

Food Principles for the Athlete

1. All carbohydrates are not created equal.
 - a. Fruits and vegetables and whole grain offer calories but also the micronutrients that allows normal health and vitality to exist.
 - b. Refined foods are strictly calories and have been stripped of nutritional value. They do NOT promote health but are strictly and immediate energy source.
2. An athlete should concentrate on eating fruits, veggies and wholes grains through out the day.
3. Refined foods should be eaten sparingly and are best right before, during or within 30 minutes after of your athletic event. After an event this refined foods are helpful at quickly replacing muscle glycogen, which enhances the body's recovery.
4. Recovery time is shortened if an athlete takes an antioxidant like green tea, whole vitamin c or e before a workout is performed. This reduces the oxidative stress on the athlete's body and lets restoration and healing occur.
5. Eating lean meats and whenever possible grass fed meats is preferred. Unless excessive exercise is being done increasing protein intake is not needed.
6. Water, Water, Water

7. NOT- soda, Gatorade or energy drinks. Ultimately these are not good for the athlete's health or performance. Gatorade is fine right before during or after an athletic event. It fills that easy calorie with little digestive issue niche.
8. Do NOT eat diet products. They are NOT food. They are chemically formed and will inhibit your recovery.
9. If you are a serious athlete then the cigarette, alcohol and drug discussion doesn't even need to be brought up- They are all worthless endeavors.
10. Student athletes when you are practicing or competing on a school day it is imperative that you develop and eating routine before these events that brings your energy up so that you may optimize your athletic performance and recovery. Better times, less injuries. Practice during practice never try a new nutritional regime the day of a meet.

If you have any questions on the above material or any other nutritional concerns please feel free to contact me at 920-946-2964 or dfrancis@excel.net.