



## **Eating For Performance**

### **Building a Good Foundation**

Just like a house your diet needs a strong foundation to sit on. Without this any supplement, pre-training or post-training eating will not be as affective. While each of us is different and have different needs below are 5 guidelines that will help you start to shape your foundation.

1. Eat every 2-3 hours - the goal of this is to stimulate your metabolism and help maintain and build lean body mass.

2. Eat complete and lean protein at every meal - Complete proteins come mainly from animal sources so look for less processed fish, poultry, lean beef and low fat dairy. Females 1 palm sized portion and Males 2 palm sized portions each meal.

- Lean Meats
  - Ground beef
  - Chicken
  - Turkey
  - Bison
  - Venison
- Fish
  - Salmon
  - Tuna
  - Cod
  - Tilapia
- Eggs
- Dairy
  - Cottage Cheese
  - Yogurt
  - Cheese
- Beans, peas, legumes, tofu

3. Eat vegetables with every feeding opportunity - Vegetables are packed with vitamins, minerals and phytochemicals that support optimal physiologic functioning. Females 1 fist size portion and Males 2 fist sized portions each meal.

4. Get the majority of your carbohydrates from fruits and vegetables then whole grains. This means limit the amount of processed carbohydrates from sugary foods (and drinks) especially. Breads, pastas, rice or other grains should be from whole grain sources and be smaller portions than your fruits and vegetables. Females 1 handful size portion and Males 2 handful sized portions each meal.

- Breads and Cereal Grains
  - Whole grain varieties are preferable
- Pasta (whole grain preferable)

- Rice
- Oats
- Quinoa
- Potatoes and sweet potatoes
- Corn
- Legumes, beans, lentils
- All Fruit

5. Fats are an important part of your diet and should make up 30% of the calories that you eat. Make sure that you eat avocados, olive oil, mixed nuts, flax seeds or oil and fish(2x per week) to get fats that promote optimal health and limit fat from beef and vegetable oils. Females 1 thumb sized portion and Males 2 thumb sized portions each meal.

- Saturated (1/3 of intake)
  - Animal fats
  - Eggs, dairy, meat, cheese
  - Coconut oil
  - Palm oil
- Monounsaturated fat (1/3 of intake)
  - Pecans
  - Almonds
  - Cashews
  - Pistachios
  - Avocado
  - Olive oil
  - Peanut butter
- Polyunsaturated fat (1/3 of intake)
  - Fish oil
  - Hemp seed
  - Sunflower seeds
  - Walnuts
  - Flax seed and oil
  - Brazil nuts

What does this look like in total for the day? Based on 4 meals eaten throughout the day but you can spread these throughout more snacks.

Females

Protein - 4 palm sized portions every day.

Vegetable - 4 fist sized portions every day.

Carbohydrate - 4 handful sized portions every day. This includes fruit and you should aim at 2-3 pieces of fruit each day.

Fat - 4 thumb sized portions each day.



## Males

Protein - 8 palm sized portions every day.

Vegetable - 8 fist sized portions every day.

Carbohydrate - 8 handful sized portions every day. This includes fruit and you should aim at 2-3 pieces of fruit each day.

Fat - 8 thumb sized portions each day.

For more information or help developing your own plan contact:

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