



Bodybuilding Diet

Bodybuilders need to eat significantly more than the non-athlete. Working out hard in the gym without focusing on the proper nutrition will not get results. It is important for bodybuilders to eat frequent smaller meals rather than the standard 3 meals a day. This is so the metabolism never slows down. It is also important for each meal to include carbohydrates and protein and a small amount of fat. Proteins should be lean and filling. Good choices for protein include lean grilled chicken, eggs or egg whites, lean beef such as sirloin or round cuts, turkey, Greek yogurt and protein powders for the use in smoothies or to sprinkle into food. Protein powders offer high quality proteins with essential amino acids. A good powder will contain a high amount of amino acids and are made from whey, soy, egg or rice. Generally, powders will be combined with water and milk and blended into smoothie form but some bodybuilders choose to sprinkle the powder onto their yogurts, ice creams, cereals or even baked goods. 20-25 grams of protein per scoop of powder is a good number to aim for when picking a brand. Carbohydrates are another important component of a bodybuilding diet. Carbohydrates provide direct fuel for the muscles to use. Glycogen is the storage form of glucose, a carbohydrate, in the muscles and provides the body with it's own fuel reserve to help it power through difficult workouts. Carbohydrates that are high in fiber are the best option. Foods such as whole grain bread, oatmeal, bran crackers, and whole wheat pasta are all good options. Fats are also a necessary part of the bodybuilding diet. Unsaturated fats like the type found in olive oil and avocados are an essential part of a diet when eaten in moderation. A fresh salad loaded with veggies, topped with a breast of lean grilled chicken and sprinkled with a low-fat feta cheese is delicious with a dressing of red wine vinegar and a bit of olive oil. Meals should be consumed within 30 minutes of a workout and should contain a well-rounded ratio of carbohydrates and proteins.