



GENERAL NUTRITION FOR PERFORMANCE, STAMINA and RECOVERY

Nutrients essential for optimal nutrition, performance and energy:

1. Carbohydrates: Main source of energy for the body, only source of energy for the brain
Amount is dependent on your goals and body type
Brown rice/pasta, whole grain bread, whole grain cereal, fruits, vegetables etc.
2. Proteins: Repair, recovery and growth, potential source of energy
Protein requirements = 1.1g – 1.5g/kg of body weight per day
Chicken, turkey, lean red meat, fish, tofu, cottage cheese, ricotta cheese, plain yogurt, eggs, etc.
Protein Powders (Greens+, Interactive Whey)
3. Essential Fats: Energy, control inflammation, lubricate joints
Avocado, unroasted nuts and seeds, salmon, sardines etc.
4. Vitamins/Minerals Affect all chemical reactions in the body
10 – 13 servings of fresh fruits and vegetables daily!
5. Water: Hydration, thermoregulation, shock absorption, joint lubrication
2 – 3 liters per day
6. Supplementation For the nutrients we are unable to get from the food we eat

Nutrition BEFORE Exercise:

Meal:

- Why: Prevent fatigue (carbohydrates), slow down digestion (protein and fats), prevent dehydration
When: 2 – 3 hours before exercise
What: Complex carbohydrates (yam, brown rice, whole grain bread) and lean protein – amounts/ratios are completely dependent on the individual
Small amount of fat
2 – 4 cups water

Snack:

- Why: Prevent hypoglycemia, provide energy
When: 30 – 60 minutes before exercise
What: Moderate to High Glycemic Carbohydrate (raisins, fruit, toast and jam)

Nutrition DURING Exercise:

- Why: Maintain hydration
When: Immediately and then approximately half a cup every 15 minutes
What: Water only if activity is less than an hour; add electrolyte replacement if weather is extremely hot
Water + carbohydrate/carbohydrate-protein drink product if activity is more than 75 minutes

Nutrition AFTER Exercise:

- Why: Replenish energy (carbohydrate), repair muscles (protein) and rehydrate (water)
When: Within two hours after exercise
What: High glycemic snack within 15 minutes (raisins, fruit, fruit juice, toast and jam) – skip this if trying to lose fat
Complex carbohydrates and lean protein – amounts/ratios are dependent on the individual
Water

If you would like to book a private consultation please email or call Lauren.

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