

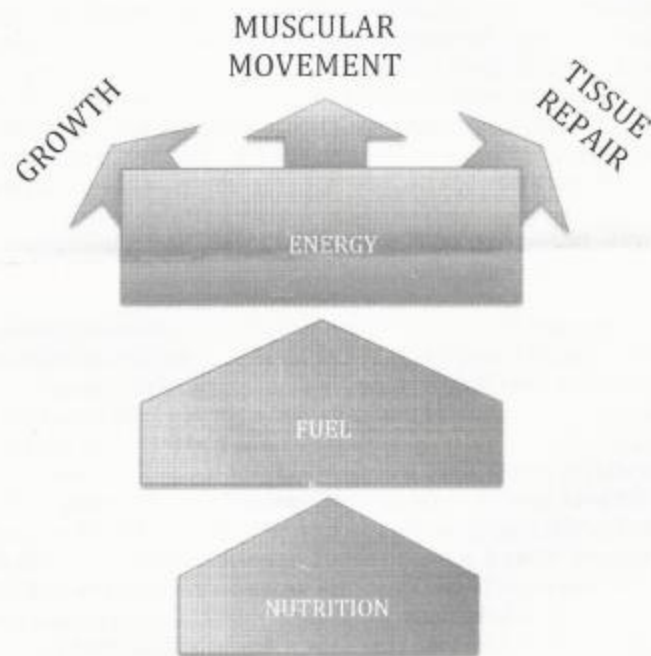
## Dungeonite Championship Diet

**UNDERSTAND-** That your body is a machine, and the output of that machine is based on your input into the machine.

Benefits of an advantageous diet include:

- Optimal gains from the training program
- Enhanced recovery within and between workouts
- Achievement and maintenance of an optimum body weigh and physique
- A reduced risk of injuries and illness
- Confidence in being well prepared for competition

Below is a diagram I made for my Master's class paper entitled: The Significance of Integrated Nutritional Monitoring in Athletics.



(BYRON, 2013)

**DO NOT CONSUME-** Sweets, Soda, Fried foods, fast food, chips, skin of meat, pork bacon, potatoes

Sweets give athletes unnatural sugars with no nutritional value. You know how I feel about doughnuts; fried bread has to be the worst food ever invented. Any fried food fried anywhere other than your home it would take nearly 5 hard practices to run off (any food fried in your home will take 3) unfortunately we have no more hard

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practices, therefore you have no room to eat fried food. Potatoes are high in starch and need an abundance of water to breakdown. In essence potatoes dehydrate the body, and potato chips are fried potatoes (a double negative may equal a positive in multiplication but not in diet). Pork bacon tastes like the best because it is the worst part of the pig, resist the urge. Soda should be a given, if you drink soda you are not a track athlete, and you should stop reading this entire document now.

**REDUCE-** Bread and other foods high in carbs, beef, pork, seafood excluding fish, cheese, pizza, juice

Carbs are actually good for athletes scientifically breakdown into simple carbs (sugars) and complex carbs (starches). While both are important, carbohydrates must be in moderation. Salt is another absorbent of water, and thus we must reduce foods high in salt in MSG. Beef and pork are great sources of protein, however these two sources are harder to move and take a minimum of 2 days to pass through the system. Cheese is not terrible, but many preparations of cheese are unhealthy. Especially pizza, if you think about all the grease on top of the pizza, there's no way you can think that is healthy food for an elite runner. Shelled fish are high in vitamin B, but contain traces of items not conducive for peak performances. The items in this section should be eaten in extreme moderation and typically the day after the meet, giving your body enough time digest and extract these things out of your system.

**SUBSTITUTE-** with- Brown rice, whole grain carbs, turkey bacon, baked foods] not baked goods], baked snacks with no trans fat

The most important aspect of this "diet" is that you EAT!!! Unlike non-athletes you need calories (fuel), you just need the right fuel. Make sure you are not starving or skipping meals. Starving your body is worse than not eating. Think about a car at least bad gas will get you somewhere but no gas wont get you anywhere, both will destroy the car. Eat early and often but substitute those bad fuels with the foods that will ensure your body is a well-tuned machine ready for battle. EAT FRUIT. Fruit has natural sugars that your body can easily breakdown and turn into energy. All day long throughout class it is a good idea to snack on some fruit and drink water to replace chips and juice. When it comes to meats, baked lean skinless chicken or turkey breast is the way to go. IT gives you high protein with less of the bad stuff. If you love wings like me, then bake them, remember fried foods contain bad fuel. Popcorn is a healthier alternative than chips, but not as healthy as fruit. Just like coming in third is not as bad as 5<sup>th</sup>, but not at as good as 1<sup>st</sup>. Eating popcorn is mediocre, don't be mediocre.

**INCREASE-** Water (3/4 gallon a day minimum), fruits, vegetables, food high in protein and aminos, multi vitamins, egg whites

Egg whites could be in the substitution section, as they give you the vitamin B and protein you need without all the cholesterol of the yolk. As you begin to move away from some of those heavy meats egg whites should increase in your diet for protein

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and energy. Fruits are God's natural energy and you should be eating five to 6 servings a day. While vegetables are not as sweet they provide vital vitamins and minerals to keep a balanced immune system, thus keeping your body prepared to perform. Between fruits and vegetables you should be consuming EIGHT yes 8 servings a day. It's easier than it sounds; orange with breakfast, snack on two bananas before lunch, salad and apple with lunch, carrots and celery for pre practice snack, grapes for post practice snack, string beans with dinner, more grapes while studying. That's nine, so it is possible. Protein shakes are excellent, and should be consumed first 15 minutes after practice. You know I am a big fan of Nestlé's Boost, not an athletic protein drink but a very simple solution for athletes on the high school level. Between the shakes, and fruits, and veggies, you should not even be hungry enough to eat bad foods. WATER, WATER, WATER; water is like the oil that lubricates your body. It is essential to a normal person's life so it is even more important to an athlete's life.  $\frac{3}{4}$  gallon of water everyday is a must. With no juice or soda, water and performance drinks are all that are left. Of course 100% orange juice and other "natural" juices are ok, but these things nor Gatorade are a substitute for water.

Your body is a high-powered machine. Just like a high-end car such as a Lamborghini or Porsche wouldn't take 87 gas, you must put premium octane in your body. Your body will put out whatever you put in so if you put in crap, your body will give you crap performances. Of course eating correctly will be voided out by any athlete not getting enough rest. Championship time lights should be out at 11 (2200). Last day of Social Networking should have been last Sunday; social networking is just toxic to the mind.

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