Nutrition and Diet

\*\*\*\*You are what you eat and it shapes your performance\*\*\*\*

Protein-Peanut Butter, Eggs, Lean meat (limit processed meats) milk, cheese and yogurt (Greek yogurt the best and really great for stomach issues for athletes) Bean also if you can tolerate

Carbs-Rice, Potatoes, Pasta, Sweet potatoes and bread are the best carbs. Wheat/whole grain bread is the best as it breaks down slower in your body and sustains your energy level. (Always try to have a protein with your carb for the best sustainable energy) 70% of your daily intake should be GOOD CARBS

Fruits and Vegetables-2 cups of fruit and 3 cups of vegetables a day are highly recommended. Fresh is best! Salads with some fruit in it are the best add a protein and a grain (rice, pasta etc.) and you have the whole deal!

Processed foods and Sugar-limit as most as you can try to make your calories count and processed foods are much harder for your body to process during a workout

Post workout food-Your body may need sugar so this is the time for chocolate milk, cookie or bar or fruit juice

\*\*\*\*\*\*If you are having headaches or stomach issues during workouts if may be a food or hydration issue!\*\*\*\*\*\*\*\*\*\*