

Nutrition for Athletic Performance

Intrafitt Performance Nutrition Center

- 1) The brain controls ALL functions in the body. Glucose (simple sugar) is the brain's fuel source. **In order to make forward progress toward any athletic goal, you must maintain a normal regulated blood sugar level.**

- 2) **The essential factors** in designing a proper nutrition program are
 - a. Meal frequency
 - b. Nutrient Ratios PER MEAL
 - c. Caloric intake PER MEAL
 - d. Proper food choices

- 3) Nutrition must be tailored INDIVIDUALLY based on athletic, medical, nutrition and body composition history, current activity level, body composition and eating habits and athletic goals. **(Get your body composition checked every three weeks).** Your calculations should be based on lean mass rather than overall weight.

- 4) The Macronutrients and their function:
 - a. Protein: Key in rebuilding and repair of tissue and manufacturing of enzymes and hormones (4 calories per gram)
 - b. Carbohydrates: Supply the brain with glucose, provide energy for all metabolic functions. (4 calories per gram)
 - c. Fat: Provide body with essential fatty acids and help in maintenance of normal blood sugar levels by prolonging the emptying time of the stomach. (9calories per gram)

- 5) **Your nutrition program should support and enhance your athletic performance, not hinder it.**