

# Sports Nutrition Guidebook

by Suzanne Nancy Clark

Eat 60% carbs, 25% fat & 15% protein. **Peanut butter has no cholesterol.** Avoid greasy meats, ice cream, cookies, cheese, butter, mayo, salad dressing and other foods with saturated fats & cholesterol. Limit cholesterol intake to 300mg/day. Cholesterol is found in animal products (meat & dairy), not plants (fruit, veggies, grains). Saturated fats appear to inhibit the body's ability to get rid of LDL cholesterol that clogs arteries. Canola & olive oil (monounsaturated) are better than corn oil (polyunsaturated). HDL should be >25% of total blood cholesterol.

Dietary changes (eat high-carb, low-fat) can prevent 1/3 of cancer deaths. Potassium & calcium protect against high blood pressure. If you need salt, you will crave it. Cereal with fruit is the breakfast of champions. Granola cereals have a high amount of saturated fats. 10% of daily calories can come from empty calories (sweets). Eat more early in the day so you don't over snack late at night. Salad dressings can be our nemesis (up to 100% fat). Make your own with plain, low-fat yogurt with Italian seasonings.

**Freezing foods does not destroy their nutritional value.** Our body digests carbs into glucose before using it for fuel. A green banana might have 80% starch & 7% sugar, while an over-ripe banana can be 5% starch & 90% sugar. Trained muscles can store 20-50% more glycogen than untrained muscles. Eat breakfast to replace glycogen stores after fasting all night. Good traveling snacks are trail mix, fig bars, bagel, fruit. With each ounce of stored glycogen, you store 3 ounces of water. To completely replace depleted glycogen stores, rest for 2 days and eat a high-carb diet.

Protein does not build muscles, exercise does. Any excess protein is stored in the body as fat. Muscle does not turn into fat, nor does fat turn into muscle. When you exercise, you build muscle tissue. When you consume fewer calories (try 500/day) than you expend, you reduce the fat layer. Excess fats are more fattening than excess carbs. She also has recipes for healthy cooking.