

Athletes need to eat a rich and diverse diet. Many athletes do not fuel themselves properly for training and competition. Here are some suggestions for foods to consider in your diet:

IRON	Liver, Mussels, Pate, Sardines, Anchovies, Lean Beef, Apricots, Hazelnuts, Almonds, Lentils, Oat & Wheat Bran, Liquorices, Cashews, Figs, Spinach, Pumpkin, Kale, Beans, Sweet Potatoes
CALCIUM	Sardines, Yogurt, Oatmeal, Milk, Figs, Tofu, Orange Juice, Broccoli, Kale, Chick Peas, Soybeans, Cheese, Salmon, Okra, Peas, Sardines, Almonds, Brussel Sprouts, Beans
CARBOHYDRATES	Bread, Pasta, Bagels, Cereal, Rice, Apricot, Banana, Blueberries, Dates, Figs, Beans, Carrots, Corn, Artichoke, Milk, Yogurt, Nuts
PROTEIN	Beef, Chicken, Fish, Lobster, Pork, Bacon, Lamb, Cheese, Bread, Almonds, Turkey, Sardines, Eggs, Peanut Butter, Pasta, Pizza, Tofu, Spinach, Pumpkin Seeds, Rice, Hummus, Beans, Broccoli

An athlete's diet should contain roughly 60% Carbohydrates and 15% Proteins.

**Before exercise:** high carbohydrate foods which can be quickly broken down and provide fuel for muscles and water (stay hydrated)

**During exercise:** Water (hydration is key during a workout session) – water and sports drinks, no soda

**After exercise:** high carbohydrate foods, water, sports drinks

\*\*\*Potassium - Potassium is a mineral salt (electrolyte), that is essential for maintaining the balance of pH levels in our body fluids. It plays an important role in regulating our blood pressure, bone mass, nervous system, muscle function, heart, kidney, and adrenal functions. Low levels of potassium can cause potassium deficiency and bring on a whole host of health problems.

#### POTASSIUM RICH FOODS

Bananas, Potatoes, Tuna, Oranges, Tomatoes, Halibut, Apricots, Cucumber, Honey, Avocado, Cabbage, Beef, Strawberries, Cauliflower, Chicken, Bell pepper, Chard, Veal, Squash, Eggplant, Papayas, Pollock, Pears, Brussels Sprouts, Sardines, Prunes, Salmon, Dates, Parsley, Milk, Raisins, Spinach, Lamb, Cantaloupe, Broccoli, Turkey