



European Powerlifting Federation

## Powerlifting Diet

A good diet consists of four basic nutrients: Carbohydrates, Proteins, Fats and Water. By consuming the correct level of intake for each, we allow our bodies to function in the best and most effective way.

You must eat the right types of food in order to build lean muscle mass you need to combine an adequate calorie intake with solid muscle strengthening program. A large number of calories are needed to fuel both workouts and muscle tissue building. Whilst eating enough calories is important, it is also important to eat the right kind of calories.

## Carbohydrate

Carbohydrate supplies the body with its main source of energy. We can divide them into two main groups: **simple** and **complex carbohydrate**. Simple carbs, sometimes called sugars, include fructose, sucrose, and lactose as well as several others. Complex carbs on the other hand have a different molecular structure and are generally recommended to be more regularly consumed in preference to simple carbs. These include vegetables, whole grains and cereals.

This is the predominant energy source for strength training. Stored as glycogen in the muscles, it is the fuel used to supply energy for short, intense bursts of power. Consumption should be around 4g per 1Kg of bodyweight.

## Protein

Protein is fundamental for growth and development. It provides the body with energy, and is needed for the manufacture of hormones, antibodies, enzymes, and tissues. When protein is consumed, the body breaks it down into **amino acids**, the building blocks of all proteins. These amino acids are designated essential and nonessential. In the case of the latter, this does not mean that they are unnecessary, but rather that they do not have to come from the diet because they can be synthesized by the body from other amino acids. Other amino acids are considered essential, meaning that the body cannot synthesize them, and therefore must obtain them from the diet.

This is the basic building material for muscle tissue, and is critical for anyone engaging in high intensity resistance exercise since increased amounts of protein become necessary to support muscle growth.

## Fats

Although a reduced-fat diet is highly advocated, the body still does need some fat. Fat is, in short, the most concentrated form of energy for our bodies. Fats are composed of building blocks called **fatty acids**. There are three major categories: **saturated**, **polysaturated** and **monosaturated**. Saturated fatty acids are found primarily in animal products, including dairy items, such as whole milk, cream, and cheese, and fatty meats like beef, veal, lamb, pork, and ham. The liver uses

saturated fats to manufacture **cholesterol** therefore excessive dietary intake of saturated fats can significantly raise the blood cholesterol level

polyunsaturated fatty acids are found in greatest abundance in corn, soybean, safflower, and sunflower oils. Certain fish oils are also high in polyunsaturated fats. Unlike the saturated fats, polyunsaturated fats may actually lower your total blood cholesterol level

Monounsaturated fatty acids are found mostly in vegetable and nut oils such as olive, peanut, and canola. Male adults should aim to consume between 90-100 grams of fat per day and females around 60 grams. After taking care of your carbohydrate and protein needs, there is a little room left for healthy, essential fatty acids. The right kind is an essential nutrient; however, you only require a small amount of it to remain healthy. Less than 30% of your total daily calories should come from unsaturated fat sources.

## Water

Did you know the human body is two-thirds water! The very fact that this forms the basis of our bodies underlines its importance. Water is an essential nutrient that is involved in every function of the body. It helps transport nutrients and waste products in and out of the body. It is necessary for all digestive, absorption, circulatory, and excretory functions. You should aim to drink at least 2 litres of water per day.

## Eat Several Small Meals A Day

Eating this way ensures you are providing your body with adequate nutritional support. Frequent, small meals provide a consistent supply of nutrients for efficient muscle growth, and also helps maintain a faster metabolic rate. To gain muscle, you should be consuming at very least, about 500 calories above your daily requirement.