

10 Tips for High Level Nutrition

1. **BREAKFAST:** Eat a quality breakfast, which includes good sources of fibre, protein and natural nutrients, and is low in sugars.
2. **EAT FREQUENTLY:** Eat frequent, *quality* meals and snacks every 2-4 hours of waking time.
3. **HYDRATE:** Drink lots of clean water throughout the day and primarily between meals. Other options are natural herbal teas, and green tea in moderate amounts. Do not use sports drinks away from training or competing.
4. **AVOID SUGARY, REFINED CARBOHYDRATE DRINKS:**
 - Pop and diet pop
 - Vitamin waters
 - Juices, fruit cocktails, and commercial fruit smoothies (eat real fruit instead)
 - Ice cappuccinos, chocolate milk, and similar sweetened dessert drinks
5. **EAT YOUR VEGETABLES:** Include a minimum of 4 cups of vegetables per day (raw, grilled, steamed). Note: Peas, corn and fries don't count ☺
6. **EAT GOOD FATS:** This includes foods such as avocado (in sandwiches, salads, smoothies), raw nuts/seeds, natural nut butters, sardines, extra virgin olive oil (on salads), extra virgin coconut oil (for cooking), or other "unrefined" oils for low heat or cold foods.. Good fats promote satiety (meal satisfaction), health and good body composition, and keep you away from loading up on calorie-dense, nutrient-poor processed foods.
7. **INCORPORATE PROTEIN:** Include your protein in steady amounts throughout the day. Main sources of protein are flesh items (meat, turkey, fish, wild game, organic organ meats, etc.), eggs, and protein powders (free of artificial sweeteners/flavours/colours/preservatives). Foods containing some protein include nuts/seeds, natural nut butters, legumes, plain yoghurt (goat's, cow's), real cheese.
8. **PRACTICE EXCELLENT WORKOUT NUTRITION:** This includes pre-, during, and post-workout hydration, fuel, electrolytes, amino acids, antioxidants, vitamins and minerals that will optimize performance and recovery. This is an art, and should be practiced to near perfection.
9. **SNACK INTELLIGENTLY:** Instead of relying on store-bought granola bars as your main snack options, get more natural and creative. Better nutrition means more variety of natural nutrients. See snack list and menu plan below for some options.
10. **SLEEP:** Create a sleeping schedule that allows you to get at least 8 hours of sleep.

"Failing to plan is planning to fail." - Alan Lakein

The Clean Snack Bar List



Things to look for in a snack bar:

- Nuts: cashews, walnuts, almonds, pistachios, pecans, Brazil nuts
- Seeds: sesame, pumpkin, flax, sunflower, hemp, Salba, chia
- Whole grains: oats, brown rice crisps, millet
- Sprouted seeds/grains: i.e. sprouted flax, sprouted quinoa, sprouted mung beans
- Dried fruit: dates, figs, raisins, goji berries, cranberries, cherry, etc.
- Maca, cacao nibs, cocoa, cocoa powder, unsweetened coconut
- Natural Sweeteners: honey, maple syrup, agave nectar, brown rice syrup, stevia
- Nuts butters: cashew butter, almond butter
- Whey protein, rice protein, pea protein, hemp protein
- Sea salt, organic vanilla, ginger powder
- Organic, Fair Trade, Non-GMO

Things to avoid/limit in a snack bar:

- Refined sugars: glucose-fructose, high fructose corn syrup, dextrose, maltodextrin, etc.
- Artificial sweeteners: aspartame/Equal/Nutrasweet, sucralose/Splenda, acesulfame potassium/K
- Artificial food colourings of any sort
- Artificial flavours and non-organic “natural” flavours
- Soy protein (unless it is organic)
- Hidden trans-fats such as hydrogenated, partially hydrogenated, or modified oils
- Cottonseed oil, corn oil, non-organic soy oil
- Chemical preservatives such as sulphites, sulphur dioxide, sodium benzoate, potassium sorbate, sodium hydroxide, BHT, BHA

The Clean Snack Bar List

The following list contains a variety of nut, seed, granola, and fruit bars that are “cleaner”. These aren’t the only good bar options out there, so keep your eyes open for others. Regardless, start experimenting and see which ones you like.

- Boundless Nutrition Oatmega-3 Wellness Bar (whey protein based)
- Coco Chia (www.livingfuel.com)
- The GoodOnYa Bar (gluten-free, non-GMO, soy-free, dairy-free – good for vegans)
- Bumble Bar (gluten-free)
- Boku Super Food Bar (gluten-free, dairy-free, soy-free, organic, Kosher, plant-based proteins)
- Proteins+ Express protein bars (vanilla or chocolate)
- Elevate Me (gluten-free, soy free)
- Nature’s Path Granola bars
- Source Salba nut/seed bars
- Live Food Bar Granola (www.livefoodbar.com) (gluten-free)
- Jenny’s Macaroons (gluten-free)
- Raw Revolution (gluten-free)
- Larabar (fruit bar)
- Equibar (fruit bar)
- Greens+ Hip to Be Healthy Squares
- Vega Whole Food Energy bar
- Ruth’s Hemp, Maca, and Flax bars (www.ruthshempfoods.com)
- Break-a-Way Organic for Life bars (www.breakawaysnacks.com)
- Break-a-Way Organic Nature bars (www.breakawaysnacks.com)

SNACKS for Training & Competition

Preparation Tips

- ✓ Prepare everything the night before
- ✓ Use a leak-proof bag or insulated food pack
- ✓ Pack a fork, a spoon, napkins, and a plastic bag for leftover garbage and wrappers
- ✓ Include at least one snack for every hour you are training, competing, or waiting between
- ✓ Plan for steady hydration between events (250 to 500ml of fluids per hour) and during events (500ml to 1 litre per hour)
- ✓ Use stainless steel or glass-lined water bottles whenever possible
- ✓ Bring coins (change) in case you need to use a vending machine
- ✓ Prepare a *variety* of snacks (see below). As much as possible, avoid chemicals, preservatives, and artificial sweeteners
- ✓ Eat and drink for your purpose, environment, and your level of preparation
- ✓ For long, hot days, include snacks and drinks with a blend of electrolytes (sodium, chloride – together they are salt - and potassium)
- ✓ Bring a Magic Bullet (or share one) for liquid meals and snacks.

Carbohydrate-Dominant Snacks

- Banana*
- Fruit baby food*
- Plain yoghurt + berries* and maple syrup
- Jenny's macaroons*
- Mini pitas + hummus or guacamole**
- Home-made oatmeal cookies*

Hydrating Snacks

- Melon* (any kind)
- Plums*, pears*, peaches*, nectarines*
- Fruit salad*
- Apple sauce* (unsweetened)
- Raw vegetables*
- Pure coconut water*
- Powdered electrolyte formulas**
- Sports drink**

More Protein

- Hard boiled egg + fruit* on side
- Ricotta, cottage cheese or hard cheese (e.g, Baby Bel)
- ½ sandwich wrap (turkey, egg)
- Plain yoghurt + protein powder + berries*
- Greek yoghurt + fruit*
- Protein powders in smoothies/baby food*/apple sauce*
- Instant smoothie mixes/recovery drinks** (avoid artificial ingredients – health food stores are generally better resources in this regard)

Higher Sodium Snacks (good for high sweat losses)

- V8 100% *vegetable* juice / tomato juice
- Dill pickles
- Salted rice crackers (avoid trans-fats and chemicals)
- Pretzels
- Electrolyte drinks for sport

*excellent potassium sources

**May contain sodium, chloride and potassium

How to Choose & Make a Trail Mix (*use in accordance with nut restriction policies*)

Trail Mixes are generally a blend of dried fruit, nuts, and seeds. Here are some tips on how to shop:

DRIED FRUIT:

- ✓ Choose natural, dried fruit
- ✗ Avoid additives such as sulphites, sulphur dioxide, potassium sorbate, propylene glycol, sugars, oils

NUTS & SEEDS:

- ✓ Choose **RAW** nuts and seeds
- ✗ Do not use nuts that have been roasted in oils

Fats & Oils

	Suggested Uses	Purchase & Storage	Serving
Superunsaturates: Omega 3's & 6's			
Fish & Marine Oils	Therapeutic Use Not for cooking	<i>Molecularly distilled</i> , pharmaceutical grade, refrigerate upon opening	1 tbsp.
Flax seed oil Walnut Oil Hemp seed oil Sesame Sunflower Pumpkin seed Almond	Cold foods only – keep refrigerated	<ul style="list-style-type: none"> • Dark, glass container • Unrefined • <i>Fresh Pressed or Refrigerator Expeller pressed</i> • <i>Processed in <u>low heat and oxygen-free</u> conditions</i> • <i>Refrigerator expeller pressed or processed in <u>low-heat and oxygen-free</u> conditions, refrigerate upon opening</i> 	1 tbsp.
Borage Oil Primrose Oil Black Currant Oil	Therapeutic Use Not for cooking	Hexane-free, unrefined	As directed
Monounsaturates			
Extra virgin olive oil	Cool foods Eg. Salad dressings	<i>Unrefined</i> , extra virgin, dark, glass container, Italian or Greek origin	1 tbsp.
Avocado Oil		<i>Unrefined</i>	1 tbsp.
Saturates			
Coconut oil	Cold to high heat cooking, baking, stir frying, add to smoothies	<i>Unrefined, certified organic, extra virgin</i>	1 tbsp.
Butter	Cold to high heat cooking, baking	Certified organic	1 tbsp.
Grapeseed oil	Medium to high heat cooking, baking (in place of other oils)	<i>Expeller-pressed, solvent-free</i> (free of hexane). Try <i>Spectrum</i> brand	1 tbsp.
Foods with Good Fats			
Avocado	Use as a spread, chopped into salads or in smoothies. High in monounsaturated fat.		1/3 of whole
Sardines, herring, canned salmon,	Look for sardines packed in water or tomato sauce (no soy oil). Herring and anchovy are other good examples. High in omega 3 fatty acids.		3-4 oz.
Nut/seed butters	Should only contain one ingredient: the actual nut or seed.		1 tbsp.
Nuts	Choose raw first, dry-roasted second, but not roasted in oils. There should be no added oils whatsoever.		1-2 tbsp.
Seeds	Flax, hemp, Salba/chia, pumpkin, sunflowers, sesame. Use in smoothies, yoghourts, hot cereals, on salads.		1-2 tbsp.

Avoid: Hydrogenated and partially hydrogenated oils, modified oils, margarine, shortenings, canola oil, soybean oil, cottonseed oil, all refined supermarket oils (canola, sunflower, safflower, vegetable oils), commercial mayonnaises and salad dressings.

SAMPLE MENU PLAN

- Needs to be individualized to metabolic/caloric needs and output
- Does not include workout nutrition (this is important)
- Does not consider food allergies/intolerances but is extremely low in wheat, gluten, sugars, and all processed foods, and provides a variety of dairy options (beyond cow's dairy)

	Options 1	Options 2	Options 3
Brkfst	Oatmeal w/ berries & walnut halves and pumpkin seeds, dash of organic cream	Smoothie (milk of choice, frozen berries, seeds (flax, chia, pumpkin), cashew butter, Greek yoghourt)	Vegetable omelette w/ goat's cheese Whole grain rye toast
Snack	Raw nuts/seeds	Cheese	Berries or fruit salad
Lunch	Turkey wrap w/ veggies and avocado	Chicken breast w/ Greek salad, tzatziki, potato	Chili + green salad with EVOO dressing
Snack	Piece of fruit	Raw veggies + hummus	Plain goat/sheep yoghourt + hemp hearts + honey
Dinner	Lamb, broccoli, green salad (w/ EVOO), wild rice	Stir fry w/ shrimp, vegetables, soba noodles, sauteed in coconut oil	Tilapia, asparagus, spinach salad w/ unrefined walnut oil, quinoa
Snack	Banana + almond butter	Plain Greek yoghourt+ berries	Cottage Cheese