

# PERFORMANCE DINING

*Eat* WITH *Purpose*

## *Nine* AREAS OF FOCUS



### PROTEIN SOURCE

Protein is an essential nutrient present in every cell in the body. It's made of amino acids which are building blocks that help grow and maintain the body's tissues — including muscles, tendons, blood vessels, skin, hair and nails. Protein is also involved in synthesizing and maintaining enzymes and hormones to keep the body's systems functioning properly.

**EXAMPLES** | Edamame, tofu, chicken, fish, grass-fed beef, eggs, Greek yogurt, Quinoa, beans



### HIGH ENERGY

High Energy: The role of carbohydrates is to provide energy. They provide energy for physical activity, brain function and operation of the organs. Fiber found in carbohydrates is important for gastro-intestinal health and waste elimination. Foods that contain Whole Grains, Starchy Vegetables (higher yield of energy (carbohydrate)/serving) and Fruits will be marked as “high energy”.

**EXAMPLES** | starchy vegetables- corn, potatoes, peas, whole grains (whole wheat pasta, brown rice, oatmeal, whole wheat breads and wraps), legumes, and fruits



### SMART EATS

Eating well for mental performance is just as important as eating well for physical performance. Your body needs fat from food. It's a major source of energy, helps you absorb vitamins and minerals, support brain structures, and is essential for blood clotting, muscle movement, and decreasing inflammation. Foods high in CLA, Omega 3, and Mono/Poly unsaturated fats will be marked as Smart Eats.

**EXAMPLES** | fatty acids: nuts, seeds, fish olive oil, and egg yolk



### HYDRATION

Drinking fluids is crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain, and muscles. Fluids carry nutrients to your cells, flush bacteria from your bladder, and prevent constipation. Beverages with no added sugars, and foods with high water content will be marked as “Hydration”.

**EXAMPLES** | water, dairy and non-dairy milk, and fluid rich foods such as fruits and vegetables, teas, and infused/sparking waters



### RECOVERY FOOD

Physical activity is an important part of health. Physical activity can improve mood, strengthen bones and build muscles. Food plays an essential role in building gains from a workout practice or game. Recovery foods are most effective consumed with 30 minutes of activity. Recovery foods consists of a carb to protein ratio. Carbohydrates help to replace glycogen in the muscles and the protein builds and repairs muscles.

**EXAMPLES** | Greek yogurt, chocolate milk, rice bowl, pasta bowl, smoothies/smoothie bowls.



### IMMUNE SUPPORT

Students who consistently train hard and have active days are at higher risk of immune deficiency. The Immune system defends against disease-causing microorganisms. A healthy immune system starts in the gut and requires good, regular nourishment, providing a wide range of micronutrients. Research has also shown that pre/probiotics may be helpful in supporting gut and immune health. Foods that are good sources of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, and E or that contain pre/probiotics will be marked as Immune Support.

**EXAMPLES** | fresh apples, oranges, bananas, grapes, melon, broccoli, green beans, spinach, romaine, carrots, cauliflower, herbs, probiotics such as dairy, nuts, and spices



### BONE SUPPORT

The best insurance against osteoporosis is building the highest bone density possible by your 30's. Getting enough calcium and vitamin D are two critical strategies for keeping bones strong. Foods and beverages high in calcium and vitamin D will be marked for Bone Support.

**EXAMPLES** | yogurts, cheeses, dairy and non-dairy beverages, certain nuts and seeds, soy products, and some green vegetables

# PERFORMANCE DINING

*Eat* WITH *Purpose*

## *Continued* AREAS OF FOCUS



### ANTIOXIDANTS

Antioxidants: Such as vitamins C and E and carotenoids, may help protect healthy cells from damage caused by free radicals.

**EXAMPLES** | Carotenoids: red, orange, deep-yellow and some dark-green leafy vegetables; Vitamin E is found in vegetable oils, salad dressings, margarine, wheat germ, whole-grain products, seeds, nuts and peanut butter. Vitamin C like citrus fruits (oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.



### ANTI-INFLAMMATORY

Anti-Inflammatory: One of the most powerful tools to combat inflammation comes not from the pharmacy, but from the grocery store. Include more fruits and vegetables, n-3 fatty acids, whole grains and spices to aid the fight against inflammation.

**EXAMPLES** | Tomatoes, olive oil, green leafy vegetables, such as spinach, kale, and collards, nuts like almonds and walnuts, fatty fish like salmon, fruits such as strawberries, blueberries, cherries, and orange.