



appetite for healthy living

Endurance Training Nutrition for Peak Performance



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Peak Performance E-Book

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Empowering you to make healthy habits last.

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Introduction

My earliest memory of sports nutrition was in middle school when we used to make psych bags for lacrosse games. Psych bags were brown lunch bags filled with all sorts of candy, chocolates and sugar filled, nutrient deficient foods. The extraordinary amounts of sugar got us psyched for the game but by the second half we were always out of gas. At the time I did not realize any connection between what I was putting into my body and my performance. By high school, my eating regimen shifted. I no longer ate candy before games but instead would often have a smoothie. I found that this seemed to give me lasting energy, not to mention MVP of my team.

So in my adult life, when I came into the sport of triathlon, I knew that nutrition was going to be crucial for performance and maintaining energy levels. I couldn't believe how many people in the sport were eating low energy, nutrient poor foods. The common thought amongst endurance athletes is that "I workout for so long; I can eat anything I want". While this may sometimes be true in terms of gaining weight, it is not true in terms of your athletic potential. I set out to find the truths about wholesome nutrition and went back to school to become a certified holistic nutrition counselor. I learned things most sports nutrition books don't even consider (this still baffles me). So I want to share my knowledge with you and clear up any confusion around what you should be eating as an athlete. The nutrition principles of this e-book will help unlock your athletic potential. I emphasize eating whole (organic if possible) foods, foods high in antioxidants, foods that are easy to digest, foods that do not cause inflammation in the body (wheat, dairy, sugar and excess animal protein) and high alkaline forming foods.

Just remember you are what you eat. Don't you want to fill your body with the best possible fuel?

All Natural Lemon Lime Sport Drinks Recipe

The base of this drink is Coconut Water; one of the most natural sources of electrolytes. 100% Coconut water has more potassium than bananas, 60g of sodium and 15g carbs. With the addition of dates and agave nectar this is a great sports drink substitute! Plus the low acidity will make it easier to digest.

Ingredients:

1/2 lemon

1/2 lime

3 dates (glucose)

2 cups coconut water

1 tsp agave nectar (fructose)

Directions:

Blend ingredients until smooth.



Vegetables

The one thing that is missing most in athlete's diets, I find, are vegetables. Vegetables are especially helpful if you find that you're feeling a bit more sluggish these days, or are putting on weight instead of losing it. They are nutrient dense (loaded with vitamins and fiber) and low in calories and fat. Because of this you can munch on them all day long! Vegetables also help to ease digestion and give you more regularity in your elimination cycle. I recommend trying to incorporate vegetables into every meal of the day, in particular, leafy greens. Think about making the focus of your plate leafy greens rather than focusing on your protein.

The most popular nutrients found in vegetables are Vitamin A, Vitamin C, calcium, magnesium, potassium, and iron. Vegetables contain cancer-fighting phytochemicals like beta-carotene and selenium, and these powerful phytochemicals are much more powerful in whole food form than they are in supplement form.