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# Mind to Muscle

Athlete Nutrition and Performance Introductory Guide

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### 10 FOUNDATIONAL NUTRITION HABITS

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1. Eat every 2-3 hours.
2. Eat complete, lean protein with every meal.
3. Eat vegetables with each meal opportunity.
4. Eat vegetable and fruit with any meal; all other carbohydrates only after exercise.
5. Eat healthy fats daily.
6. Don't drink beverages with more than zero calories.
7. Eat whole foods instead of supplements whenever possible.
8. Plan ahead and prepare feedings in advance.
9. Eat as wide a variety of good foods as possible.
10. Plan to break the rules 20% of the time.

## Protein Chart

Food Type:	Lean Complete Protein Sources
Food Timing	Eaten with every meal, every 2-3 hours
Examples	<p>Lean Meats (ground beef, chicken, turkey, bison, venison, etc.)</p> <p>Fish (salmon, tuna, cod, trout, etc.)</p> <p>Eggs (free range/cert. organic or egg whites)</p> <p>Dairy (yogurt, cheeses)</p> <p>Milk Protein Supplements (whey, milk protein blends; concentrate and isolate)</p>

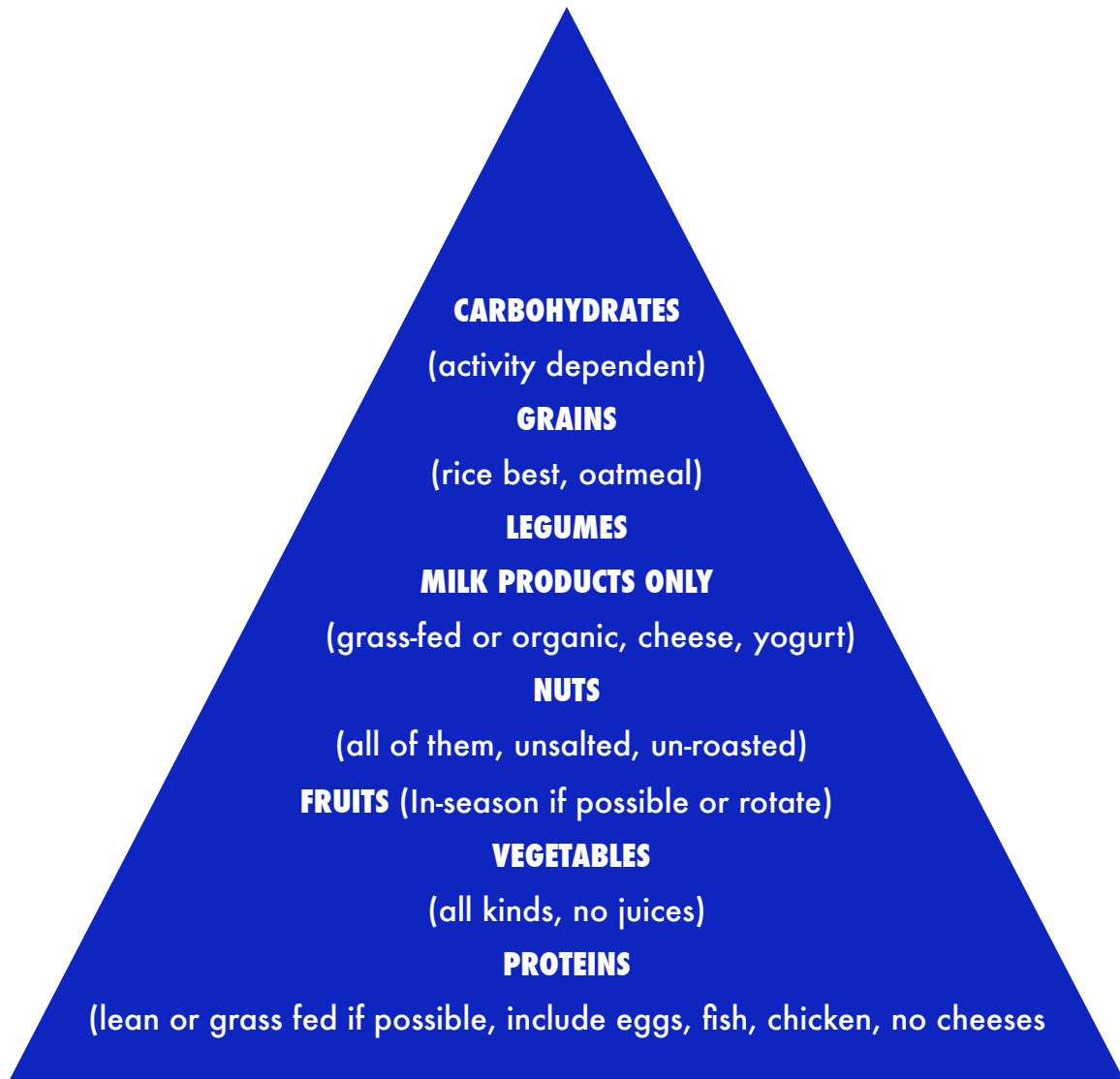
## Carbohydrate Chart

Food Type:	Simple Sugars	Starchy Foods	Fruits and Vegetables
Food Timing	Eat <b>ONLY</b> during and after exercise ( <u>if at all!</u> )	Eat soon after exercise.	Eaten with <b>EVERY</b> meal
Examples	<p>Sports Drinks</p> <p>Recovery Drinks</p> <p>Breakfast Cereals*</p> <p>Soda*</p> <p>Fruit Juice*</p> <p>Table Sugar*</p> <p>*These should be avoided</p>	<p>Bread</p> <p>Pasta</p> <p>Rice</p> <p>Potatoes</p> <p>Oats</p> <p>Grains</p>	<p>Spinach</p> <p>Carrots</p> <p>Tomatoes</p> <p>Broccoli, Cauliflower</p> <p>Apples, Oranges</p> <p>Avocados</p> <p>Berries</p>

## Fat Chart

Food Type:	Saturated Fat	Mono-saturated Fat	Polyunsaturated Fat
Food Timing	None -should consume 1/3 of total fat intake	None -should consume 1/3 of total fat intake	None -should consume 1/3 of total fat intake, focusing on Omega 3 fats
Examples	Animal Fats (fat in eggs, dairy, meats, butter, etc.) Coconut Oil Palm Oil	Olive Oil Nuts Avocado	Flax seeds Fish Oil Vegetable Fats

## Mind to Muscle Food Pyramid

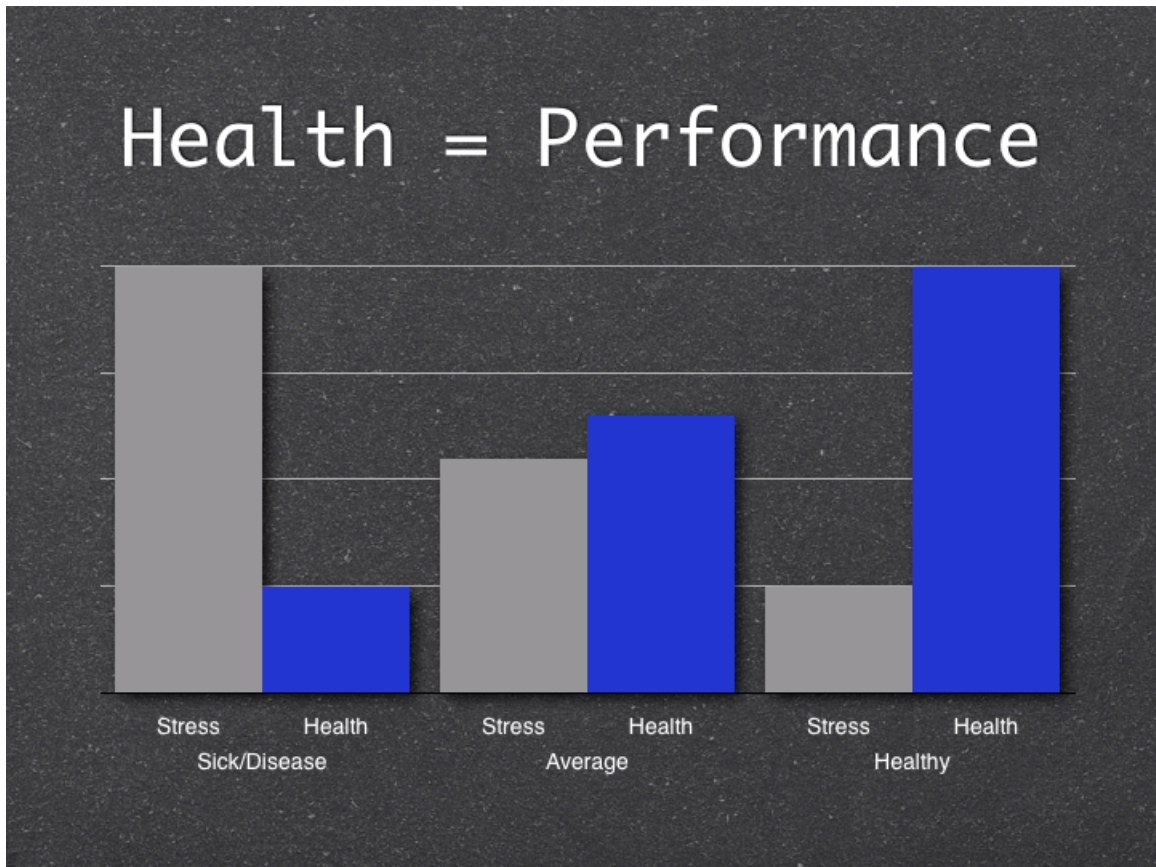


*Acquired from Dr. Eric Serrano, MD, Penn State and Ohio State University.*

## Shopping List of Recommended Foods

Meat & Dairy	Vegetables & Fruit	Other
Extra Lean Ground Beef, 1-2 lbs	Organic Spinach Pre-washed	Vanilla Milk Whey Protein Blend
Chicken Breasts, 1-2 lbs	Whole Mushrooms, 1/2 lb	Chick Peas, 1-2 cans
Salmon Fillet, 1 lbs	Onions, 2 medium	Pecans, 1 lb
2 Cartons Free-Range Eggs	Fresh Red Tomatoes, 3 large	Walnuts, 1 lb
Organic Cheese	Cucumber, 2 large	Extra Virgin Olive Oil
Plain Yogurt	Fresh Garlic, 1 bunch	Coconut Oil
Smoked Turkey Breast, 1-2 lbs	Apples, 4	Lemon juice

## Stress vs. Healthy Habits



## Meal Scheduling for Different Game Situations

# Meal Schedule

Game Day	Game Time	Breakfast	Pre-Game Meal	Pre-Game Snack	Post-Game Meal
Weeknight Game	7:30 pm	8:00 am	Lunch 12:30 pm	4:00 pm	10:00 pm
Weekend Game	7:00 pm or 2:00 pm	8:00 am 7:00 am	12-1 pm Breakfast	4:00 pm 12:00 pm	10:00 pm Dinner (5 pm)
Weekend Tournament	9:00 am	7:00 am	7:00 pm (night B4)	8:00 am	11:00 am



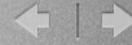
# Snacks

- Must still provide:
  - Nutrition
  - Protein
  - Healthy Fat
- Must be quick and easy
- Must have lasting energy



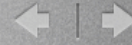
## Snack Ideas

- Hard-boiled eggs with fruit
- Sliced vegetables
- Cherry tomatoes
- Raw coconut slices
- Avocado
- Celery with hummus or nut butter
- Guacamole with veggies
- Homemade soup
- Turkey with grapes
- Apple with Almonds
- Berries and cheese



## Post-Workout/Exercise Nutrition

- Increase recovery speed and therefore performance
- Decrease muscle soreness
- 1st 15 min
  - Simple Carb
  - Fast absorbing
  - Replenish Energy Stores
- 1st 60 min
  - Protein plus carbs
  - Slows breakdown
  - Speeds rebuilding
- Hydration
  - Water
  - Replace lost fluids & electrolytes



## Water

- Minimum requirement:  
1/2 your body weight in  
pounds of ounces of water/day
- Example: 100 lbs person will  
need at least 50 oz or ~1.5 L
- Activity and environmentally  
dependent



# Why is Nutrition important?

- Increase flexibility
- Increase speed
- Increase joint integrity
- Increase mental focus/concentration
- increase ceiling of improvement
- increase rate of recovery
- increase cardiovascular system performance
- decrease risk of injury
- decrease sickness
- increase level of health
- Increase the results of strength and conditioning training

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## REFERENCES

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