

Fueling Your Exercise

- High intensity exercise depends primarily on carbohydrates for fuel.
- The harder you train, the more you need to supply your body with carbohydrate in order to build muscle effectively and efficiently.
- The harder you train, the higher your calorie burn will be.
- Proteins and fats play a critical supporting role to carbohydrates by aiding in tissue repair, recovery, and growth.
- Choose the right type of fat: unsaturated.
- A variety of protein-rich foods in your diet ensured the most well-balanced nutrient composition.
- Plant based protein foods have a wide variety of phytochemicals, vitamins and antioxidants.
- Animal based proteins are high in minerals, however, they also contain cholesterol.
- The body utilizes protein most efficiently in 20-25 gram increments the equivalent of about 4 ounces of animal protein or 1.5 cups of beans.
- When you combine carbohydrates and protein together you maximize the function of each nutrient. Protein raises your insulin response heightening the delivery to transport carbohydrate into the muscle cell creating an anabolic hormonal response aiding in the synthesis of new muscle protein and decreasing the breakdown of protein as a side effect of intense exercise.
- Eating carb + protein combination has an effect on mood: it enhances the movement of tryptophan, an amino acid, into the brain to manufacture and raise serotonin.
- Fats should come from fish and plants.
- Eat small portions of fat at every meal, except around exercise.

Combinations

- Breakfast: 4 ounces of protein rich food, 1 cup raw or cooked vegetables, 1 fruit, 2 fat servings
- Snack example: 4 ounces of protein rich food, 1 fruit, 2 fat servings
- Lunch: 4 ounces of protein rich food, 1 cup cooked or 2 cups raw vegetable, 1 starchy/whole grain, 2 fat servings
- Dinner: 4 ounces of protein-rich food, 1 cup cooked or 2 cups raw vegetable, 2 fat servings

Examples Attached