



Foods to Include

General Proportion of Food Intake:

Carbohydrates: 50-60%

Proteins: 15-20%

Fats: 25-30%

Carbohydrates

Plenty of Greens:

Leafy Greens: a good source of chlorophyll, fiber, vitamins and minerals. Consume as much as you can as often as you can. An easy way to do this is green smoothies 1-3 times a day.

beet greens – collard greens - dandelion greens – kale – red leaf lettuce -
romaine lettuce – spinach – chard – bok choy

Vegetables: for various vitamins, minerals and nutrients

asparagus – alfalfa – beets – carrots – celery – onions – peas – watercress

Starchy vegetables: small amounts

parsnips – potatoes – squash – sweet potatoes/yams

Sea vegetables: alkalizing, chlorophyll rich, rich source of electrolytes and minerals

dulse – nori – kelp – wakame – kombu

Whole Grains:

Gluten-free: amaranth – buckwheat – quinoa – chia (salba) – brown rice – millet

Wheat: spelt – kamut – emmer (farro)

Good Fruits:

apples – apricots – bananas – berries – cherries – **dates!!!** – figs – grapefruit – grapes – kiwi – mango – oranges – papaya – peaches and nectarines – pears – pineapple – plums – pomegranate

Protein:

Animal Protein: bison – chicken – turkey – fish – eggs

Legumes: lentils – split peas – beans: adzuki, black, chickpeas, kidney, pinto etc

Nuts & Seeds: hemp – flax – pumpkin – sesame – sunflower seeds – almonds - walnuts

Fats:

Essential Fatty Acids:

Omega 3 sources – ground flax seed, flaxseed oil, hemp seed, wild caught salmon, walnuts, fish oils, codliver oil

Omega 6 sources – evening primrose, borage, black currant

Good oils:

Monounsaturated sources – extra virgin olive oil (unheated), raw almonds

Saturated – unrefined coconut oil (coconut oil is recommended for all cooking. Add it unheated to smoothies and other meals)

THE BAREFOOT NUTRITIONISTA

Holistic Nutritional Counseling | Family and Maternity Reflexology

17th Ave, Bby o Yyoga Highgate – 7155 Kingsway, Bby o mobile – at your home or office

Vitamins and Supplements

Water – essential for hydration and performance

Antioxidants (Vit. A, C, E, selenium, L-cysteine) – to help the body recover from training

Bioflavonoids – anti-inflammatory

B-complex vitamins:

B1, B3 – energy generation

B5 – adrenal support

B6 – enhances performance

folic acid and B12 – red blood cell formation

biotin – carbohydrate metabolism

choline – support brain and nervous system

Calcium – bones, muscle and nerve function (choose absorbable forms “citrate” and “gluconate”)

Iron – red blood cells and oxygen (athletes lose iron through red blood cell damage during exercise)

Magnesium – muscle and nerve function

Potassium – a needed electrolyte for muscle and nerve function

Zinc – improves performance, growth and tissue repair

Chlorella – a superfood and a rich source of chlorophyll and helps to speed up the recovery process.
Highly recommended.

Coconut water – excellent source of electrolytes

Maca – improves performance, helps to balance the body especially hormones and stress levels
look for gelatinized maca (easier to digest)

Yerba mate – stimulates short term productivity (best on competition day)

Agave nectar – a good form of simple carbohydrate to consume pre-workout and during

Ginger – helps in recovery of soft tissue injuries and quicker healing of strains

THE BAREFOOT NUTRITIONISTA

Holistic Nutritional Counseling | Family and Maternity Reflexology

17th Ave, Bby o Yyoga Highgate – 7155 Kingsway, Bby o mobile – at your home or office