

SIXTH EDITION

Nancy Clark's

SPORTS

NUTRITION

Guidebook

The **#1** nutrition
resource for
active people

A red starburst graphic with a jagged, multi-pointed border, containing white text.

Over
750,000
copies
sold!

Nancy Clark, MS, RD

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With appreciation for their love and support,
I dedicate this sixth edition to my husband, John,
and to our children, Mary and John Michael. They
warm my heart, nourish my soul, and balance my life.

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PREFACE

We all want to be healthy and enjoy high energy; it's much more fun than the alternative. According to this Instagram post, eating well for health, energy and weight management is simple:

Just eat five small meals a day. But eat only lunch and dinner. Eat lots of protein and lift weights. But don't eat too much protein; it might hurt your kidneys. Don't do any cardio; it's bad for your joints. Make sure you are sleeping a lot, but don't be sedentary. And don't be too active. Make sure you replace all of your lost salt. But never eat too much sodium. Just eat vegetables. Don't eat potatoes, though, or corn. Fruit is good for you but it's all sugar. Sugar is bad for you. Oh, I forgot to mention, sugar is a vital source of quick-burning carbohydrate that your brain needs to survive. But you should avoid it at all costs.

Huh??? Eating well is not so simple, is it?

This commentary highlights the confusion that abounds, largely due to today's abundance of nutrition information. I repeatedly hear from Internet-surfing casual exercisers and competitive athletes they feel more confused than ever about what and when to eat; how to fuel before, during, and after exercise; and how to choose the best sports foods.

Whether you are a Millennial or a Baby Boomer, you don't want nutrition to be your missing link. Yet, if you get caught up in trendiness, you can fail to eat well, fail to get the most out of your workouts, and fail to feel good about your bodies and your eating patterns. My hope is the sensible information in *Nancy Clark's Sports Nutrition Guidebook, Sixth Edition*, clarifies your confusion about how much carbohydrate, protein, and fat you should consume and teaches you how to enjoy a variety of tasty, nutrient-rich foods that can give you the winning edge. You'll learn the latest information about the topics that confuse active people:

- How to schedule preexercise eating so you don't run out of gas during workouts (or the workday, for that matter!)
- How to lose undesired body fat and have energy to exercise
- How to choose the right balance of carbohydrate to fuel your muscles and protein to build your muscles including sample menus and suggestions

- How to consume enough protein at meals, even if you are a vegetarian
- How to choose health-protective foods
- How to assemble meals with minimal effort and clean-up
- How to tame the cookie monster
- How to eat greener

If your goal is to move to the next level of performance and health, the science-based, up-to-date information in this book can help you get there. You'll find answers to your questions about the Paleo Diet, Keto Diet, gluten-free foods, energy drinks, commercial sports foods, muscle cramps, organic foods, hyponatremia, amenorrhea, and recovery foods as well as tips on how to apply this information to your busy lifestyle.

As you navigate your way through today's confusing web of nutrition advice, I invite you to enjoy this sixth edition as a resource that offers a sustainable approach to finding success with food and weight. I use the word *sustainable* because too many trendy diets are not easily sustainable for the long term. They commonly end up creating "diet backlash," including sub-optimal athletic performance, binge eating, guilt, weight gain, and depression. This *Sports Nutrition Guidebook* will help you embrace a healthy eating pattern that fits your lifestyle, fuels your muscles and your brain, and also nourishes your soul. Your job is to be responsible, use the information in this book to show up for winning meals and sports snacks, and enjoy the success that comes with having high energy. Why be just a good athlete when you can be great?

With best wishes for a yummy journey,
Nancy Clark, MS, RD, CSSD
Sports Nutrition Services, LLC
P.O. Box 650124
Newton, MA 02465
www.nancyclarkrd.com

- Regardless of whether you are male or female, you should focus on gradual weight loss because that is least likely to hurt your athletic performance. Plus, by eating more than the bare minimum, you'll consume a little more protein, essential dietary fat, carbohydrate, calcium, iron, zinc, and all the other nutrients needed for good health and top performance. Chapters 14, 16, and 17 address weight-management issues in greater depth.

NUTRITION FOR ULTRADISTANCE AND EXTREME-SPORTS ATHLETES

With the growth of ultra-endurance events and extreme sports, many athletes are pushing their bodies to the limit. They train for three to five hours a day to compete for hours on end. Their goals might be to test their limits and try to finish an Ironman triathlon (2.4-mile [3.9 km] swim, 112-mile bike [180 km], and 26.2-mile [42 km] run), a double-century bike ride (200 miles [322 km]), a 100-mile (161 km) mountain run, an English Channel swim (28-plus hours), a trans-Atlantic row (50 to 60 days), an Appalachian Trail hike (2,160 miles [3,476 km]), or any number of other ultradistance events. Clearly, nutrition is a critical factor in being able to finish an event of this type. These athletes put sports nutrition principles to the test! Following these nutrition pointers will give you ultraenergy so you can complete your event successfully:

- Practice your event-day fueling during training sessions. Your training should include creating and practicing your fueling strategy so you can learn which foods and fluids settle best during extended exercise. Lemon or cherry sports drink? Gels or "real foods" such as bananas, dried figs, and baked sweet potatoes? Canned liquid meal replacements or peanut butter and jelly sandwiches? By having a list of several tried-and-true foods, you need not worry about making the wrong food choice on event day.

Also consider the "taste bud burnout" factor. That is, how many gels per hour can you endure in a triathlon? When hiking, how many days in a row will you enjoy powdered eggs for breakfast? Will you get "sugared-out" on sports drink during the century bike ride? Think about variety, and how you can enjoyably and easily consume enough carbohydrate to fuel your muscles and your brain, and enough protein to repair and protect your muscles. Use the strategies discussed in chapters 6 through 10.

- Optimize your daily training diet. All too often, in the midst of juggling work and school, family and friends, and sleep and training, endurance athletes have little time left to plan menus, shop for food, and prepare well-balanced sports meals, nor do they muster the energy to choose nutritious snacks. Hungry and tired athletes commonly grab cookies, nachos, and

other high-fat comfort foods that fill the stomach but leave the muscles unfueled. You must remember this: You won't be able to compete at your best unless you can stay healthy and train at your best. That means eating a good sports diet every day.

Your goals are to constantly be fueling up before workouts and then refueling afterward by eating carbohydrate-based meals and snacks on a regular schedule. By feeding your body evenly throughout the day (as opposed to skimping on wholesome meals by day and then overindulging in treats at night), you'll have steady energy all day, without lags. You need to develop an eating strategy that fits your training schedule. One triathlete devised the following routine:

- He drank 16 ounces (480 ml) of juice (i.e., carbohydrate) before his morning swim. He refueled afterward while commuting to work by eating a big bagel with peanut butter, a banana, and chocolate milk (in a travel mug).
- At lunchtime, he ate a hot dinner-type meal from the cafeteria at work.
- At lunchtime, he bought his afternoon snack, a bran muffin, yogurt, and orange juice.
- At lunchtime, he also bought his evening meal (a turkey sub and a fruit salad), which he kept in the office refrigerator.

This food plan prevented him from haphazardly resorting to “junk eating” whenever he felt hungry.

- Plan rest days. Rest is an essential part of a training program. Because ultradistance athletes commonly feel overwhelmed by their impending tasks, they tend to fill every possible minute with exercise. Bad idea. Rest days are essential not only for reducing the risk of injury and giving muscles time to refuel but also for allowing time to shop for food (and even cook a big pot of chili for the week, if so inclined). Remember, the *bad* things happen when you train, and the *good* things happen when you rest.

Take heed: Performance improves more with quality exercise than with an excessive quantity of exercise (i.e., pushing yourself to train longer and longer). Knowing this, one triathlete completed the Hawaii Ironman by training only once a day, either hard or long. He took one day of complete rest per week. He finished midpack; his competitors were flabbergasted!

- Drink enough fluids. Monitor your urine daily. You should urinate frequently (every two to four hours); the urine should be clear and of adequate quantity. Morning urine that is dark and smelly is a bad sign—dehydration. Drink more!

During training, you can estimate your event-day fluid needs by weighing yourself naked before and after an hour of event-pace exercise. For

CHICKEN AND WHITE BEANS

This one-pot meal offers a tasty carbohydrate–protein combination with carbohydrate from the beans to refuel your muscles and protein from the chicken, beans, and cheese to build and repair your muscles. If you are using leftover chicken or turkey, about 1 1/2 cups diced will do the job!

- 1 1/2 pounds (720 g) boneless, skinless chicken breasts or thighs
- 1 can (15 oz, or 450 ml) chicken broth
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1/4 teaspoon garlic powder or 1 clove garlic, minced
- 1 can (4 oz, or 120 g) chopped green chilies
- 1 teaspoon ground cumin
- 2 cans (15 oz, or 450 g) white beans, undrained
- 1/2 cup (120 g) grated low-fat cheese, such as Monterey Jack or white cheddar
- Optional:* 1 seeded jalapeno pepper, chopped; 1 dash ground cloves; 1 dash cayenne pepper

1. Simmer the chicken in the chicken broth for about 10 minutes.
2. While the chicken is cooking, heat the olive oil in a large saucepan over medium heat. Stir in the chopped onion and cook until tender, 5 to 7 minutes.
3. Mix in the garlic, green chilies, cumin, (jalapeno, cloves, cayenne). Continue to cook and stir until tender, about 3 minutes.
4. Add the onion and chili mixture into the chicken broth. Add the beans, and bring to a boil.
5. Turn down heat and simmer uncovered for 10 minutes, stirring occasionally. It should be a little soupy. To make the broth thicker, mash about half of the beans using a potato masher.
6. Serve topped with grated cheese. If desired, garnish with cilantro, salsa, chopped tomato, scallions, and avocado or guacamole. To complete the meal, serve with fresh, warmed tortillas on the side.

Yield: 4 servings

NUTRITION INFORMATION: 1,700 total calories; 425 calories per serving; 38 g carbohydrate; 42 g protein; 12 g fat

CHICKEN BLACK BEAN SOUP

Fitness enthusiast and chef Peter Herman gave me this simple yet delicious and nutritious recipe. It's a tasty way to add more fiber-rich beans to your diet. You can make it a heartier meal by adding cooked pasta.

- 4 boneless, skinless chicken breasts
- 5 cups (1.2 L) chicken broth or water
- 2 carrots, peeled and sliced
- 2 tomatoes, chopped
- 1/2 onion, chopped
- 3 to 5 cloves garlic, crushed
- 2 16-ounce (480 g) cans black beans, rinsed and drained
- 1 tablespoon fresh oregano leaves or 1 teaspoon dried oregano
- Optional:* 1/2 cup (120 ml) Marsala wine; 2 to 4 cups cooked pasta, shells, or bow ties; 2 ounces (60 g) grated cheddar cheese; hot red pepper flakes

1. In a large stockpot, place the chicken breasts, broth or water, carrots, tomatoes, onion, garlic, beans, and seasonings (and wine). Cover and bring to a boil, reduce the heat, and simmer for about 20 minutes or until done.
2. Remove the chicken pieces from the broth and set them aside to cool. Keep the broth warm over low heat. (*Optional:* Add the cooked pasta.)
3. Dice the chicken into small pieces. Return it to the soup and heat it through.
4. Garnish with grated cheese and red pepper flakes, if desired.

Yield: 4 servings

NUTRITION INFORMATION: 1,200 total calories; 300 calories per serving; 33 g carbohydrate; 35 g protein; 3 g fat

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