



High Performance Foods

Information

There are certain compounds in some foods that are extremely beneficial to improve the health and performance of elite athletes. From carbohydrates to antioxidants to fiber to vitamins and minerals, the foods listed below are top choices to include in your daily eating program to enhance your immune health and athletic performance.

Food	Serving Size	Benefits
Fruits (Good Carbohydrate Sources)		
Apples	½ large, 1 small, 1 cup sliced	Antioxidants, fiber
Dried apricots	½ cup	Vitamins, antioxidants, fiber
Bananas	1 large, 1 cup sliced	Vitamins, minerals, fiber
Blueberries	1 cup	Vitamins, minerals, fiber, antioxidants
Grapes	1 cup	Vitamins, minerals, antioxidants
Oranges	1 large	Vitamins, minerals, antioxidants
Vegetables (Good Carbohydrate Sources)		
Bell peppers	1 large, 1 cup chopped	Vitamins, minerals, fiber, antioxidants
Broccoli	1 cup chopped	Vitamins, minerals, fiber, antioxidants
Carrots	1 cup, 2 medium	Vitamins, minerals, fiber, antioxidants
Garlic	1 ounce, ½ cup chopped	Vitamins, minerals, antioxidants, anti-inflammatory action
Spinach	1 cup cooked, 2 cups raw	Vitamins, minerals, fiber, antioxidants
Sweet potatoes	1 large, 1 cup sliced or mashed	Vitamins, minerals, fiber, antioxidants



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Food	Serving Size	Benefits
Grains (Good Carbohydrate Sources)		
Quinoa	½ large, 1 small, 1 cup sliced	Minerals, antioxidants, protein
Brown rice	½ cup cooked	Minerals, antioxidants, fiber
Oats	½ cup cooked, 1 ounce dry	Vitamins, minerals, antioxidants, protein, fiber
Barley	½ cup cooked, 1 ounce dry	Minerals, antioxidants, fiber
Beans and Legumes (Good Protein Sources)		
Kidney beans	¼ cup cooked	Vitamins, minerals, antioxidants, fiber, protein
Black beans	¼ cup cooked	Vitamins, minerals, antioxidants, fiber, protein
Nuts and Seeds (Good Healthy Fat Sources)		
Walnuts	½ ounce, 7 halves	Minerals, omega-3 fats, protein
Almonds	½ ounce, 12 almonds	Vitamins, minerals, antioxidants, monounsaturated fats, protein
Ground flax	1 tablespoon	Vitamins, minerals, omega-3 fats, fiber
Sunflower seeds	½ ounce	Vitamins, minerals, antioxidants, monounsaturated fats, protein