



## Eat Like the Pros®

***There are six components to eating like a pro,  
all of which will fuel your body as nature intended!***

**Premium Fuel as Nature Intended:** The breakfast of champions is not found in a box! Premium fuel *as nature intended* is what all athletes need to perform well. Don't eat something pretending to be something else. This includes fake sugar (artificial sweeteners), fake butter (margarine), fake eggs (Egg Beaters), or fake meat (processed soy protein). Instead, eat foods that will rot or spoil, but eat them before they do! Try to spot the tricks that food commercials play and see if the product is really good for you or not. Only about 5 out of every 100 food commercials are for whole, real foods. The rest are processed foods and alcohol. Ideally, your calories will come from a variety of whole foods that provide abundant amounts of clean protein (meat/fish/eggs), healthy and healing fats and a wide variety of colorful raw and cooked vegetables. Include fruits and gluten-free whole foods to match training, body composition goals and digestive tolerance.

**Healing Fats and Clean Proteins:** Avoid trans fatty acids (hydrogenated or partially hydrogenated oil, margarine, shortenings, refined vegetable oil and commercially fried foods). These are chemically altered oils, which are toxins to the body. They don't allow your cells to work right, and they block the proper absorption of good fats. Instead, choose organic cold-pressed unrefined extra-virgin olive oil in a dark bottle, unrefined coconut oil, organic duck fat, grass-fed lard (US Wellness Meats), olives, sprouted nuts and seeds, ground flaxseed, chia seeds, avocado, butter and ghee. Never heat vegetable oils or olive oil to high temperatures; only stable fats such as butter, coconut oil, ghee (cow or goat), lard and duck fat should be heated. Clean protein sources include cold-water fish such as wild salmon, pasture-raised meats, eggs and poultry (with the skin on!).

**Gluten-Free:** Gluten is a protein found in wheat, rye, barley, and contaminated oats. Naturally gluten-free whole foods and organic sources of carbohydrate are encouraged, as gluten can be difficult to digest and puts a lot of stress on the immune and nervous systems. Over-consumption of gluten has been linked to the development of food intolerances, digestive issues, fatigue, weight imbalances, skin and mood disorders, and an increased risk for autoimmune diseases. It is estimated that nearly 80% of our population may have some degree of gluten sensitivity. At SportFuel, we suggest that athletes reduce their gluten intake, ideally eliminating it for six weeks to see what improvements they notice by reducing this dietary stressor. We also recommend testing for gluten sensitivity and overall intestinal health.

**Low in Added Sugar:** If sugar or sweeteners like high fructose corn syrup, are one of the first three ingredients listed on a food label, don't eat it! This means avoiding sweetened beverages, fruit juices, sweets, processed snack foods and most all baked goods. Carbohydrates, when consumed as refined sugar, are very inflammatory compounds. While many athletes believe that they should be loading up solely on carbohydrate-containing grains all day long, actually they are mistaken. Rather, the focus ought to be on the TYPE and TIMING of real-food versus processed carbohydrates for optimal fueling, performance, and health.

**No Chemicals, Dyes, or Hormones:** Avoid vast amounts of pesticides found on non-organic fruits and vegetables by choosing organic produce whenever possible, especially for the following foods: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported), potatoes and all leafy greens (spinach, lettuce, kale). Wash all produce well. Choose organic deli meats and uncured breakfast meats (bacon, sausage) that are labeled "nitrate/nitrite-free" or "no nitrates/nitrites added." Choose meats and animal products that are grown without added hormones or antibiotics such as: sustainable and organic meat, poultry, and pastured eggs. Grass-fed and finished beef is the best because the animal was raised humanely and was provided with the correct diet of grass. Better nutrition for the animal translates to improved health and nutrition for you - and it's the right thing to do!

Chemicals added to foods (artificial colors, flavors, etc.) have been associated with mental disorders such as ADD, ADHD, and autism. Nature did not intend for us to consume these chemicals. Instead, eat nature's colors and flavor, the brighter the better! Everyday, try eating all of the colors of the rainbow by choosing foods that are naturally red (raspberries and red peppers), orange (carrots and sweet potato), yellow (yellow onion and lemon), green (broccoli and asparagus), blue (blueberries), and purple (grapes and purple potatoes).