



80/20 Sports Nutrition: High, Medium and Low Grade Food Choices

NOTE: Some Med Grade and Lo Grade choices become Hi Grade when eaten as pre-event= “+”, or recovery “*” foods

CARBOHYDRATES:

COMPLEX CARBS (Vegetables) – should be the primary group at your 3 main meals

HIGH GRADE CHOICES: any colourful raw or cooked vegetable that has minimal/no added fat or sugar (i.e. broccoli, carrots, tomatoes, peas, beans, dark greens, onions, peppers, squash, asparagus, spinach, lettuce, cucumber with skin, bok choy, jicama, cauliflower, mushrooms, cabbage) serving size = ½ cup, 1 cup low sodium vegetable soup

MEDIUM GRADE CHOICES: celery, iceberg lettuce

LOW GRADE CHOICES: deep fried veggies of any kind

SIMPLE CARBS (Fruit + Simple Sugars)

HIGH GRADE CHOICES: ½ cup berries (any kind!), cup of melon, apple, pear, orange, grapefruit, peaches, cup of grapes, cup of cherries, pineapple, or banana, ½ cup canned fruit in own juice+ any other unprocessed fruit

MEDIUM GRADE CHOICES: ¼ cup raisins+, dried fruit+, ½ cup juice, canned fruit in syrup, */+ Sports drinks, */+ sports gels, animal cookies

LOW GRADE CHOICES: prepared fruit with added sugar (i.e pie filling, +fruit roll-ups etc), high calorie drinks (i.e Starbucks), +gummy Bears

STARCHY CARBS

HIGH GRADE CHOICES: ¾ cup oatmeal, ½ cup rice (brown preferable), ½ cup couscous, ¾ cup chick peas, lentils black, red or white beans, fist size potato, sweet potato, or yam, corn, slice whole wheat bread, ½ cup pasta (whole wheat preferred), whole wheat wrap, ¾ cup cereal with <10g of sugar and >4g of fibre/serving, fig bars, 3-4 cups low fat popcorn, hi fibre/lo sugar muffin

MEDIUM GRADE CHOICES +: (NOTE- all of these choices become Hi Grade if eaten pre or post event.) buns, 10-14 wheat or rice crackers, ½ white pita bread, ½ bagel, 1 English muffin, ¾ cup cereal with <10g of sugar, 10-14pretzels, 1 waffle, energy bars, granola bars, tacos, Energy bar

LOW GRADE CHOICES: 2 cookies, slice of cake, 3-4 cups buttered popcorn, 1 small pastries, small piece of pie, potato chips, corn chips, +hi sugar cereal, +animal cookies, +rice Krispies treats



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PROTEINS/FATS:

HIGH GRADE CHOICES: 2 eggs (omega 3 preferred), fist size; lean steak, skinless chicken, fish, extra lean ground beef/turkey/chicken/Buffalo, pork fist size amount of shrimp, lobster, ½ can tuna, 4 slices veggie/soy deli meat, or veggie/soy cheese, 1 cup of skim milk, soy milk, ¾ cup low fat yogurt, 60-80g lean sliced meats (occasionally, since high salt), 3-4 dice worth of low-fat cheese, ½ cup 1% cottage cheese, non fried sushi (rolls also count as starchy carbs), 10 almonds, 2 TBSP of Hummus, 1.5 TBSP of peanut butter, ¼-1/2 cup dahl

MEDIUM GRADE CHOICES: single serving = approx fist size: steak, prepared burger, 60-80 g processed meat (regular fat), cold cuts, 3-4 dice worth regular fat cheese, 1 cup 2% milk or chocolate milk*, regular fat ground beef

LOW GRADE CHOICES: fast food burger, battered fish or chicken, poultry with skin on.

ADD-ONS- things that don't fit easily into a category and are used to flavour foods

HIGH GRADE ADD-ONS: balsamic vinegar, lemon juice, any spices, salt free seasoning, fresh or dried herbs, garlic, 1TBSP of Olive oil, 1 TBSP of nuts, salsa, non fat sour cream, ginger

MEDIUM GRADE ADD-ONS: low fat salad dressing, molasses, peanut butter, low sugar jam, soya sauce, ketchup, non-saturated-lo-fat margarine, low fat- low sugar (i.e. 15-50 cal/ 2tbsp serving of flavouring sauces), 1 Glass of red or white wine (parents only!)

LOW GRADE ADD-ONS: high fat/sugar salad dressings, full-fat sour cream, butter, fried foods, cream, sugar, alcohol (parents only!)

If you would like more guidance, consider booking a one on one nutrition appointment with Performance Institute to get a specific food plan made for you to fit your personal food preferences with the 80/20 rule. For more information or to book email info@performanceforsport.com