

Optimal Nutrition for Peak Performance

Fueling your body

Six Nutrients essential to provide energy and improve performance.

Carbohydrates

Provide the body with energy by fueling your muscles and brain. Carbohydrates also help with muscle recovery. 60% of your daily calorie needs should come from carbohydrate. Excellent sources are starches (bread, rice, pasta, cereal), starchy vegetables (like corn, peas, potato, beans, lentils), fruit, fruit juices, milk and yogurt. Candy, desserts, regular soda should be used in limited amounts.

Protein

Help to build and repair muscle and red blood cells. 15% of your daily calories needs should come from protein. Excellent sources are fish, soy, poultry, lean meat, cheese, and eggs. Milk, beans, lentils, nuts also provide protein.

Fat

Provide essential fatty acids (vitamins A, D, E, K) to the body that it cannot normally make. Fat is burned during low-level activities and longer runs. 25% of your daily calorie needs should come from fat. Heart healthy fat sources are nuts, seeds, olives, avocado, and oils (canola, olive, and peanut).

Vitamins

Important in regulating chemical reactions within the body. Vitamins are only obtained from food sources and do not provide energy to the body. It is necessary to eat a well-balanced diet to obtain important vitamins like A, B complex, C, D, E, and K.

Minerals

Essential to help the body perform important functions like providing body with calcium, iron in red blood cell's transport oxygen. Minerals are obtained through food and do not provide energy. Minerals include magnesium, phosphorus, sodium, potassium, calcium, chromium, and zinc.

Water

Hydration is important to prevent fatigue and perform better. It's important to keep hydrated before, during, and after events. Water functions in helping the body stabilize body temperature, transport nutrients, and carry wastes from the body.

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