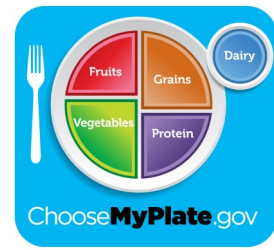


CRAFTING YOUR MEAL PLAN: EATING FOR PERFORMANCE & FUNCTION



Before addressing how to adapt and adjust your diet healthily, it should first be recognized that there is no one-size-fits-all body size, type, or composition for athletics, health, or beauty. But if you are considering improving your current eating habits, rather than test out the new, radical, YouTube or Instagram-approved fad diet, stick to the following guidelines to help you craft a healthy meal plan that fuels your activity while supporting a healthy growth-rate, proper immune function, and efficient metabolic function.

3 STEPS TO FOLLOW BEFORE ADOPTING A NEW DIET PLAN

1. Set your goals & identify WHY you want to achieve these goals. If your reasoning does not allow health to remain a top priority, the goal should be amended or removed from the list.
2. Set daily, weekly, and monthly plans to work toward achieving these goals along with checkpoints and concrete methods to test your progress.
Pro Tip: While stepping on a scale is the easiest way to quantify results, it does not measure health or take into account muscle gained vs fat lost.
3. Share your goals & plans with your parents, coach, & a health professional & adjust your goals & plans according to the feedback you receive.

3 COMPONENTS TO A HEALTHY DIET

1. Variety – Choose variety of foods using the MyPlate.gov guidelines.
2. Moderation – Follow the 80-20 model. Eat the right foods 80% of the time and allow for more “fun” food 20% of the time.
3. Wholesomeness – Choose fresh, natural foods as often as possible.

THE DO'S AND DON'TS OF ADJUSTING YOUR DIET

DON'T get caught up with counting calories.	DO pay attention to what you are eating & when you are eating.	WHY—It's not necessarily about using more energy than you're consuming. If you fuel your body with the right combination of food at the right times, your body will run more efficiently and shape and tone-up to best support your activity.
DON'T follow a restrictive, trendy, or “Fad” diet.	DO follow a diet that opts for fresh, whole, colorful foods over fast & processed foods.	WHY—Your body knows what to do with fresh, real food. Fast & processed foods are inefficient sources of fuel that contain excess salt, sugar, & unhealthy fats & oils (all contribute to unhealthy weight gain & retention). PRO TIP: Complex carbs (like fruits, vegetables, and whole grains) are rich in fiber which helps you feel fuller and serves as a pure source of energy for your cells.
DON'T ignore what your body is telling you.	DO adjust your diet according to how you feel.	WHY—Your energy level, comfort, & mood are all indicators of how healthy or unhealthy your diet is. If you feel “hangry,” sluggish, or achy, you probably need to adjust what you are eating & when you are eating. Try keeping healthy snacks with you & eliminating foods that leave you feeling bloated, sluggish, or uncomfortable.
DON'T eliminate carbs or fat.	DO adjust your macronutrient intake to match what your body needs.	WHY—Each macronutrient serves a vital role in your body. Eliminating or significantly cutting one will not only get in the way of your performance, but may significantly impact your health. Pro Tip 1: Try stacking your <u>simple</u> carbohydrate intake (processed grains and sugars) around your physical activity, including lean protein with each meal and snack, & increasing the amount of healthy fats and oils in your diet. Pro Tip 2: Fats do not make you fat. They are great sources of energy & leave you feeling fuller than most other energy sources, which can help you lean out without losing your competitive edge.
DON'T fast.	DO consistently fuel.	WHY—You are an active individual who needs to have enough fuel to keep up with the demands of your sport. Starving yourself impedes performance. If you fuel your body throughout the day, you will train it to efficiently use what you are putting into it, rather than store it for use during periods of fasting.

HYDRATE OR DIE-DRATE: STAYING AHEAD OF THIRST



Whether experiencing the dry heat of LA County or the sticky humidity of Southeast Asia, hydration plays a role in your summer training and performance. Here are some facts and tips to help you keep your fluids and electrolytes at their optimal levels, so you can perform at your best when it counts.

THE FACTS ABOUT WATER & DEHYDRATION —

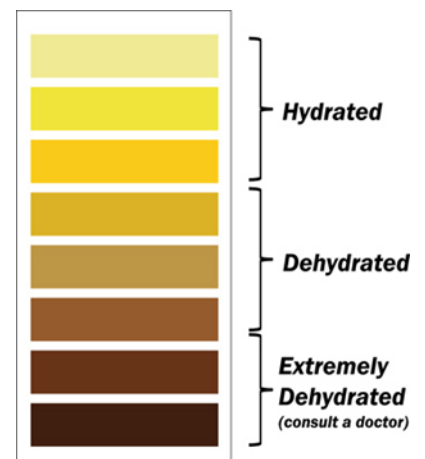
- Your physical AND mental performance is impacted when you are only 1%-2% dehydrated
- Normal athlete sweat rate = 0.5 L/hour—2.0 L/hour.
- Heat, humidity, and altitude all play a role in your sweat rate.
- **Drinking water does more than cure thirst.** Water carries the nutrients your body needs to perform at its best, impacts your body's pH balance, and it even helps control your body temperature, so that you don't overheat.

WARNING SIGNS OF DEHYDRATION —

- Feeling dizzy or lightheaded
- Nausea or vomiting
- Muscle cramps
- Dry mouth
- Hard, fast heartbeat

HOW DO YOU KNOW IF YOU'RE HYDRATED? —

- Check your pee. It sounds gross, but the color of your pee can indicate your level of hydration. Dark yellow, or amber-colored urine can be a sign of dehydration. See the color chart to the right to see how your urine can indicate your level of hydration.
- Try weighing yourself before and after practice to determine if you have had enough to drink to counter the amount of water lost to sweat. (Hint: 8 oz of water weighs ~ .5 lb)



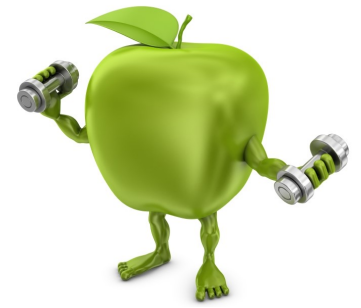
HOW MUCH WATER SHOULD YOU BE DRINKING? -

Staying hydrated is a process that begins before you even start training or competing. While there is no perfect answer for every athlete, according to the American Council on Exercise, you should drink -

- 17-20 oz of water 2-3 hours before you start exercising
- 8 oz of water 20-30 minutes before you start exercising or during warm-up.
- 7-10 oz of water every 10-20 minutes during exercise.
- 8 oz of water no more than 30 minutes after you exercise.

There's FIT & There's WEBB FIT
GET WEBB FIT

FILLING UP YOUR TANK: FUELING YOUR WORKOUT



Think of your body like a well-oiled machine. No matter how hard you try, it simply won't run without fuel, and it won't run at it's best without the right fuel. Here are some tips ensure your tank doesn't run empty before you've finished your final mile, lap, rep, swing, or goal.

DIFFERENT SOURCES OF FOOD AND FUEL

PROTEIN:

- 4 calories of energy/gram
- Great fuel for longer workouts & rebuilding after exercise.
- Go for: Lean meats, beans, nuts, legumes, milk (if lactose tolerant) & Webb/doctor-approved protein shakes and bars.
- Avoid: Overly fatty, cured, or processed meats and protein supplements from non Webb-approved companies.

*Warning: Protein takes time to break down, so don't overload on them right before activity.

CARBS (CHO):

- 4 calories of energy/gram
- 1st macronutrient broken down into energy to fuel your activity.
- Ideal right before & during activity.
- Go for: Whole grains, veg-gies, and fruits.
- Avoid: Candy, soda, and overly processed grains.

FATS & OILS:

- 9 calories of energy/gram
- Great fuel for longer workouts
- Go for: Nuts, nut butters, seeds, and fish.
- Avoid: Fried foods and foods that contain trans fats.

*Warning: Fats take time to break down and may sit heavy, so don't overload on them right before activity.

PRO TIP: Not everyone works the same way. Find the best combination of foods to fuel YOUR workout. You know you've found the right formula when you consistently feel great before, during, & after your workout or competition.

WARNING SIGNS OF LOW BLOOD SUGAR (AKA You need more fuel) —

- Low energy
- Irritability (AKA Feeling "Hangry")
- Feeling shaky, light-headed, and/or dizzy
- Hunger
- Sweating, Chills, and/or Clamminess



HOW MUCH FUEL DO I NEED?

There is no perfect answer for every athlete. The amount of energy you need will adjust according to type of exercise, duration of activity, environment you're performing in, and even your own individual physiology. But here are some general guidelines you can follow before adjusting to meet your specific needs -

- 500-700 cal (4 CHO:3 protein:3 fat ratio) 1-4 hours before you start your physical activity
- 150-200 cal (3 CHO: 1 protein: 1 fat ratio) 30 minutes before you start activity.
- 50-100 cal (4 CHO:1 protein ratio) every 15 minutes during exercise.



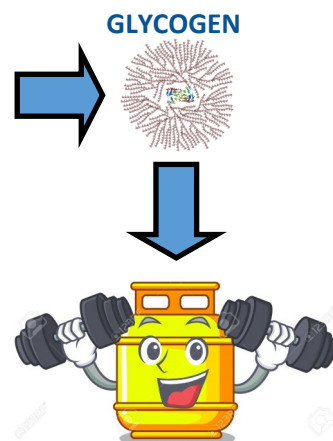
FASTER & STRONGER TOMORROW: FUELING YOUR RECOVERY



There's no question about it, training can be draining. But with the right fuel at the right time, you can speed up the recovery process. Here are some tips to bring your fuel gauge from "E"-to-"F" to get you feeling faster and stronger tomorrow than you did today.

GLYCOGEN—GASOLINE FOR YOUR ENGINE

While the food we eat is broken-down into energy to fuel activity, we also store excess glucose (energy) from our diet in our liver and muscles in the form of glycogen that is used as **immediate fuel** when we can't wait for energy from our most recent meal. What you eat and when you eat post-activity will help replenish depleted glycogen stores in your muscles and get you feeling more energized and less fatigued the following day.



DID YOU KNOW HYDRATION IS A CRUCIAL PART OF YOUR RECOVERY PROCESS?



- Water flushes out lactic acid (byproduct of anaerobic exercise that leaves you feeling sore) and other toxins you accumulate while exercising.
- Water helps transport vital nutrients throughout your body, boosting your immune system, metabolic function, and even how fast you restock the shelves of your energy stores.

AVOID HITTING THE WALL: HOW TO TOP-OFF YOUR GLYCOGEN STORES

When your body runs out of energy, it is experiencing "glycogen depletion," a condition commonly referred to as "hitting the wall" or "bonking." Here are some basic guidelines to help you replenish your glycogen stores to help you feel better on Day 2.

- **The sooner you eat after exercise, the faster your body recovers.** Eat a 250-350 cal carb-heavy snack **within 30 mins** of completing your exercise followed by a balanced meal **within 90 mins**.
- **What to eat within 30 mins of completing activity**
 - 50g Carbs + 15g Protein (Adjust depending on sport & duration of activity)
 - EX – 1 Apple + 2 tbsp Peanut Butter + 1.5 oz Pretzels
- **How about a protein shake?** Most have too-few carbs. Remember, carbs speed up the recovery process.
- **How about chocolate milk?** Can be a great recovery drink if you are lactose tolerant, but it should be followed with a more-substantial, balanced meal.