

# Nutrition for Optimal Performance and Health



You are involved in an athletic activity and want to make sure you are making healthy food choices. **Your daily nutrition habits play an important role in energy levels, hydration, injury prevention and recovery.**

Use this guide to choose foods that provide adequate fuel for your athletic activity. Calorie and nutrient needs change depending on the intensity of training.

## Carbohydrates

Carbohydrates are your body's primary fuel source. Some good sources are:

- Starchy Vegetables like squash, red potato, sweet potato, or peas
- Fruit like bananas, apples, or berries
- Grains like rice, steel cut oats, or whole grain bread
- Non-starchy Vegetables\* like broccoli, leafy greens, bell peppers, summer squash, etc.

\*eat lots of non-starchy veggies, they do not contain many calories but have many nutrients that your body needs!

Athletes should try to consume at least **50%** of their daily calories from **Carbohydrate**, **25%** from **Protein** and **25%** from **Fat**.

## Fats

Fats are essential to the body for nutrient transport, healthy cell structure, and provide energy in the absence of carbohydrate. Some good sources are:

- Avocado
- Nut/seed butter and nuts/seeds
- Plant based oils
- Butter (grassfed is ideal)
- Fish like salmon, haddock

## Proteins

Proteins are the building blocks of our body's tissues, are essential for muscle growth and repair and hormone function.

Some good sources are:

- Poultry like chicken or turkey
- Meat like beef (grassfed is ideal), bison, game meat, pork
- Fish like salmon, haddock, shrimp, scallops
- Pea protein supplement
- Greek yogurt
- Eggs