Peaches	Cantaloupe	Raspberries
Eggplant	Kiwi	Cauliflower	Grapefruit	Watermelon
Grapes	Limes	Garlic	Oranges	Strawberries
Plums	Pears	Ginger	Mangoes	Pomegranate
Raisins	Artichoke	Artichoke	Nectarines	Peppers
Purple Potatoes	Arugula	Jicama	Peaches	Tomatoes
Figs	Asparagus	Mushrooms	Pineapple	Radishes
Beets	Broccoli	Onions	Tangerine	Rhubarb
Purple asparagus	Brussels Sprouts	Parsnips	Melon	Red Onion
	Cabbage	Coconut	Beets	Red Potatoes
	Celery	Shallots	Squash	Red Pears
	Cucumber	Turnips	Corn	
	Lettuce	Corn	Peppers	
	Peas		Carrots	
	Peppers		Pumpkin	
	Spinach		Sweet Potato	
	Zucchini		Pears	

14 of the best vegetables



arugula
1 cal/leaf

high in protein, fiber, calcium, iron, magnesium, potassium, and vitamins a, c, k, b6

eat it in salads or in sandwiches and wraps



spinach
2 cal/leaf

high in fiber, protein, calcium, iron, magnesium, potassium, and vitamins a, c, e, k, b6

high in sodium
eat it raw in salads, stir-fried, or cooked



mushrooms
2 cal/mushroom

high in fiber, protein, iron, potassium, and vitamins d and b6

eat them stir-fried, sauteed, or roasted



broccoli
3 cal/floret

high in protein, calcium, iron, magnesium, potassium, and vitamins a, c, b6

eat it steamed, roasted, and in salads



cauliflower
3 cal/floret

high in protein, magnesium, fiber, potassium, and vitamins c, k, b6

high in sugars
eat it steamed, roasted, or in salads



tomatoes
22 cal/tomato

high in magnesium, fiber, potassium, and vitamins a, c, k

high in sugars
eat them raw, in salads, or in sandwiches



cucumbers
24 cal/cucumber

high in magnesium, potassium, and vitamins a, c, k

high in sugars
eat it raw or in salads



red bell pepper
30 cal/pepper

high in fiber, potassium, and vitamins a, c, k, e, b6

high in sugars
eat it raw, in salads, roasted, or stir-fried



zucchini
31 cal/zucchini

high in fiber, protein, iron, magnesium, potassium, and vitamins a, c, b6

eat it roasted, sauteed, stir-fried, or in salads



yellow pepper
40 cal/pepper

high in fiber, magnesium, potassium, and vitamins a, c, b6

eat them raw, stir-fried, in salads, or roasted



red onions
44 cal/onion

high in fiber, potassium, and vitamins c and b6

high in sugars
eat it roasted, sauteed, stir-fried, or in salads



bean sprouts
54 cal/12 oz

high in fiber

high in sugars
eat them in sandwiches, in salads, or stir-fried



eggplant
110 cal/eggplant

high in magnesium, fiber, potassium, and vitamins c, k, b6

high in sugars
eat them roasted, in salads, or stir-fried



bok choy
2 cal/leaf

high in fiber, protein, iron, calcium, and vitamins a and c

eat it in soups, in salads, or stir-fried