

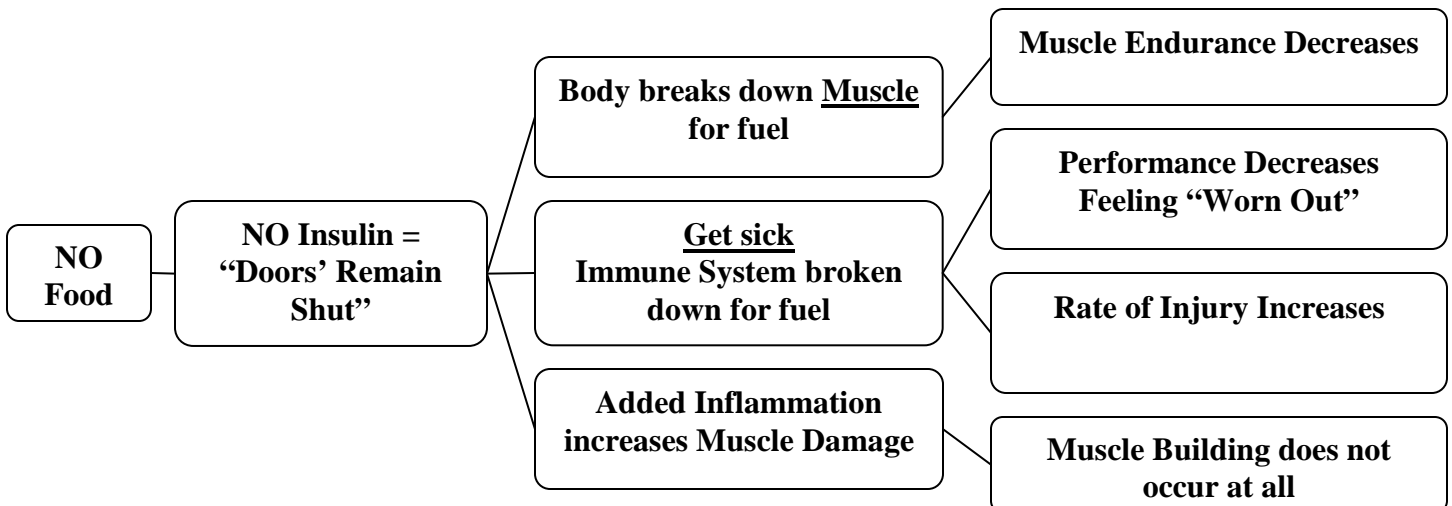
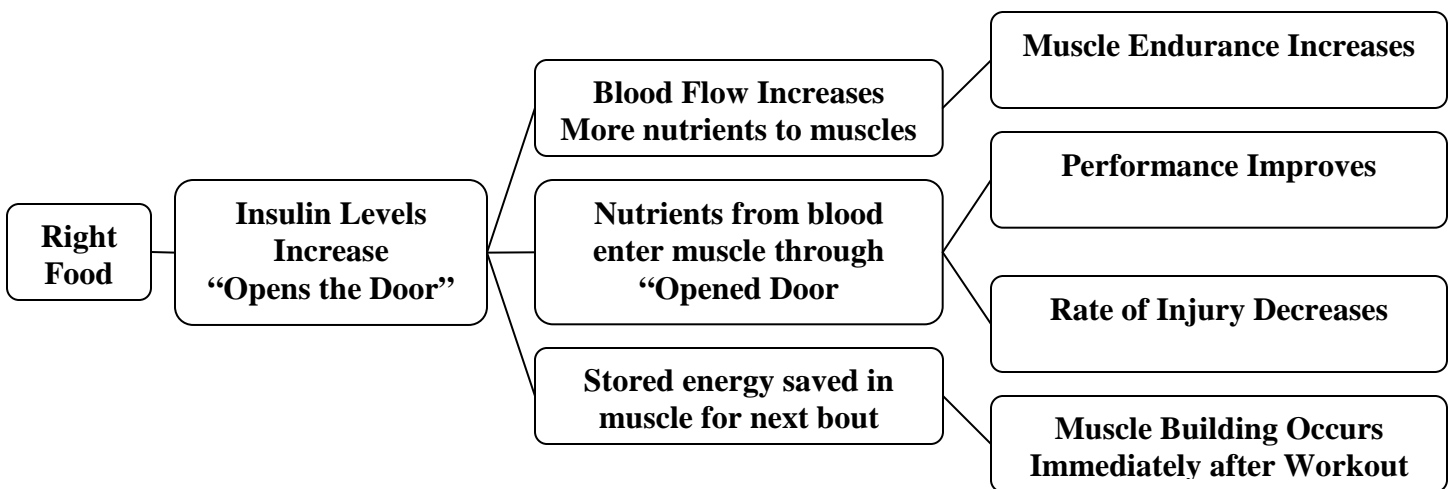
# WINNING NUTRITION

## FUELING THE ATHLETIC MACHINE FOR WINNING

The level of competition in our athletic world today has become ultra competitive. Every athlete is looking for a way to get that extra edge.

Weight training, performance training, and sport practices are on every athlete's schedule that wants to become successful and win. Face it, winning comes with a price and that price is hard work, but let's not waste those bouts of hard work by not fueling our athletic machine correctly. The following are some guidelines that will help "fill the tanks" and give athletes the edge they need.

### Why should I worry about nutrition?



# THE RIGHT NUTRIENTS

## Time to read labels

**Energy Phase** – Two servings should be consumed during this phase. One prior to, and one throughout, your workout.

Objective	Nutrient	Amount
Fills the blood stream with nutrients to fuel muscles limiting muscle breakdown for fuel  Increases Insulin levels to “Open the Doors” for nutrients to enter muscles	Carbohydrates: <ul style="list-style-type: none"> <li>• Glucose, Sucrose (Table Sugar), Maltodextrin</li> <li>• 1 tablespoon sugar = 15g of Carbohydrates</li> </ul>	20-26 g
	Protein <ul style="list-style-type: none"> <li>• Whey Protein</li> <li>• 2 tablespoons of Peanut Butter = 7g of Protein</li> </ul>	5-6 g

**Anabolic Phase** – 45 minute “Window of Opportunity” after workout. If nutrients are consumed in this phase there are 6 times more muscle building potential than if the same nutrients are consumed 3 hrs later.

Objective	Nutrient	Amount
Quickly replenishes energy stores so muscle building can occur immediately after exercise  Insulin levels remain elevated, keeping the “Doors Open” for nutrients to enter muscles	Carbohydrates: <ul style="list-style-type: none"> <li>• Sucrose (Table Sugar), Maltodextrin, Dextrose</li> </ul>	45-50 g
	Protein <ul style="list-style-type: none"> <li>• Whey Protein</li> </ul>	2 Cups Chocolate Milk 52 grams Carbs 16 grams Protein

**Growth Phase** – Every 2-4 hours after workout. This is where almost all the muscle building occurs

Objective	Nutrient	Amount
Keeps the blood stream filled with muscle building nutrients, limiting muscle breakdown for fuel  Insulin levels remain elevated, keeping the “Doors Open” for nutrients to enter muscles	Carbohydrates: <ul style="list-style-type: none"> <li>• Glucose, Sucrose (Table Sugar), Dextrose</li> <li>• 1/2 tablespoon sugar = 7.5g of Carbohydrates</li> </ul>	2-4g
	Protein <ul style="list-style-type: none"> <li>• Whey Protein</li> <li>• 4 tablespoons of Peanut Butter = 14g of Protein</li> </ul>	14g

## Points to Remember

1. Fuel your body before and during your workout with a carbohydrate and protein supplement.
2. You have a 45 minute “Window of Opportunity” to get a high carbohydrate and protein supplement in your body.
3. You need to continue light carbohydrate and regular protein supplements/meals every 2-4 hours after your workout.
4. Meals can be used to get the right nutrients in your body during some phases but liquid supplementation may get the right nutrients in your body within the “Window of Opportunity”
5. Carbohydrates, Protein, and Insulin are the most important muscle building agents. These nutrients at the right time can create more muscular build-up than many other supplements including NO and Creatine