

# Toni Julian's Eat to Win



## Top 7 key nutritional mistakes athletes make when training and competing.

### **Without the right nutrition, you cannot win. Period.**

Here are the top seven deadly nutritional sins that athletes make and don't know they are making them. I will help you to avoid these, so you can crush it at your next competition.

#### 1. Skipping breakfast

Start your day, every day, with breakfast. It is critical and the only way to ensure you have the energy stores you need for training and competing. When you wake up in the morning your blood sugar level is already low. The optimal range is between 80-120 mg/dl and your body kicks in hormones (insulin and glucagon) to keep it on track. If you don't eat breakfast, you are not only starving yourself of the energy it needs, but also the nutrition. Once you are behind, the rest of day is playing catch up in a game that can't be won.

#### 2. Eating unbalanced meals

From our research, we have found athletes all have their own "go-to" race meals--such as peanut butter and a banana, protein powder and milk, or a bagel--although few know the secret to sustaining their energy level. Unbalanced meals metabolize too quickly and once the circulating glycogen in your blood is depleted, your body naturally goes to the muscle and liver for alternative energy sources. For performance endurance, a combination of balanced macronutrients, including lean protein, complex carbohydrates and healthy fats, in the right amount, will metabolize slowly and keep you full the longest. At least 20% of your calories should be from protein, 60% from complex carbohydrates and 20% from healthy fats. Get the balance and the timing right, and you will maximize the benefits of workout recovery and race-day performance.

#### 3. Eating healthy just on race or training days

Nutrition has the most significant impact on how you look and feel, on an ongoing basis, and your performance is directly related to the cumulative effects for better or worse. A good example is having convenience foods the night before a competition. You will be getting plenty of calories, but not the nutrients—including valuable high-iron minerals, antioxidants and phytonutrients--required to feel good. Eat a properly balanced dinner of lean protein (like chicken or fish), low glycemic complex carbohydrates (like veggies, fruits, yams, quinoa or brown rice) and healthy fats (including avocado, olive oil, almonds or flaxseed meal) and you will set yourself up for success.

# Toni Julian's Eat to Win

Top 7 key nutritional mistakes athletes make when training and competing (continued)



## 4. Relying on artificial stimulants

Stimulants like caffeine, energy drinks and sugar may provide a short-term energy-like spike, but it's not sustainable. Sugar may give you an immediate boost of energy but always results in a crash. Keep your energy on course by eating natural, whole foods, plenty of vegetables and build each meal around protein for the most stable foundation. If you need additional energy, you can top off with easily-digestible carbohydrates in addition to your well-balanced diet.

## 5. Not getting enough sleep

One sure way to under-perform is to be sleep deprived. Most of us need eight to nine hours every night. When we don't get enough rest, our bodies take longer to recover as we heal only when we sleep. You may also feel the need to self-medicate; craving simple carbohydrates to feel good, which will throw off your nutritional efforts and motivation to train.

According to research conducted by the National Institutes of Health, lack of sleep quality and quantity could result in nervous system imbalance, simulating symptoms of the overtraining system. Also, increases in inflammation could reduce the effectiveness of your immune system and cognitive abilities. The bottom line is, get the sleep you need.

## 6. Drinking alcohol

If you've ever had wine or a couple of beers, you know it makes you feel sluggish the next day. Alcohol is a substance your body doesn't recognize, so gets stored as fat, is a depressant, and is very dehydrating. A not well-know fact is that alcohol can make your blood sugar level drop up to three days later, according to the National Institutes of Health (NIH). Imbibing also effects sleep, initially luring you into a false sense of relaxation, only to disrupt your much-needed slumber by waking you up hours later. Alcohol may be socially difficult to resist, so be prepared with a come-back, like "Thanks, I'll pass for now" or "I don't like the way it makes me feel". Do this one thing and you'll see who takes the lead in your next workout or performance event.

## 7. Introducing a new food on competition day

Trying a new food on race day could result in an upset stomach or cramping. Always incorporate eating regimens early into your daily routines. Consistency is a key element of any solid training program. Now go out there and be *amazing!*



## TONI'S STORY

Toni Julian is the International Best Seller of *Smart, Fit and Female: The Busy Woman's Blueprint to Looking and Feeling 10 Years Younger* and *BITE ME! Change Your Life One Bite at a Time*. She is also the Top Women of Influence in Silicon Valley, and CEO of Toni's Kitchen LLC and AABS Nutrition & Fitness.

"As a certified sports nutritionist, athlete and award-winning competitor, I understand how to change body composition and fuel your body with sustained energy in a healthy way. At almost 50, I lost 14 pounds of fat and gained six pounds of muscle, within eight weeks! I designed TONI'S High-Performance Protein Meals®, boasting 18 grams of protein and balanced macros, to metabolize slowly so it helps keep you fueled for hours. A recent nutrition trial designed by a Stanford physician demonstrated it improved performance endurance by 2.6%.

It's the perfect meal for pre- and post-workout replenishment, training, endurance competitions and to get through your busy day. It can be eaten as hot or as a cold protein smoothie."



Free shipping on sampler pack at [ToniJulian.com](http://ToniJulian.com)

2018 Toni Julian® is a registered trademark of AABS Nutrition & Fitness. All rights reserved. This content may not be reproduced in any form without the express permission of Toni Julian.