



KEYS

- Make a colorful plate by choosing nutrient dense foods! Add fruits, vegetables, whole grains, and lean proteins.
- Gain awareness of your current eating habits, and which areas you would like to improve.
- Keep energy levels high by eating every 2-3 hours—it can be a healthy snack or a full meal.
- Time your meals around workouts—making sure you're consuming enough to support your workout, and recovery after.
- Limit processed foods and refined sugars—these will make you feel sluggish and have little to no nutritional value.
- Don't forget to hydrate—at least ½ of your body weight in ounces.

WHAT YOU SHOULD KNOW

- Choosing natural food sources will trump processed foods every time. These foods will help support your active lifestyle, and help you feel better inside and outside the gym.
- Look out for your intake of added sugars to less than 25 grams a day. This means any sugars that are not naturally occurring in things like fruits, vegetables, and dairy.
- Try hitting as many of the food groups and their serving sizes a day.
- Recovery Nutrition
 - Skipping a protein and carb rich meal or snack post-workout can hinder recovery, induce soreness, increase chance for injury, and prevent muscle growth.
 - Making a healthy choice after a workout will help support your workouts and your goals

WHAT SHOULD I BE EATING?

Protein

- Protein is the building block to muscle, aids in body functioning, and helps build cells and tissues. Proteins consist of amino acids, with 9 out of 20 of them being essential (meaning we need to get them from our diet).

- Animal Proteins

- Lean meats (skinless chicken, turkey, fish, pork, ground meats “90-95% lean”)
- Eggs, milk, cheese, yogurt

- Plant Proteins

- Nuts, nut butters, soy, beans, seeds, chickpeas, peas, black beans, black-eyed peas, other beans and legumes

Carbohydrates

- Carbohydrates are the main source of energy and are what give you the fuel to power through your workouts.
- Additionally, they help deliver protein to your muscles—hence their importance for your post-workout nutrition.
- When carbohydrate intake is low, it can affect your performance—cognitively and physically.
- Go for whole grains when choosing breads and pastas. They will contain more vitamins and minerals, fiber, and protein.

Fats

- We want to eat enough fat to keep our bodies healthy, including optimum nerve and cell functions. Fat helps us absorb other nutrients, and is the main way we store energy.
- Fat is important, but the type of fat we intake is even more important. The healthier fats are unsaturated—which means they are liquid at room temperature (olive and canola oil).
- Healthy Fat Sources
 - Avocado
 - Olive Oil
 - Nuts, seeds, and nut butters
 - Flaxseed and chia seeds
 - Salmon (high in omega-3's)
 - Egg Yolk