

# EAT FROM THIS LIST 4 PERFORMANCE

**eatthis**  
for performance



Performance inspiration and education  
provided by sports dietitian *Pearle Nerenberg*.  
[www.EatThisForPerformance.com](http://www.EatThisForPerformance.com)



## HOW TO USE THE EAT4 PERFORMANCE FOODS LIST

Choose the foods you like to eat from each category. Make meals from the **energizers** + **muscle builders** + **superfoods**. Make energizing snacks from **energizers** and filling snacks from **superfoods** or **muscle builders**.

Keep in-play energizers for times when you need the extra energy right before, during, or right after your sport.

The +’s mean there are significant amounts of hidden fats in that food. Fat is slow to digest.

### ENERGIZERS



Oats	Bread
Granola (+ fat)	Corn
Whole grain cereals	Potatoes
Rice	Sweet Potatoes
Pasta	Legumes
Quinoa	

Often energizers sold in boxes have a lot of added sugar, salt or oil, check label ingredients! Too much of these ingredients can lower performance.

### ENERGIZERS FOR IN-PLAY



Sport drinks	In play food option :
Juice mixed with water	Fruit superfoods + water

### ENERGIZER SUPERFOODS



Apples, oranges, pears	Melons
Mango	Pineapple
Banana	Raisins
Grapefruit	Dried cranberries
Grapes	Dates
Berries	

### SUPERFOODS



#### PERIPHERAL VISION

Baby carrots  
Tomatoes  
Bok choy  
Pumpkin  
Red peppers

#### BREATHE EASY

Celery  
Cress  
Red beetroot  
Arugula

#### BONE STRENGTH

Mushrooms  
Spinach  
Dark green lettuce  
Almond milk

#### IMMUNITY ENFORCER

Peas  
Broccoli  
Squash  
Turnip  
Cucumber  
Zucchini  
String beans  
Cauliflower  
Eggplant  
Cabbage, brussels  
Sprouts  
Onion, leeks

#### IMMUNITY ENFORCER

Garlic  
Ginger  
Turmeric  
Avocado  
Hummus  
Cooking oils: canola, olive, camelina, olive...  
Cold oils: virgin olive, flaxseed, walnut...  
Olives  
Oil based salad dressing  
Nuts: almonds, walnuts, peanuts...  
Seeds: chia, hemp, flax...



The superfood fats promote cardiovascular health and should replace saturated fats in the diet. Saturated fats are found in creams, butter, bacon, cream cheese, cream dips, and all fatty animal products.

### MUSCLE BUILDERS



#### PLANT MUSCLE BUILDERS

Soy : edamame, tofu, soymilk  
Nuts : almonds, peanuts, peanut butter (+++ fat)  
Seeds : pumpkin, squash seeds (++) fat)  
Legumes : black beans, white beans, kidney beans, pinto beans, lentils

#### ANIMAL MUSCLE BUILDERS

Eggs (+ fat)  
Canned tuna, in water  
Chicken or turkey  
White fish  
Omega-3 rich fish (+ fat) : trout, salmon, sardines, mackerel,  
Seafood : nordic shrimp, scallops, mussels,  
Oysters lean  
Beef (+ fat)  
Lean lamb (+ fat)  
Dairy : milk, yogurt, low fat cheese (+ fat)

#### POWDERED MUSCLE BUILDERS

Milk derived : whey protein isolate  
Plant derived : soy, hemp, rice, pumpkin

### FOODS THAT ENHANCE FLAVORS

Mint	Lemons & limes
Cinnamon	Cocoa
Vanilla	Mustard
Basil	Broth (chicken, vegetable, Beef, ...)