

NUTRITION FOR PERFORMANCE

THE QUICKSTART GUIDE
TO MAXIMIZING YOUR
TRAINING RESULTS
USING SIMPLE EATING HABITS.



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The second essential habit.

If your goal is to maximize your athletic performance or even your fitness level, then you must train and you must train hard. Occasionally I will see a professional athlete interviewed and he says something like, 'I don't really do much training and I eat at McDonalds four days every week – but it doesn't seem to slow me down, look at how many points I have.' Some people will hear that and think "Wow!" what an amazing natural ability that athlete has. I always think "Wow" that is so sad. This athlete is so gifted yet he is denying himself (and us) the opportunity to see how great he really could be. You cannot maximize your performance without training hard. That is the first essential habit.

The second essential habit is looking at food as a way to fuel your training. Proper nutrition is a habit that takes time to develop. Do not think of nutrition as just "eating", think of nutrition the same way you think of a workout. Many mornings you may get up and not feel like doing your workout, but you would not skip the workout. Same goes for nutrition, many athletes tell me "I don't feel hungry in the morning, so I don't eat breakfast." That is the say as skipping a workout in my opinion. When you eat you are ingesting the ingredients necessary to build and repair muscle, to replenish your energy stores and to maintain your immune system. You will be investing a lot of time and energy into your workouts, give a little extra effort to your nutrition plan to get the true rewards.

Nutrition is often made more complex than it has to be, for healthy athletes proper nutrition is very simple. There is no magic shake or powder or capsule that will give you 21" biceps. You simply need to provide the proper building blocks. When you are training hard, your body wants to add muscle mass, but if you are not consistently ingesting the building blocks then you will fail to see the results.



PART ONE: How to Eat for Performance

The guidelines outlined below are compiled from material that I have collected from one of the greatest strength and conditioning coaches out there Mark Verstegen. Mark trains champion athletes from all major league sports at his Athlete's Performance training centres throughout the United States. I love his approach to both nutrition and training and I have been using these nutrition guidelines with the athletes I train at Revolution Conditioning with great results over the past five years, so I know they work.

How to Eat Like a Champion.

- Eat smaller amounts more often
- Time your meals
- There are good carbs and not-so-good carbs
- All proteins are not created equal
- Fat is important too
- Do not skip breakfast
- Combine your carbohydrates and proteins at meals
- It's okay to snack between meals
- Stay hydrated.

Let's take a closer look at each guideline.

1. Eat smaller amounts more often:

- a. You must eat every three hours this helps control blood sugar levels and keeps your body from going into starvation mode where lean muscle tissue becomes a source of energy; we really do not want this to happen. Even if you are trying to lose weight, you will still eat every three hours.
- b. Those who are trying to gain weight will eat six meals per day; those trying to lose weight will eat five meals.
- c. When eating these smaller meals you must pay attention to portion sizes. Basically your protein portion will be about the size of your palm or a deck of cards. Your carbohydrate portion will be approximately the size of your fist. You can eat as many vegetables as you wish as long as they are not drenched in sauces or butter.
- d. 2-3 of these meals will be "snacks" and may include meal replacement bars or shakes.

Practical Tip: I am not very fussy about portion sizes for adolescent athletes or athletes who had trouble adding muscle mass. If an athlete is training hard, and has a body composition between 8-12% for a male athlete, 18-20% for female athletes, then I let them eat as much as they wish of healthy food choices. By monitoring body composition regularly you can easily see the athlete's muscle mass increase relative to the fat mass. If I see an athlete's fat mass or body fat percentage increase, then we will talk about portion control.

For most adult athletes and weekend warriors, increasing the meals per day (healthy choices of course) will dramatically improve your body composition and I would aim for portion control as described above.

2. Time your meals:

- a. Everyone is busy, so you must plan ahead. Begin on Sunday by grilling some chicken, fish or lean red meat; this will help get you through the first part of the week. Then make a double batch of pasta or brown rice when cooking dinner and use this for lunch the next day.
- b. By being prepared for your meals you will not be caught without something appropriate to eat. When you fail to plan your meals then you end up grabbing whatever is available i.e. junk.
- c. You must be prepared to eat immediately before and/or following your workouts, this is a critical time to fuel your body. Due to their convenience, this is a time when meal replacement/protein shakes or bars may be the most useful.
- d. Carbohydrates are the most important source of fuel for the body, but you do not want to overfill your tank (again adolescent athletes may need more carbohydrates to keep up with their energy expenditure). Eat the majority of your carbohydrates in the morning and afternoon as these are the times when you are most active. Later in the evening look toward more protein.
- e. Specific eating plans will be provided at the end of this section.

3. There are good Carbs and not-so-good Carbs

- a. When choosing carbs, we want to target the less refined sources. The glycemic index of a carbohydrate tells us how quickly it will raise our blood sugar. Glucose gets a score of 100; skim milk gets a score of 32. For the most part we want lower glycemic index sources as this helps control the insulin response or that sugar high followed by a crash. One exception is immediately following your workout you should choose a higher glycemic index carbohydrate which will signal your cells to accept the building blocks that are being put into your system through your post workout meal.
- b. See attached list of glycemic index values for different foods.
- c. Watch out for some “Low Fat” or “Fat Free” products. When the manufacturers take out the fat they have to add something to make the food palatable, this often comes in the form of high-fructose corn syrup. This is found in countless products including pop, ketchup, granola bars etc. If high-fructose corn syrup is listed as the first or second ingredient on the nutrition label of a product (these are listed in the order of most to least volume on the label) then look for a different brand.



Glycemic Index of Common Foods

High Glycemic Post Workout	Moderate Glycemic Intermediate	Low Glycemic Meals/Snack
Gatorade - 91	Pasta - 41	Apple - 36
Soft Drink - 68	White Rice - 56	Banana, under ripe - 30
Bagel - 72	Pumpernickel Bread - 41	Grapefruit - 25
White Bread - 70	Bran Muffin - 60	Pear - 36
Corn Flakes - 84	Popcorn - 55	Lima Beans - 32
Oatmeal - 61	Orange Juice - 57	Chickpeas - 33
Graham Crackers - 74	Banana, overripe - 52	Green beans - 30
Grape Nuts - 67	Orange - 43	Kidney beans - 27
Watermelon - 72	Apple Juice - 41	Lentils - 29
Raisins - 64	Corn - 55	Chocolate Milk - 34
Honey - 73	Peas - 48	Skim Milk - 32
Baked Potato - 85	Sweet Potato - 54	Whole Milk - 27
	Baked Beans - 48	Yogurt, low fat - 33
	Lentil Soup - 44	Power Bar - 30-35

Carbohydrates:

Good

- Breads - pumpernickel, rye, sourdough
- Cereals - Kashi, Oatmeal (not instant), Whole grain (low sugar)
- Starches - Brown rice, couscous
- Root Vegetables - beets, sweet potatoes, yams
- Green Vegetables - Asparagus, broccoli, brussel sprouts, cucumber, field greens, green beans, romaine lettuce, snap peas, spinach
- Other Vegetables - Bell peppers, carrots, celery, eggplant, mushrooms, squash, tomatoes
- Fruit - apples (green), blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes (red), honeydew, kiwi fruit, mangoes, oranges, papaya, peaches, plums, pomegranates, raspberries, strawberries, watermelon

Neutral

- Breads and Baked Goods - Bread (whole wheat), muffins (oat or whole wheat), tortillas (whole wheat),
- Cereals - Corn based cereals, rice based cereals
- Starches - Egg noodles, pancakes (whole wheat, buckwheat with no syrup or low-sugar syrup), pasta (whole wheat or vegetable)
- Root Vegetables - Potatoes (baked)
- Other Vegetables - Iceberg lettuce, yellow squash, zucchini
- Fruit - Dates

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- Snacks - English muffins (whole wheat), rice cakes, and wheat crackers.
- **Stay Away**
- Baked Goods - Bagels, cakes, cookies, doughnuts, English muffins, white bread.
- Cereals - sugary cereals
- Dairy Products - Frozen yogurt (with sugar), ice cream
- Snacks/Treats - Dried fruit, French fries, granola bars, potato chips, trail mix
- Salads - Coleslaw, creamy seafood salad, potato salad

4. All Proteins are not created equal

- a. Protein can readily be used by the body to repair and build new muscle tissue; as long as you are consuming sufficient amounts of carbohydrate to replenish your energy stores that is.
- b. You should consume 0.6-0.8 grams of protein per pound of body weight. If you are very lean and very active you may need to eat a higher level of protein.
- c. Your key sources of protein should come from chicken (including eggs), fish and lean cuts of red meat. Red meat is also a natural source of creatine.

Proteins:

Good

- Fish - anchovies, calamari, cod, flounder, grouper, halibut, mackerel, mahi mahi, salmon (wild), sardines, swordfish, tuna (canned in water), tuna steak.
- Shellfish - clams, mussels, crab, lobster, oysters, shrimp
- Poultry - chicken (skinless), ground turkey (extra lean), turkey breast
- Meat - flank steak, ground beef (93% lean), ham (96% fat free), London broil, top and bottom round, pork loin (lean)
- Legumes - black beans, soybeans



- Dairy Products - Cheeses (less than 2% fat), Egg Beaters, egg whites, milk (skim), yogurt (lower fat-low sugar)

Neutral

- Poultry - Chicken with skin, ground turkey (85-90% lean)
- Meat - ground beef (85-90% lean), roast beef
- Legumes - chickpeas, kidney beans, lentils, pinto beans
- Dairy Products - Cottage cheese (1-2%), frozen yogurt (low fat-low sugar), milk (1-2%), whole eggs, yogurt (whole milk)

Stay Away

- Meat - heavily marbled, regular ground beef, NY strip, T-bone
- Dairy Products - Soft cheeses (Brie), whole milk

5. Fats are important too.

- a. We need fat for good health. The key is choosing the correct types of fat. Generally you want to consume unsaturated fats. Liquid is the natural state of these products at room temperature, but through chemical processes they can be made solid, this is where we get the *trans fats* from and this is not a good thing.
- b. Good choices for fat are olive oil, canola oil, flaxseed oil and fish oils. Remember that French fries are always junk food even if they are made with organic potatoes and fried in canola oil!



Choosing the right Fat:

Good

- Oils and Sprays - canola oil, canola spray, fish oil capsules, flaxseed oil, “I Can’t Believe It’s Not Butter Spray”, olive oil (extra virgin).
- Vegetables - avocados
- Seeds - pumpkin, sunflower
- Nuts - almonds, cashews, macadamias, pecans, soy nuts, walnuts

Neutral

- Legumes - natural peanut butter, peanuts

Stay Away

- Dairy Products - butter, cream, ice cream, margarine, whole milk
- Oils - lard (Crisco, etc)

6. Do not skip breakfast

- a. Imagine going an entire 8-hour day on the bus without eating anything. Would you skip dinner? No way, you would be starving; your body goes through the same type of starvation when you sleep. Even though you are not physically active, your body is still very busy repair tissue and building new muscle mass. This takes energy.
- b. Your breakfast should contain carbohydrates, protein, good fat and fibre.

7. Combine your carbs and proteins with each meal.

- a. Combining these foods will allow you to build new muscle mass, moderate your insulin response and have maximum energy.

- b. Look at your lunch or dinner plate. Do you see a lean protein source along with carbohydrates including a colorful carbohydrate that is rich in fibre like broccoli? Is there any good fat from either fish oil or olive oil?

8. Snack between meals.

- a. Snacking serves many roles, but one of the most important purposes is to keep you from over-eating down the road. Your mother always told you not to spoil your dinner, but actually this is okay if eating now keeps you fueled and for those of you who tend to binge on unhealthy choices it will keep you from over-indulging in two hours.
- b. Your snacks should also contain high-fibre carbohydrates, proteins and fats.
- c. If you are using meal replacement bars, look for ones that have 15-30 grams of protein, 8-20 grams of carbohydrate and a few grams of fat. An exception is your post workout snack where you want 40 grams of carbohydrate and 20 grams of protein.
- d. Do not drink your calories when snacking. Replace soft drinks, juices, Gatorade (when you are not training) with water. These drinks have many calories, but no nutrient value.





9. Stay hydrated.

- a. Drink two glasses of water in the morning, two glasses with every meal, plenty of water before, during and after exercise.

- b. Do not hydrate

yourself with sodas, fruit juices or so-called energy drinks.

- c. Check your hydration levels daily by noting the color of your urine. It should be a clear/pale lemonade color.

Beverages:

Good

- Tea (decaffeinated - green, black or white), water

Neutral

- Coffee (decaf or regular), diet soft drinks, fruit juices (unsweetened), orange juice (diluted), teas (caffeinated)

Stay Away

- Alcohol, fruit juices (sweetened), Kool-Aid, smoothies (can be very high in calories and may be high in sugar), soft drinks

Condiments:

Good

- Balsamic vinegar, cayenne pepper, fruit spreads, garlic, herbs, spices, horseradish, hummus, fat free mayonnaise, Mrs. Dash seasoning, mustard, pesto, fat free salad dressing, salsa

Neutral

- BBQ sauce, ketchup, salad dressing (low fat), syrup (light)

Stay Away

- Mayonnaise, Miracle Whip, salad dressing, sugar

PART TWO: When to Eat for Performance

Sample Meal Timing for afternoon workouts

7:00am	Breakfast
10:00am	Snack
1:00pm	Lunch
3:00pm	Pre-Workout Snack (optional)
4:00pm	Workout
5:30pm	Post-Workout Shake or Snack
6:00pm	Post-Workout Meal as soon as you get home
9:00pm	Snack

Sample Meal Timing for evening workouts

7:00am	Breakfast
10:00am	Snack
1:00pm	Lunch
4:00pm	Pre-Workout Snack
5:30pm	Workout
7:00pm	Post-Workout Meal as soon as you get home
9:00pm	Snack (option if you are trying to lose fat)



PART THREE: What to Eat for Performance

<i>To Gain Mass</i>
Breakfast <ul style="list-style-type: none"> • 1 cup of cereal with milk and frozen blueberries • 1 cup orange juice • 1 piece of whole wheat toast with jam or peanut butter • 2 cups of water
Snack <ul style="list-style-type: none"> • 1 cup low-fat/low sugar yogurt with fruit • Whole wheat crackers with peanut butter • Water
Lunch <ul style="list-style-type: none"> • 1-2 cups of rice • 2 cups stir fried vegetables • 3 oz. of chicken (skinless) • 1 banana • Glass of milk • Water
Pre Workout Snack <ul style="list-style-type: none"> • Bagel with peanut butter (eat well before workout) or; • Water or juice mixed with protein powder • Water
Post Workout <ul style="list-style-type: none"> • Protein/Carbohydrate shake or; • Sport Drink plus yogurt or; • Fruit plus cottage cheese
Dinner <ul style="list-style-type: none"> • 2 cups whole wheat pasta • 1 small sweet potato • 1 slice of bread • 1 cup pasta sauce (not cream sauce) • 3 oz ground beef • 1 ½ cup of pineapple (no sugar added)
Snack <ul style="list-style-type: none"> • 1 green apple • 2 tbsp of peanut butter

<i>To maintain weight or lose fat</i>
<p>Breakfast</p> <ul style="list-style-type: none"> • 1/2 multigrain bagel • 1 cup orange juice • 2 tbsp. fruit spread • 1 egg hardboiled • 2 cups of water
<p>Snack</p> <ul style="list-style-type: none"> • 1 cup low-fat/low sugar yogurt with fruit or; • Protein bar • Water
<p>Lunch</p> <ul style="list-style-type: none"> • 1 cups of rice • 2 cups stir fried vegetables • 3 oz chicken • 4 graham crackers • Water
<p>Pre Workout Snack</p> <ul style="list-style-type: none"> • Apple with slice of low fat cheese or; • Water or juice mixed with protein powder • Water
<p>Post Workout</p> <ul style="list-style-type: none"> • Protein/Carbohydrate shake or; • Yogurt with fruit or; • Fruit plus fat free cottage cheese
<p>Dinner</p> <ul style="list-style-type: none"> • 2 cups whole wheat pasta • 1 small sweet potato • 1 slice of bread • 1 cup fat free pasta sauce (not cream sauce) • 5 oz ground beef • 1 slice watermelon • Water

PART FOUR: Make a choice – Pizza or Performance!

I know as you review these meal plans you may be thinking to yourself – ‘but I don’t like broccoli’. That is okay, I think you get the idea. Don’t like broccoli, then how about carrots, green peppers, romaine lettuce? Just pick one.

If you are thinking to yourself, that grilled chicken does not taste as good as the double cheese pepperoni pizza that I usually eat for lunch, well, I will agree with you. I love pizza too! I would actually eat it everyday if I could. However if I ask myself which do I want more – to be lean, strong and fit or to eat pizza. My answer is clear. So ask yourself which do you want performance or pizza.

PART FIVE: Even MORE Meal Ideas for You!*Breakfast*

- One whole egg plus egg white omelets with vegetables; fruit on the side and whole grain cereal
- Oatmeal and slice of fat free ham
- Kashi cereal with blueberries and yogurt

Lunch

- Tuna with fat free mayo, lettuce, and tomato on rye bread or as a salad
- Chicken breast on sourdough, pumpernickel or rye, with fruit and vegetables.
- Chicken breast on a bed of spinach or lettuce with sliced tomatoes and a sprinkling of nuts with vinaigrette dressing.
- Lean turkey on rye bread with vegetables or as a salad.
- Low fat chili with lean meat
- Lean meat tacos without sour cream.

Supper

- Grilled salmon with vegetables and couscous
- Grilled cut of lean red meat with brown or wild rice and vegetables
- Lean pork with seasoning with rice and vegetables
- Grilled chicken breast with steamed vegetables
- Bean burrito without low fat sour cream
- Whole wheat pasta with tomato sauce and clams

But I MUST Have Pizza!!

Are you still going on about PIZZA? Wow, I am sorry I ever mentioned it! Okay, I hear you loud and clear. Although some would argue to the contrary I am not completely heartless and I am willing to make a deal. If you promise to eat properly 90% of the time, then I will give you a 10% cheat meal.

This is a rule I first heard from Dr. John Berardi and I think it is a great rule because it still lets you enjoy a few of the foods you love. Yes I did say *a few!* I hesitate to call it your 'cheat' day because you are not cheating really, this is a part of your nutrition plan. Just be sensible. Do not use your 10% cheat meal to down a full extra large double cheese pizza pie. Do you promise? Okay, then we have a deal!



Quick Reference Trouble Shooting Guide.

- If athlete is **losing weight unintentionally**
 - He needs more calories - increase both protein and carbohydrates
- If athlete is **losing strength** and seems over trained
 - Increase protein intake
- If athlete **becomes fatigued** before the competition is over
 - Increase carbohydrate intake before and after event
- If athlete is performing resistance training with sufficient intensity but is **failing to make gains** in both muscularity and strength
 - Increase protein intake
- If athlete is **gaining fat**
 - Decrease carbohydrate slightly and increase protein slightly.

As you read through this Nutrition for Performance guide you will see that eating properly is relatively simple, but that is not to say that it will be easy. You must plan ahead and be disciplined with your eating. It is exactly the same as your training – you must be committed to your excellence and take consistent steps on a daily basis to become better.

If it were easy, everyone would do it right? So look at this as a great way to get a jump on your competition because even if they are training hard, I will bet you the majority are not doing all they can to eat properly for maximum returns.

I hope you have found some helpful tips in this special Insider's Report. This is not an exhaustive review of sport nutrition, rather it is meant to give you some practical suggestions. If you wish to learn more please consider the following references.

References

Core Performance. Mark Verstegen and Pete Williams. Rodale Press 2004

Power Eating. Susan M. Kleiner, PhD, RD. Human Kinetics

Precision Nutrition. John Berardi, PhD - www.precisionnutrition.com

ABOUT THE COACH...



Maria Mountain, MSc is the owner of Revolution Sport Conditioning located in London, Ontario, Canada. Since starting out as a fitness coach in 1994, Maria has developed a reputation for helping athletes perform at the highest level in their chosen sport.

She has shared her expertise with collegiate athletes as the head strength coach to both men's and women's hockey, basketball, volleyball and track and field teams at the University of Western Ontario. You have seen some of Maria's clients competing at the Olympics, in the NHL, MLB, AHL and CFL. Her career highlights include watching her client Andy McDonald hoist the Stanley Cup for the Anaheim Ducks, seeing Jeff Francis pitch for the Colorado Rockies in the World Series final and holding the Olympic Gold medal won by Team Revolution athlete Scott Moir in Vancouver.

Her goal is to help athletes perform and win at the very highest level by designing effective training systems that reduce the athlete's risk of injury leading to a long and productive career.

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