

Parisi Sports performance Nutrition

A program for Athletes, Active adults and kids

Pre and post work out nutrition and supplementation:

100% Whey protein

Whey protein is crucial for pushing protein synthesis. Whey is a milk protein that has a high level of Branch chain amino acids (BCAAs). Take at least 20 grams of 100% whey protein powder 30 minutes before working out and take 24-40 grams with in 30 minutes after training.

Creatine

Creatine is made from 3 amino acids arginine, glycine and methionine. Creatine increases the amount of fast energy in your muscles needed to perform reps in the gym. Take 2-5 grams of creatine monohydrate with 100% whey protein 30 minutes before a workout and 2-5 grams with in 30 minutes after your training

Branch Chain Amino Acids (BCAAs)

BCAAs refers to leucine, Isoleucine and valine, 3 important amino acids that repair muscle tissue. BCAAs also help stunt Cortisol the Stress hormone that increases muscle breakdown. BCAAs also helps decrease muscle soreness. Take 5-10 grams of BCAAs 30 minutes before and at least 30 minutes after training.

Glutamine

Glutamine is the most plentiful amino acid found in the human body. Glutamine helps decrease muscle breakdown and bolsters the immune system and plays a role in fat loss by increasing the amount of calories and fat burned at rest and during exercise. Take 5-10 grams 30 minutes before and 30 minutes after training

Foods that contain these supplements are:

- Beans
- Red meat
- Fish
- Poultry
- Dairy products
- Nuts

Getting lean and losing body fat:

Watch your carbs:

Too many carbs can make you fat, but too few for an extended period of time can slow down your metabolism. Consume most of your daily carbohydrates at breakfast and after training. This hinders training induced muscle breakdown and keeps cortisol in check. Go to bed light on carbs. When you go to bed in a carb deprived state your body maximizes it's natural GH output and shifts metabolism to burn calories.

Watch your fat:

When it comes to your meals your Protein, carbohydrates, and fat ratio should be broken down like this. 40%-50% of calories form carbs, 30%-45% form protein and 10%-15% from fat.

Complex Carbs:

Complex carbs are slow digesting carbs that reduce the effects of insulin, the hormone that initiates both hunger and fat storage. Complex carbs such as beans, whole grain breads and pastas, oatmeal, brown rice and sweet potatoes should be the bulk of your daily carbohydrate intake.

BCAAs preserves muscle:

BCAAs are used by the body as a substitute fuel source so it doesn't tap into stored muscle protein during training. Also, BCAAs can better trigger protein synthesis.

Snack right between meals:

Sugar free yogurt and cottage cheese are great snacks. Their slow digesting carbs prevent your insulin levels from going to high. Also dairy products have plenty of calcium.

Gaining Mass:

Watch the low fat approach:

Strict low fat diets are for getting lean. When gaining mass make sure you include olive oil, avocado, flax seed oil, nuts and some whole eggs. These types of dietary fats drive growth and recovery. Good fat also spares the use of protein as an energy source meaning the protein you eat can be used for building mass. Fat will also supports the natural production of testosterone and GH. Make your daily calorie intake about 30% of the good fats.

Use protein powders:

When it comes to building mass protein is nutrient No.1. To maximize your protein intake make at least 2 of your 5-6 daily meals a protein shake. Powders are more readily absorbed then proteins found in meat and poultry, and you can control your portions down to the gram.

Eat meat:

When it comes to gaining mass, lean red meat contains b vitamins, creatine, iron and zinc all vital for growth.

Eat fish:

Fish such as bluefish, sardines, tuna, salmon and trout provide protein and omega 3 fatty acids. These fats reduce muscle inflammation and encourage muscle repair. Also keeping cortisol levels down.

Go with Garlic:

Garlic can influence the natural hormones in the body that support growth. Garlic along with protein helps increase testosterone levels and slows down muscle breakdown.

Calories are key:

In general aim for 300-500 more calories everyday then your body burns through exercise.

Advanced Supplementation:

Increase Neurotransmitters:

What are Neurotransmitters? Think spark plug. These chemicals in the brain signal the body's internal fat burning machinery to activate. Caffeine, and tea's Boost these fat fighting chemicals, especially when taken before training.

L-Tyrosine:

L-Tyrosin is an amino acid and is a pre-cursor to the neurotransmitters in your brain. L-tyrosine also helps increase nerve transmission from the brain to the muscle, activating more motor units and creating more strength when you lift. (Remember that the nervous system is the most overlooked component of strength training. If the nerve doesn't activate the muscle, the muscle can't contract and you can't lift heavy weights) Take about 3-5 grams before training.

Arginine:

Taking 3-10 grams of this amino acid before training will increase blood flow to the muscles, boost metabolism and enhance your pump. It also helps natural GH and steers the body toward using fat for fuel instead of muscle protein.

Taurine:

Taurine is another amino acid that enhances water retention in the muscles cells giving them a greater anabolic edge. Take about 1-3 grams of Taurine pre and post workout to help drop body fat.

Casein Protein powder:

Casein protein is a slow digesting powder that makes an ideal snack before bedtime because it prevents catabolism while you sleep. Studies have suggested that a whey and casein shake taken after training increases muscle growth better than either protein taken alone. Take 20-40 grams of casein before bed and just 10-20 grams with whey protein after training.

Beta-Alanine/Carnosine:

In the body the amino acid beta-alanine is combined with another amino called histidine, to form Carnosine. Research has shown that when muscles have a higher level of carnosine they increase the muscle fibers ability to contract with more force and to do so longer with out fatiguing. Take about 1-2 grams of Beta-alanine pre and post workout..

Rehab and post Rehab Nutrition

Most Injuries follow a pattern of three stages

- **Inflammation**
- **Proliferation**
- **Remodeling**

Inflammation Nutrition

Research suggests that an increase in omega-3's help manage inflammation and will increase collagen. The goal is to consume anywhere from 3 to 9 grams of fish oil per day because of it's high omega-3 content. Diets high in trans fats, omega-6 rich vegetable oils, and saturated fat's promotes inflammation.

Proliferation/Remodeling Nutrition

During the proliferation and remodeling stages Macronutrients play a key role as well as protein. Vitamins A,B,C, and D as well as calcium, iron, copper, magnesium and zinc all play supporting roles in the healing process.

Vitamin's and minerals:

A: supports early inflammation after injury, and assists in collagen formation.

C: Enhances collagen synthesis and the formation of bonds between strands of collagen fiber.

Copper: A mineral that assists in the formation of red blood cells and strengthens connective tissue.

Zinc: Is Required for over 300 enzymes in the body and plays a role in DNA synthesis, Cell division, and protein synthesis for tissue regeneration and repair.

Good post rehab choices include:

- Salmon
- Sardines
- Menhaden
- Krill
- Flax seed oil
- Walnuts
- Green Leafy Vegetables
- Multivitamins
- Fruits
- Lean protein

In Conclusion:

It may have occurred to you that many of the nutrition strategies that were discussed today would be sound advice whether you are an athlete or not, or Whether you are trying to lose weight, gain weight or if you are recovering from injuries. The choices you make in your nutrition will have an impact on your everyday life. We all can't eat perfect everyday of our lives but if you make the right choices and try to plan ahead you will be well on the way to your Nutritional goals.

Parisi Performance Nutrition

For growing young athletes

Eat foods that are high in fiber

Whole grain cereals, legumes, beans, lentils, veggies and of course fruits are great sources of fiber. Fruits and veggies are generally low in calories and packed with nutrients like vitamins, minerals, and fiber.

Choose snacks that are nutritious and filling

Bananas, apples, cut pineapples, cut raw veggies like carrots and broccoli in a container are great snacks and portable choices for young athletes. Natural peanut butter and jelly on a plain bagel, Yogurt, cliff bars, Gatorade, chocolate milk as well as almonds are all great for in between game snacks.

Whole Grains & Slow digesting carb foods

These are also known as complex carbs. This group includes pasta, rice, noodles and starchy carbs like potatoes. All of these foods begin life as a grain, such as wheat, rye, corn, rice or barley. For optimum health choose unrefined whole grain versions of these foods. Whole wheat pasta, brown rice and sweet potatoes are great examples of whole grain versions of these foods and should be consumed leading up to game days.

Best protein food choices are those low in saturates

Protein may come in many forms but the better type of protein is low in saturated fat. Good protein choices include: Fish, lean beef, lean ham, egg whites, chicken breast, turkey breast, beans, nuts, seeds and soy products. Protein is a must for muscle recovery.

What type of fat is good?

By good fat, I mean non-saturated fat. Both Polyunsaturated and Monounsaturated fats and oils have numerous health benefits. Such as...

- Transport fat-soluble vitamins A, D, E and K throughout the body.
- Cushions and protects internal organs
- Essential fatty acids (EFAs), benefit your heart, Metabolism and immune system.
- EFAs increase metabolic rate and increase fat burn.

For in between games you want to go with simple carbs like white plain bagels for fast energy. For post game meals, chocolate milk, Chicken breast, turkey breast, and fish are all great sources of protein needed for the recovery process after games and intense workouts. Young athletes should also try and eat at least 5 servings of vegetables and fruits per day. Please go to www.fruitsandveggiesmatter.gov For nutrition information.