



10 Rules of the Nutrition Game

1.) You **MUST** eat breakfast:

- Eat asap after waking; ideally within 30 minutes as it will kick start your metabolism
- Make this your largest meal of the day

2.) Eat Every 2-3 Hours:

- Critical for metabolism, balancing blood sugar, and maintaining lean mass & losing body fat
- Divide time awake by 3 (16hours/3 = 5-6 meals)

3.) Eat protein with **EVERY** meal:

- Choose lean or low-fat sources (poultry, egg whites, skim milk, fish, cottage cheese, low-fat yogurt, beans). Eat 1-2 servings/meal, 1 serving = 1 fist
- When necessary use (whey isolate) protein powder- add 1 scoop to oatmeal, yogurt, smoothies

4.) Eat veggies with **EVERY** meal: (Eat 1-3 Fists/Meal)

- The most nutrient-dense foods on the planet, but not calorically dense
- Rich in fiber, vitamins & phytonutrients that accelerate healing & recovery

5.) Adjust intake with activity level (esp. for fat loss):

- Calorie and carb intake should be higher on heavy days, lower on light days
- On heavy training days, eat slightly bigger meals/snacks and include whole grains in breakfast and post-exercise meals
- On light days, eat slightly smaller meals/snacks and limit carb intake to veggies & fruits except in the post-exercise meal (include some whole grains)

6.) Eat healthy fats daily:

- Fat is an important component of a healthy diet and should provide 20-30% of total calories
- The key is to focus on healthy fats (fish) and limit saturated (animal) fat and avoid trans fats

7.) Do NOT drink empty calories:

- Eliminate fruit juice, soda, lattes, frappucinos and other sugar-laden drinks
- Drink primarily water, recovery shakes after workouts, and antioxidant-rich green, white, black and red teas

8.) Eat/Drink immediately post exercise:

- Within 15 minutes drink your recovery shake and within 90 minutes eat a recovery meal
- Do NOT miss the ‘window of opportunity’ to accelerate the repletion of glycogen (fuel stores) and begin tissue repair/growth

9.) Eat whole foods as much as possible:

- Focus on consuming high quality nutrient dense REAL foods that are as close to their natural state as possible (think apple vs. crackers)
- Limit processed/refined foods, fake foods, fried foods and artificial ingredients
- Focus on lean meats, eggs, veggies, fruits, nuts, high-fiber cereals/oats, and low-fat dairy

10.) PLAN ahead:

- Your days are crazy; if you fail to plan you will fail!
- Pre-make your meals/snacks for the day, do not strand yourself on campus with no food to eat!