



Nutrition and weight loss

EAT TO PERFORM



Proper nutrition will allow you to

- ▶ Train at a higher intensity
- ▶ Decrease risk on sickness/ injury
- ▶ Reach your optimal competitive weight
 - ▶ Highest strength to weight ratio
 - ▶ Making a weigh means nothing if you loose the strength necessary to compete

1-2 months
out



Focus is on clean eating and
losing fats
Should not feel hungry all the time



How

Extended cardio on
own to lose fat 45
min or longer at
slower pace
Cardio after
practice 15-20 min
Clean eating
Eat large amounts
of vegetables

Types of energy

- ▶ Carbohydrates (Fast burning)
 - ▶ Most important fuel source, provides the body the power, speed, and endurance it needs in sport
- ▶ Protein (Slow Burning)
 - ▶ Essential for repairing and strengthening muscle tissue
- ▶ Fats (Calorie dense slow burning)
 - ▶ Another source of fuel, promotes heart and brain health, helps reduce muscular pain and inflammation

Fuel shifts through the day

Wake up

- 100% carbs
- Fuel to lift, run...

Food options

- Toast
- Fruit
- Juice

Following AM Workout

- 100% carbs (or close)

Food options

- Bagel with PB
- Oatmeal
- Granola bar
- Pancakes
- Water/ Gatorade

Lunch

- 75% carbs
- 25% protein

Food options

- Stir fry (low salt)
- Pasta with meat (no sauce)
- Sandwich with meat
- Raw vegetables
- Fruit
- Water

Fuel shifts through the day

Post Practice Fluids

- 1-2 days out limit fluid consumption until 60 min after practice
- Will consume less fluids
- Fluids will be the biggest source of weight on final day or two to weigh in

Dinner 7pm

- 75% Protein
- 25% carbs
- **Food options**
- Lean meat 8-12 oz, grilled or baked
 - Chicken (white meat)
 - Pork
 - Fish
- Vegetables (steamed/raw)
- Noodles 4oz
- Toast
- Brown rice

Snack

- Cup of cereal w/ skim milk
- Yogurt
- Small desert



Consistency
is key



You are committing to a disciplined lifestyle for 4 months

Following a plan isn't something you choose to do on some days and on other days eat anything you feel

When you are eating several smaller meals through the day **YOU WILL FEEL YOUR METABOLISM RUNNING AT A HIGHER RATE**

Avoid

- ▶ Starving yourself/ not eating
- ▶ Binging
- ▶ Excess sugar
- ▶ Fats in many of your food selections, no need to add with fried choices
- ▶ Salt, retains extra water weight

- ▶ Greens and vegetables are good
 - ▶ Athletes do not fuel their bodies on salads



Carbohydrates

- ▶ Most important fuel source, provides the body the power, speed, and endurance it needs in sport
 - ▶ Bread, pasta, cereal, beans, fruit, rice, potato, etc.

Choose	Lose
Beans (made without lard)	Candy bars, candy, snack chips
Fresh fruit and vegetables	Soda, fruit and vegetable "drinks"
Oatmeal and cheerios	Sugary and processed cereals
100% whole wheat breads and wraps	White breads and sugary pastries
Quinoa*, brown rice, sweet potato	French fries and onion rings

THE BOTTOM LINE: Adequate carbohydrate intake → the more fuel is available for use → the harder you're able to train → the more lean body mass and strength you can build → the BETTER you will PERFORM!

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Protein



- ▶ Essential for repairing and strengthening muscle tissue
 - ▶ Dairy, eggs, meats, fish, chicken, nuts, beans, lentils, etc.

Choose	Lose
Grilled chicken, grilled/broiled fish	Steaks and pepperoni/sausage pizza
Pork chops, lean burgers/beef	Chicken tenders
Whole eggs and egg whites	Excess bacon and sausage
Greek yogurt, Low-fat milk, cottage cheese, hummus	High sugar content yogurts
Nuts/nut butters, tofu, veggie burgers	High-fat cheese, processed meat substitutes
Lean deli ham, turkey, tuna	Italian hoagies, buffalo chicken wraps

BOTTOM LINE: eating the right amount of protein before and after training (with carbohydrates) enhances protein synthesis- but only when total protein **and** calorie needs are being met.

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Healthy Fats



- ▶ Another source of fuel, promotes heart and brain health, helps reduce muscular pain and inflammation
 - ▶ Olive oil/canola oil, meats & dairy, almonds, sunflower seeds, walnuts, fatty fish – such as salmon, soybeans, flaxseed, tofu, avocado

Choose	Lose
Nuts and nut butters	Candy bars
Sunflower and pumpkin seeds	Potato chips and high-fat snacks
Olive oil and plant oils	Ranch dressing
Salmon and tuna	Fried foods
Avocado	High-fat cheeses and sandwich spreads



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