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***Performance Nutrition  
Basics***

## **HEALTHY FATS**

Knocks out inflammation



## **FRUIT**

Energy + hydration



## **PROTEIN**

Repair and rebuild



## **VEGETABLES**

Durability



## **HYDRATING BEVERAGES**

Maximum performance

## **WHOLE GRAINS**

Energy (or go fuel)

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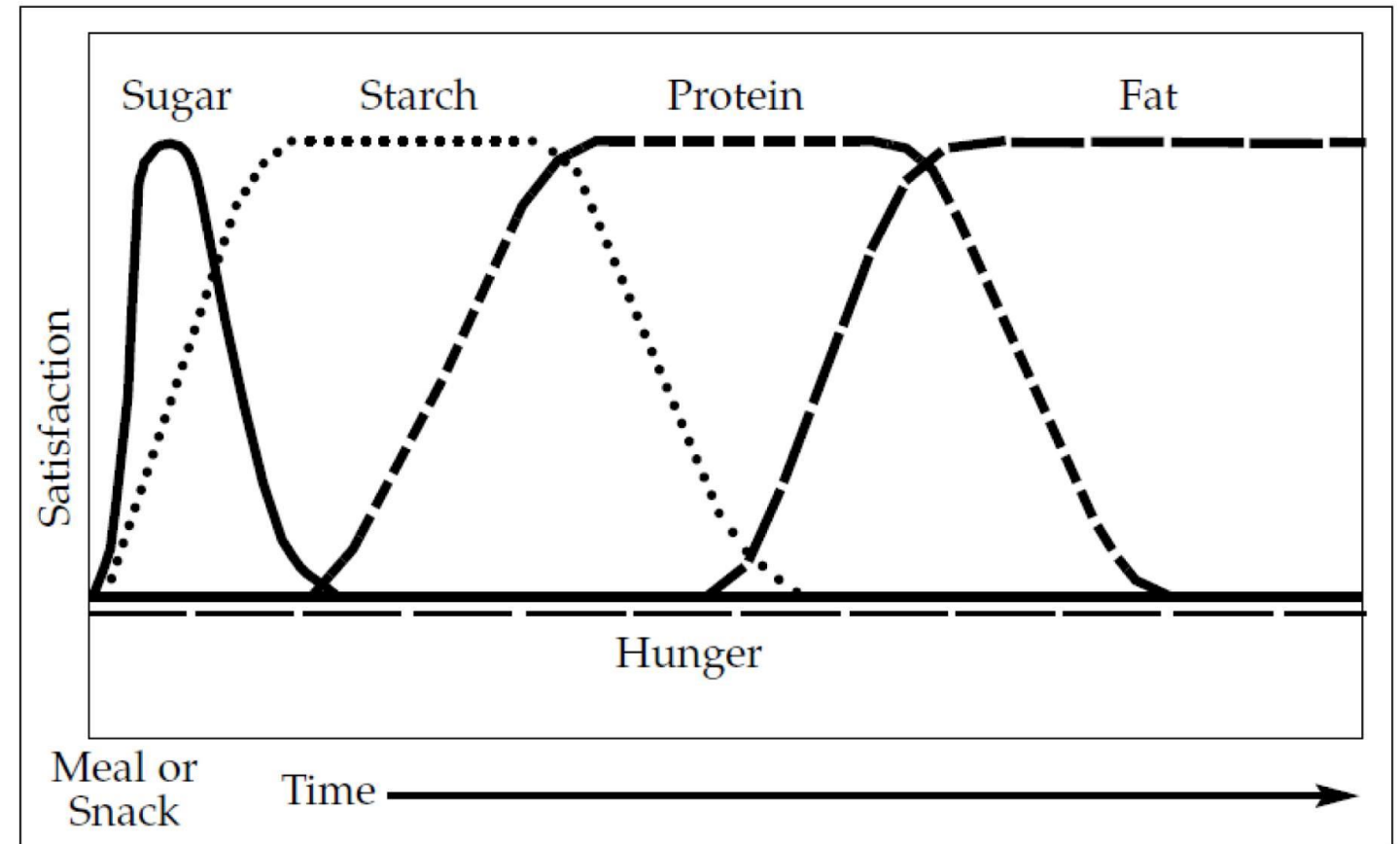
*Carbs kill hunger  
but don't satisfy  
long*

*Fat is the last  
nutrient to be  
digested*

*Protein bridges  
the satiety gap*

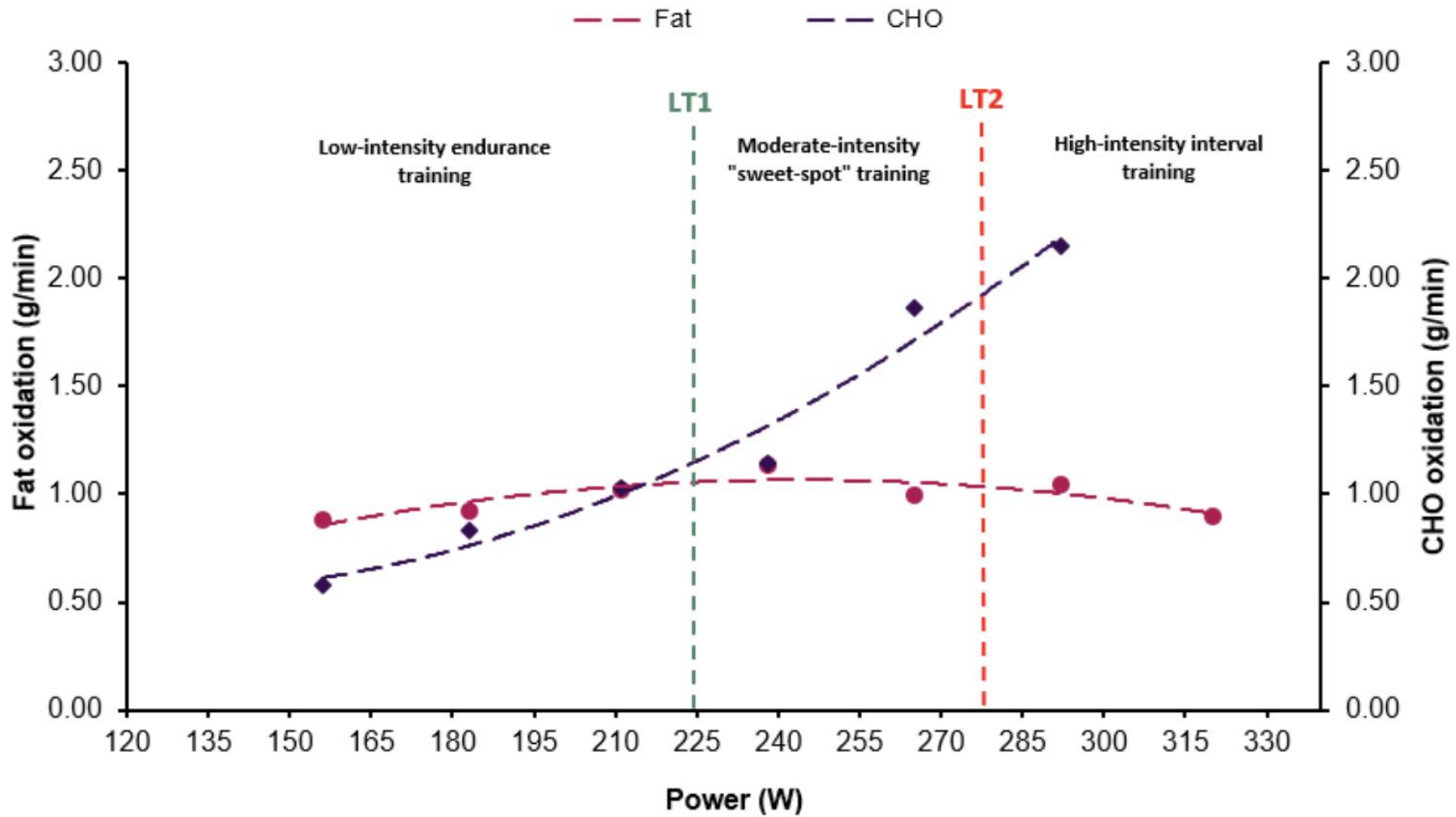
## FIGURE G.5 SATIETY FROM CONSUMING SUGAR, STARCH, PROTEIN, AND FAT

SATISFACTION FROM CONSUMING SUGAR, STARCH, PROTEIN AND FAT



From Ellyn Satter's *Secrets of Feeding a Healthy Family* Appendix G "Foods that help regulation." Appendix G

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Fat oxidation graph

# *Adjust for physical demands*

## **High-intensity**

- Increase carbs
- Decrease fiber
- Protein for recovery
- Examples:
  - simple starches/sugars
  - canned/juiced fruits & vegetables
  - Lean protein post-exercise

## **Low-intensity/restful**

- Mixed nutrient
- Moderate carbs, ample protein
- Color and filling!
- Examples:
  - Whole grains, beans, squash
  - Leafy greens
  - Lean protein + fiber for satiety

## BALANCED SNACKING



### **PROTEIN + PRODUCE COMBOS**

Banana + nut butter

Trail mix

Fruit + yogurt

Boiled egg on a small salad



### **+ CARBOHYDRATES FOR EXTRA ENERGY**

- Put on whole grain bread for a sandwich
- Add your favorite whole grain cereal to the mix
- Sprinkle granola on top
- Throw the salad in a whole grain wrap



# *Snacking Pitfalls*

## **Mindlessness**

- Eat every 2-3 hours
- Plan and portion
- Pro + pro
- Stored, not displayed

## **Sweets**

- Include with other nutrients
- Don't restrict
- Check your environment

## **Answering other needs**

- Build emotional awareness
- Identify signs of biological hunger
- Use effective methods to meet needs

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***PRIME***

*Fuel to answer the call*

# ***POWER MEAL***

## ***3-4 HOURS BEFORE:***

- **Eat a full meal:**
  - High in carbohydrates
  - Easy to digest
  - Simple
  - Familiar Foods
- **Fluids!**



# TOP OFF THE FUEL TANK



***HOUR OR LESS BEFORE ACTION?***

**Try one of these foods:**

- Banana
- Yogurt
- Pretzels
- Slice of toast with butter, jam or honey
- Fruit leather/fruit bar



***HAVE LONGER THAN AN HOUR?***

**Try one of these foods:**

- Apple + peanut butter
- Trail mix
- Sandwich
- Chocolate milk
- Veggie sticks, pita chips and hummus

# FUELING ON THE GO



## TAKE ANYWHERE-----

- Granola bars
- Nut butter packet
- Trail mix
- Whole grain cereal
- Shelf-stable milk
- Bananas, apples or oranges
- Protein power bites



## PLAN & PREP-----

- Mixed nuts
- Cheese sticks
- Roasted chickpeas
- Veggie sticks
- Jerky
- Whey protein powder
- Pretzels
- Keep a cooler with veggies, hummus, yogurt and cheese
- Nut butter packet
- Fruit
- Tuna or chicken pouches

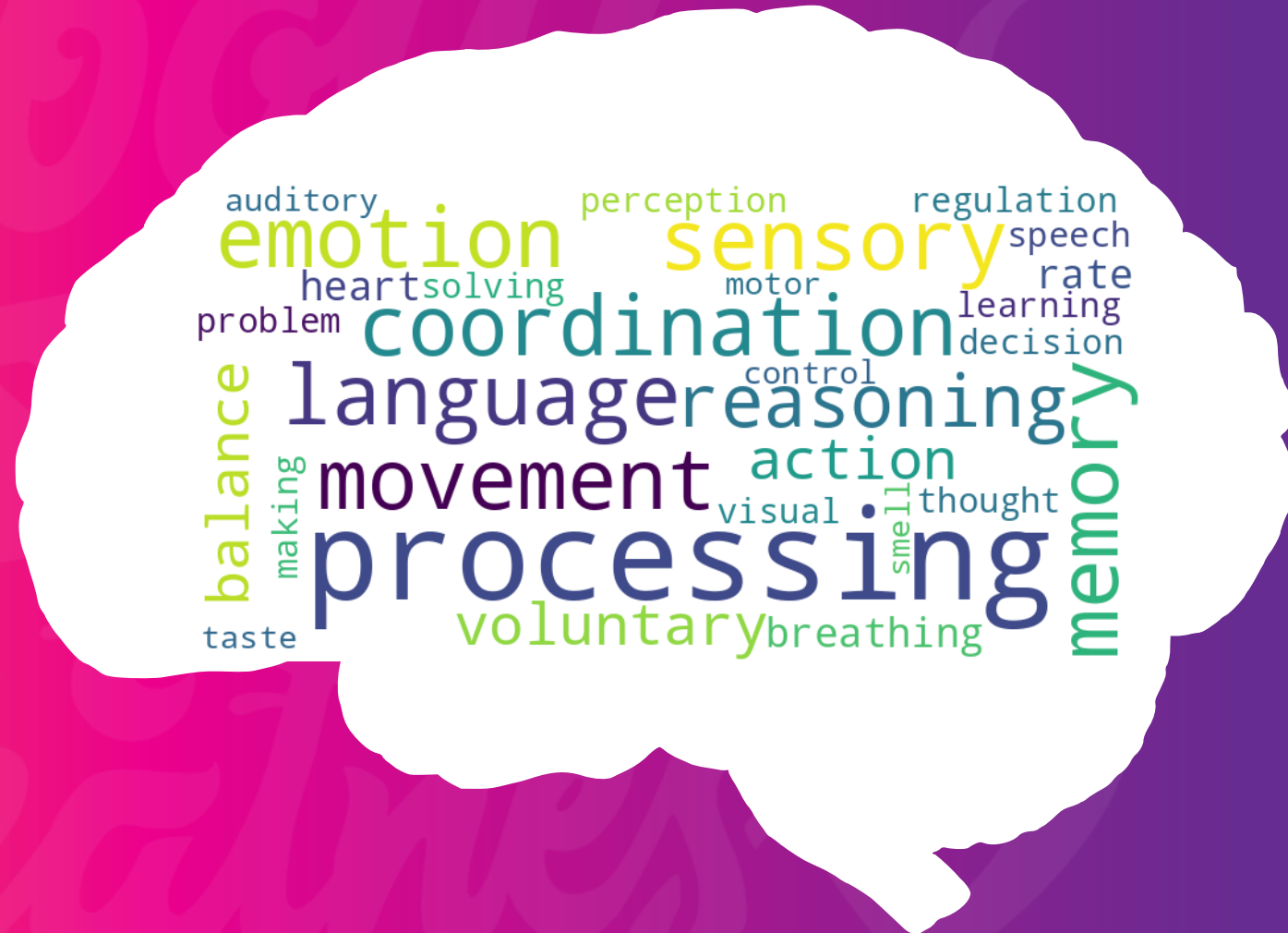


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# FEED YOUR MIND

*Food doesn't just fuel your body*

Your mind is equally as important to effectively do your job



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**RECOVER**



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# THE 4 Rs OF RECOVERY



**REHYDRATE**  
with water and  
electrolytes



**REFUEL**  
with carbohydrates



**REBUILD**  
with protein



**REST**  
8 – 10 hours  
of sleep + naps

# PROTEIN SOURCES



## *IN THE BODY*

Rebuilds muscles and tissue after exercise.



## *IN FOOD*

Amino acids in protein help the body maintain health and performance.



## *IN ACTION*

Protein is best at repairing and helping your body recover, so eat enough other nutrients so protein can do its thing.



# PROTEIN SOURCES

Some proteins will react faster and have greater impact on your recovery than others.

Aim to include a variety of protein-rich foods.

- Beans
- Beef
- Dairy Foods
- Eggs
- Fish
- Lentils
- Nuts
- Poultry
- Quinoa
- Seeds
- Tofu



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# *SUMMARY*

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- Fuel choice matters when meeting the demands of your work
- Lay the foundation, then build from there
- Be flexible, be prepared!
- Prioritize recovery as soon as possible, especially when demands are unexpected and extreme

