

14 NUTRITIONAL HABITS  
**TO SKYROCKET**  
ATHLETIC RECOVERY



## SO I THOUGHT...

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With so much information out there, how can I provide you pro level tactics without taking up your time. I want to share with you my experience after training with the New York Yankees, Olympic athletes and some of the most successful CEOs in NYC.

Although I stand fully behind the belief that every individual needs a different set of nutritional planning, there are rock-solid rules that I follow with everyone.

Note: To identify individual needs, especially at the athletic level, comprehensive testing like: Zonulin or Lactulose tests, (to identify leaky gut - something I explain in greater detail in The Athletic Genome Project) IGG food sensitivity testing, DNA testing, and an Organic Acid Vitamin and Mineral Deficiencies test.

Before taking a supplement at a young age, a blood test and visit to a functional medicine doctor, holistic doctor or family practitioner is advised.

If you've already looked at the lifestyle habits of your athlete and sleep deprivation, nutrition deficiencies, and mood issues is still a problem, then it may be time to start with a supplement.

It's vital to always remember that a supplement is meant to SUPPLEMENT your diet containing whole foods. It's not to replace the diet.

Until you begin to customize your athlete's nutrition and lifestyle habits with the tests above here are the ground rules of nutrition:



# WHAT TO REDUCE

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## **Stimulants (At least avoid 6 hours before bed)**

- Kids don't need more energy, if they are feeling tired it's often a sign of poor gut health
- Organic coffee can have some antioxidant benefits but for most children it's completely unnecessary
- Sources: coffee, energy drinks, and some tea (english breakfast)

## **Sugar**

- Sugar has been found to be 8 times more addictive than cocaine. Although sugar is not a stimulant, the fluctuation of insulin promotes energy swings, childhood obesity, anxiety, depression, ADHD, and systemic health issues.
- Sources: Ice cream, candy, soft drinks

## **Trans Fats**

- Surprisingly you may find trans fats hidden in most packaged goods even if they claim "0 trans fats"
- The easiest way to avoid trans fats in your child's diet is to cook from home (it doesn't need to take long!)
- Sources: McDonald's, packaged snacks (Cheetos, Doritos, etc.)

## **(TIME DEPENDENT) Slow digesting foods**

- Although most higher foods may be healthy, they "steal" too much energy through digestion that inhibits quality deep sleep)
- Good rule of thumb is around 3 hours before bed
- Sources: broccoli, cabbage, beans

## **(TIME DEPENDENT) Spicy foods like peppers and hot sauce**

- In most cases spicy foods shouldn't be a problem, but they create an internal heat within the body while you body should enter a cool environment before sleep
- Sources: hot sauce, peppers



# WHAT TO INCLUDE

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## More Water, But Not Too Much

- Most athletes don't drink enough water, while others consume too much. Normally you'd think too much water couldn't be a bad thing, but it actually depletes the body's natural electrolytes like magnesium, potassium and sodium.
- Consuming 8-12 glasses of water for your athlete is adequate (especially since they should be consuming hydrating foods like vegetables and fruits)
- Pre-Game Plan - If no water is available during the athletic event (such as a cross country race, or swimming meet) follow the plan below:
  - 500 ml of fluid on the night before exercise
  - 500 ml in the morning
  - 500 to 1000 ml, 1 hour before exercise
  - 250 to 500ml, 20 minutes before exercise

## Himalayan Salt

- Balances PH, and blood sugar (Manuka Honey is also great for blood sugar control)
- Hydrates the body longer
- Improves mineral status
- Promotes optimal adrenal function (ability to handle stress)

## Vitamin B6 (similar benefits to Himalayan Salt)

- Improves communication between brain neurons (improves mental functioning)
- Helps to form red blood cells which

improves circulation and endurance

- It also acts like an enzyme that breaks down proteins (more protein = more B6 needed)
- Lack of B6 can pronounce irritability, depression, ADHD and loss of memory/ focus
- Sources: Fish, Beans, Poultry

## Magnesium

- The best natural supplement to improve sleep quality without creating a dependence
- One of the highest deficiencies among Americans because it's hard to find rich sources of magnesium
- It regulates electrolytes so there isn't a drop in performance or focus during long bouts without meals (during games/races)
- Reduces muscle soreness and promotes the parasympathetic nervous system to rest and recover
- One of the few minerals other than B, and D vitamins I always suggest to supplement with in my athletes because of the lack of its availability
- Don't consume with calcium as it will interrupt its absorption
- Sources: Pure cocoa, almonds, spinach, and bananas
- [Supplement with this before bed](#)

### **Tryptophan (Amino Acids)**

- Especially at night, tryptophan allows the body to naturally wind down
- Sources: chickpeas, egg whites, turkey (think of how tired you get after thanksgiving dinner)

### **Chromium**

- Regulates blood sugar for sustained energy
- Manages insulin levels to help your athlete avoid random drops in energy, performance and focus
- Sources: Brown rice, beef and broccoli

### **Melatonin**

- Boosts the body's natural ability to enter deep sleep
- Warning: most over the counter melatonin supplements supply extremely high dosages which can harm the natural body process to wind down. I would avoid these at all costs.
- Sources: almond/ coconut milk, chamomile tea ( check for sugar content), yogurt (check for sugar) - Fage 0% or Oikos Triple Zero

### **Calcium**

- Unfortunately the old saying "drink your milk for strong bones" is a myth for 2 major reasons: acidity and indigestion. Milk is actually very acidic in the body and causes calcium to be "sucked out" of your bones. Secondly milk in the vast majority of the population isn't a good option due to our body's poor response to dairy - both the proteins and the sugar (lactose)
- Supports bone growth and skeletal muscle development which is key during adolescence

- Sources: almond/coconut milk, cherries, pomegranates, bananas and walnuts

### **Protein Powder**

- If your child can't get enough protein in their diet (.7-.8 X Bodyweight is my recommendation) some protein powders can be a great addition to most diets
- Organic Plant Sources or Grass-Fed Whey
- Grass Fed Whey Brand: Legion
- Premium Grass Fed Whey: WheyCool
- Organic Plant Protein Brand: Orgain

### **Vitamin D**

- Along with Magnesium, Vitamin D deficiencies has become extremely high for all ages, not just the young athlete. With the lack of sunlight and food sources, low levels of Vitamin D can cause a loss in bone growth, metabolic disease and autoimmune issues. Since your athlete is growing at such a rapid rate you may want to check these levels. Especially those living in areas where it gets dark at 5pm from November through early March.
- <https://www.idealvitamins.com/products/vitamin-d-supreme-60ct-by-designs-for-health>

### **Fish Oil**

- When looking at your child you may be amazed at how fast that are growing. Growth is happening as much and maybe more in the inside of the body as it is on the outside. At an early age, supplementing with healthy fat maybe one of the best ways to nourish the rapidly growing and developing brain.

# WHAT NEXT

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First start by reducing or eliminating the sources of energy zapping ingredients in your kitchen. Before you start adding in the good, you need to take out the bad. And I know for a fact, it takes some time to get used to, but the benefits are insurmountable.

Remember these are the same rules followed behind the scenes by the pros. Now you have the same knowledge to make informed decisions about your child's athletic nutrition plan.

I know this doesn't cover all your questions, but that's for the best. Habits should be overcome one at a time.

So like I said, start with eliminating the bad... then you can start implementing the healthy stuff below. Take it slow, and don't make drastic changes all at once.

Once you've taken action on the steps above....

And if you want to take your child's nutrition, health, focus, and in-game performance to a new level head over to this specially discounted link for parents who opted in for this nutritional guide. This discount is my gift to you for taking action and being a doer for your child's future.

**TO THE FUTURE OF ATHLETICS,**

Joe Giangrasso