

ASP’s Nutrition For Optimal Performance…

**Top 10 Nutritional Guidelines**

1. **Eat six meals a day:** If you've been following the typical nutritional advice of cutting back on calories and consuming no more than “three square meals” a day in the hope of shifting your fat-burning efforts into high gear, you may be throwing the whole process into reverse. According to scientists at Georgia State University, active folks who skimp on calories and eat infrequently (3x/day) may be training their bodies to get by on less energy and therefore more readily storing unburned calories as body fat. Instead, these researchers and Athletix Sports Performance advise active people to eat frequently (about every 3-4 hours) to accelerate metabolism and maintain steady energy levels and blood sugar levels throughout the day.
2. **Combine carbohydrates and protein at every meal:** The simple fact is that our bodies function better with a balance of carbohydrates and protein. Not only is protein essential for building healthy muscle and maintaining a strong immune system, but it also stabilizes insulin levels, leading to steady energy throughout the day. One more benefit: eating protein has been shown to reduce appetite. Therefore, avoid high-carbohydrate nutrition plans and focus on balancing your protein and carbohydrate intake.
3. **Choose “appropriate portion sizes”:** USDA statistics show that because of increased portion sizes, the average total daily caloric intake has risen from 1,854 calories to 2,oo2 calories over the last 20 years. That increase – 148 calories per day – theoretically works out to an extra 15 pounds every year. Portion size is important to weight management. Employ a common-sense approach, such as using the palm of your hand or your clenched fist for gauging the portion sizes of food.
4. **Plan meals ahead of time:** You may even want to try different recipes and decide what works for you before you begin your training program. Experiment with different seasonings, try a variety of vegetables, and find which microwave or air fryer settings work best for reheating food. By the time you’re ready to start, you’ll have the supplies you need and the confidence that you know what you’re doing. Then, fix your meals in advance and freeze them. It’s important to shop at least once a week. If you forget, you’ll run out of good food and be tempted to cheat on your diet.
5. **Get containers to store your food:** Purchase plastic storage containers, sports bottles, a water jug, and a cooler to store and carry your food. Having nutritious meals within reach during a hectic day can keep you on track.
6. **Drink 10 glasses of water every day:** It’s especially important to stay well hydrated when following a comprehensive training, nutrition, and supplementation program. Drink at least one glass of water with each of your six meals, and four more throughout the day. If you have an occasional diet soda, coffee or tea, you’ll need to drink an additional glass to compensate for the diuretic effect of these beverages.
7. **Don’t eat right before or after you train:** If you can, work out first thing in the morning on an empty stomach for maximum fat burning. Also, waiting an hour to eat after a workout may be an effective strategy for increasing the residual fat-burning effects of exercise. Athletix Sports Performance also recommends you avoid eating right before going to bed. This strategy has also been shown to stimulate muscle-protein synthesis and muscle growth.
8. **Use high-quality supplements:** Supplements can help make up for any nutritional deficiencies and enhance performance. When purchasing supplements, look for companies that invest heavily in research to maximize the effectiveness of their products. Athletix Sports Performance recommends [**https://www.purecapspro.com/athletixsportsperformance/pe/home.asp**](https://www.purecapspro.com/athletixsportsperformance/pe/home.asp)
9. **Find your “emotional reason” for staying on track:** Researchers at George Washington University discovered that people who successfully transform their bodies are set in motion by some sort of “emotional trigger” that helps to clarify their reasons for deciding to make a change. In the study, researchers found that any event that elicited strong emotions, such as alarm, embarrassment, shame, and/or fear, actually inspired people to transform their bodies for the better. Take a moment to consider your “emotional trigger” and use it to stay committed to your nutrition program.
10. **Strive for consistency, not perfection.** You can be sure there will be the occasional meal or snack that’s not on the recommended food list below. When you get off track in this way, don’t allow it to slow you down. Enjoy the divergence, recommit to your goal, and get back on track with your next meal.

**See the recommended Food List on the next page…**

**SUGGESTED FOODS LIST**

**Proteins:**

Chicken breast

Turkey breast

Lean ground turkey or beef Egg whites or substitutes Haddock

Orange roughy Trout or salmon

Swordfish or tuna Crab or lobster

Shrimp

Lean ham

Wild-game meat Low-fat cottage cheese

**Vegetarian Proteins**:

 Tempeh

Seitan Tofu

Texturized vegetable protein Soy

foods

Veggie burgers

**Carbohydrates:**

Baked potato

Barley

Kidney beans Corn

CouscOUs

Fat-free yogurt Fruits

High-fiber cereal Oatmeal

Pasta

Legumes Whole-wheat bread

Steamed brown or wild rice Rice cake

Popcorn

Sweet potato Tortilla

Vegetables Whole grains Yams

**Fats:**

Avocado Sunflower seeds

Pumpkin seeds Cold-water fish

Natural peanut butter Low-fat cheese

Low-fat salad dressing Low-sodium nuts Olives/olive oil Safflower oil

Canola oil

Sunflower oil

Flax seed

**Fats to Avoid:**

Butter

Fried foods

Mayonnaise Sweets

Whole-fat dairy products

