High-Energy Fuel

Info taken from 101 Sports Nutrition Tips by Susan Kundrat

You’re working out hard, maybe even doing extra workouts or practices to meet your fitness or performance goals. But are you paying close attention to the __________ you are putting into your body to improve your performance?

The food you eat is half the equation when it comes to keeping your body performing at its best. Think of what you eat as the fuel that gives your body __________ to get moving and keep going throughout your workout, the __________ to keep your body tuned to run in high gear, and the __________ you need so your engine runs without overheating. The kind of fuel you fill your tank with will give you the edge when it comes to your sports performance.

For years, researchers in exercise and nutrition have been studying the fuel required for top performance. Whether you’re a weekend warrior or train three or more hours a day, you should keep in mind some basics when it comes to high-energy fueling.

• Focus on nutrient-dense_______________ as your main energy source. Foods like whole grains, pasta, rice, fruits and juices, beans and peas, vegetables, and milk products are some key sources of _______________ for your working muscles.
• Eat the right amount of ___________ to repair your muscles and tissues. ___________ is found in foods like lean meats, fish, eggs, milk and milk products, beans and peas, nuts and seeds, and soy foods.
• Maintain a reasonable balance of ___________ in your diet. ___________ is an essential part of the sports diet. The key is to get enough for energy and health without overdoing it. Choosing the right kind is also important. ___________ is found in foods like nuts, seeds, oils, avocados, margarine, butter, cheese, and non-skim milk products, baked goods and desserts, sauces, and salad dressings.
• Keep your body ____________. Once you get low on __________, your sports performance can be adversely affected. So, always plan ahead, drink fluids all day long, and have fluids like water and sports drinks available during workouts.