

Feed the Machine

Nutrition is the key for peak physical performance. All the training in the world will get you nowhere if you are not supplying nutrients to your body. It takes a consistent intake of proteins and carbohydrates to capitalize on your hard work in the weight room and on the playing field. Your focus on nutrition is just as important as your training. Athletes are shattering yesterday's records because of cleaner eating and better supplementation.

Importance of Protein

Proteins (amino acids) are the building blocks of muscle. After physical training your muscles have microscopic tears that need rebuilding. That's what soreness is. The construction crew comes in with wheelbarrows of protein and starts rebuilding. This crew is smart you see. They know you are going to do this again. So, they use that protein to rebuild just a little bigger and stronger. If you do not supply the muscles with the protein, you are not going to make those gains. Protein intake needs will differ for each individual.

Foods Rich in Protein

- Lean Red Meat Sirloin (Shoot for 6 ounces at a time) = 36 grams of pro.
- Pork Chop/ Pork Tenderloin (same as above)
- Eggs (1 egg = 6 grams of pro.) 5 to 6 for breakfast
- Grilled/Baked Chicken 1 oz. = 6 grams pro.
- Beans (15 grams pro per cup)
- Nuts (walnuts, almonds, pistachios) 1 oz. = 6 grams pro
- Milk (skim for less fat) 1 cup = 8 grams pro
- Soy (tofu = 30 grams pro per cup)
- Fish (Salmon, trout, tilapia, and mackerel) 6 oz. = 40 grams pro
- Tuna (man's best friend) 1 can = 26 grams pro
- Protein Shake low fat, low cholesterol. 30-40 grams worth.
- Turkey 99% fat free lunch meat (1 oz. = 6 grams pro)
- Low-fat peanut butter (2 tbsp = 8 grams pro)
- Ground Turkey (use in place of ground beef)

Importance of Carbohydrates

Carbs are the fuel that your body needs to have energy. Just like you would put gas in your car, you have to carbs to sustain high energy levels. If you are sluggish it will be either from not enough sleep or low carb levels. They are something that each individual has to find a fine balance with. Not enough carbs will cause you to feel depleted, but too many will cause a sugar overload and turn to fat in your body. The next paragraphs taken from wisegeek.com will explain:

Carbohydrates, or saccharides, are sugars and starches, which provide energy for humans and animals, and cellulose which make up many plant structures. “Carbs,” as they are now commonly referred to, have become both a blessing and a curse, as the process of modern food production has changed the way they are consumed. There are two types of carbohydrates, simple, or monosaccharide and complex, or polysaccharides.

Types of Carbs

Found in fruits and dairy products, simple carbohydrates are more easily digested by the body. The body breaks down simple carbs to be used for energy, which is used up very quickly. They are also often found in processed, refined foods such as white sugar, pastas, and white bread. Another type of carb, called complex carbohydrates, take longer for the body to digest and are most commonly found in vegetables (cellulose), whole grain breads and pasta, brown rice, and legumes. Foods with unrefined grains, such as brown rice, retain complex carbs, unlike refined grains, such as white rice. This is because the refining process removes some of the grain’s fiber and nutrients. Eating a serving of whole grain cereal such as oatmeal will fill you up and give you longer lasting energy than a bowl of sugary cereal due to the way the body processes and uses the carbohydrates.

How Carbs Are Processed

The liver digests carbohydrates by breaking them down into simple sugars, or glucose, which stimulates the production of insulin in the pancreas. The insulin functions to get the sugar into the body’s cells to be used as energy. The two different types of carbs affect the production of insulin differently—when digesting simple carbohydrates, insulin levels spike faster, and the carbs are used up more quickly for energy. This explains why many who turn to a candy bar for a quick supply of energy find that their energy levels crash when the “sugar high” comes to an end.

Complex carbohydrates take longer to digest, resulting in longer lasting energy, and less of an insulin reaction in the body.

If the body produces too much glucose, it will be stored in the liver and muscle cells as glycogen, to be used for when the body needs an extra burst of energy. Any leftover glycogen that isn't stored in liver and muscle cells is stored as fat. The body uses the immediate store of glycogen for short bursts of exercise. For extended periods of exercise such as long distance running and more strenuous workouts, the body will turn to its fat reserve to draw extra energy.

As an athlete you want to reduce the white complex carbs and lean toward the brown versions. **Better complex carbs are sweet potatoes, brown rice, whole grain pasta/noodles, purple potato, red potato, oatmeal, quinoa, and whole grain bread.** You must eat these for breakfast and lunch to fuel your afternoon lifts and practices. For dinner you can reduce the carbs or even cut them out if you are overweight. You don't need energy to sleep. In a nutshell, you want to eat just enough carbs a day to keep your energy levels maintained. It takes some experimentation.

Nutrition Tips

- An increase in protein can cause constipation. Try some Kellogg's Fiber Plus Bars. Sugar free Metamucil is great also. Start with half a teaspoon at bed time.
- Opt for Sugar free and low fat versions of everything. Especially snacks.
- Get a Centrum Brand multi-vitamin with Iron. Take daily.
- Use olive oil in salads, on veggies, and for cooking. It will clean your blood.
- Avoid fried foods. Grilled or baked is cleaner.

- You can't drink enough water. **Avoid Sports drinks.** They are full of High Fructose Corn Syrup (Junk Sugar). Opt for an Electro Mix that has the Potassium, magnesium, manganese, calcium, and chromium to stay hydrated. Emergenc.com
- High Fructose Corn Syrup is killing America. DON'T eat or drink anything that lists it as an ingredient. Say no to HFCS. Regular sodas are full of them.
- Reduce salt.
- If you end up in a fast food joint opt for the grilled chicken sandwich and salad.
- **Avoid the fat proteins. No sausage, bacon, hotdogs, and hamburgers. Too much artery clogging fats.**
- Eat a banana and apple every day.
- Increase fruits. Even though they are a simple carb their nutrients are so important. Eat earlier in the day.
- Stop eating before you are full. The full signal from your stomach to your brain is running about 15 minutes behind.
- Plan your meals. Get some Tupperware, cooler, and ice packs.
- There is no magic pill. There is no short cut to success. Be consistent.
- Any questions please contact me. Coach Teems, steems2000@yahoo.com