



Ten Super Foods to Eat for Performance

Here are 10 foods that everyone should have in their refrigerator or pantry. Remember the higher octane of fuel you put in your body the better it will run. Try these foods out.

Cantaloupe

A quarter of this melon supplies almost as much vitamin A and C as most people need in an entire day.

Sweet Potatoes

One of the vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

Skim or Soy Milk

Excellent source of calcium, vitamins, and protein with little or no artery clogging fat and cholesterol

Salmon or other fatty fish

The Omega-3 fats in fish, especially fatty fish like salmon, swordfish, and rainbow trout, can help reduce the risk of heart disease but has also been linked to decreasing rates of dementia, helping with various skin conditions, lessening the effects of asthma, and also possibly assisting with recovery after hard workouts.

Oranges

Great-tasting and rich in vitamin C, folic acid, and fiber

Broccoli

Lots of vitamin C, carotenoids, and folic acid

Whole Grain Bread

High in fiber and about a dozen vitamins and minerals

100% Bran Cereal

A half cup serving provides about 1/3 of the fiber you need for an entire day. This helps with recovery by keeping your colon clean.

Beans/Legumes

Low in fat, rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, navy, kidney or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in soup.

Spinach or Kale

Loaded with vitamin C, carotenoids, calcium and fiber.

Put these foods on your shopping list, incorporate them into your daily diet, and watch how your performance and recovery improve.

**Remember to

1. Always plan ahead for what you are going to eat
2. Obtain adequate amounts of protein
3. Work on Flexibility
4. Supplement your diet with a fish oil and multi-vitamin

Let me know if I can help. Email me at architechsports@gmail.com

God Bless,

Alan Tyson

Physical Therapist, Athletic Trainer, Certified Strength and Conditioning Specialist