

Hello, Hello! I'm Hanna. I am a professional soccer player at Vestmannaeyjar IBV, former division I college soccer player (University of Kansas) and coach (University of Missouri – Kansas City), certified strength and conditioning specialist (CSCS through the NSCA), and a food lover/enthusiast/scientist. I strongly believe that in order to achieve maximum health you have to combine three things: Physical activity, nutrition, and mental health training.



A lot of things can be controlled by a healthy diet. Yes, there are many new or old nutritional trends out there that are confusing to many of us...Don't worry, we'll decipher those later. For now, I would like to provide you with this free and very basic nutrition manual 😊

Eat. Real. Food.

Eat in Season. Eat Local. Variety is Key.

FATS – Please don't be scared of fats (and esp. saturated fats)! Believe it or not, the body's preferred energy source is fat; We need it for creation of all muscle building hormones.

- ✓ EFA's - Essential Fatty Acids from Northern Atlantic Fish - Fish Oils
- ✓ Butter/Lard/Tallow, Ghee, Coconut Oil, Avocado Oil (best to cook with)
- ✓ Olive Oil, Walnut Oil
- ⚠️ Avoid cheap, (hydrogenated vegetable) oils & oils that come from grains (canola, corn, soybean, peanut)

PROTEIN – Eat plenty of it to rebuild muscles tissue.

- ✓ Red Meat – organic, grass fed beef
- ✓ Dark Red Meats – Elk, Venison, Bison, Ostrich
- ✓ Meat on the Bone – organic
- ✓ Organ Meats – organic
- ✓ Poultry – free range, organic
 - ⚠️ Avoid CAFOs to avoid meat from animals raised with antibiotics, hormones, and in inhumane living conditions.
 - ⚠️ Avoid processed meats as they are high in sodium, contain nitrates and BHA/BHT
- ✓ Fish – Organic; Cold water fish, Wild caught; organic



Fresh, Grilled Atlantic Salmon w/ Mixed Berry Salad & Sautéed Onions & Mushrooms

- ⚠️ Avoid farm-raised fish as its higher in Omega 6 fatty acids and lower in Omega 3, treated with antibiotics, and possibly contaminated with PCBs
- ⚠️ Watch out for mercury levels from big fish like Tuna, Swordfish, etc.
- ✓ Dairy – Organic; Greek yogurt, Quark, Skyr, Cottage Cheese, Raw & hard Cheese, Eggs
 - ⚠️ Avoid low-fat, high(er) sugar products
 - ⚠️ Proceed with caution: those foods can be allergenic to some people; Lactose intolerance, can cause inflammation
- ✓ Nuts& Seeds – Organic & Raw! Good source of healthy fats and protein
 - ⚠️ Proceed with caution as nuts can be highly allergenic (esp. peanuts)
 - ⚠️ Avoid nuts covered or coated in (hydrogenated vegetable) oils
- ✓ Quinoa, Beans, Legumes – good source of protein for vegans & vegetarians
 - ⚠️ Can be high in carbs; Can be hard for some people to digest; High in lectins; → Eat in season; Soak and slow-cook before eating

CARBOHYDRATES – Preferably consumed post-exercise; Eat seasonal & local!

- ✓ Vegetables – Organic; Cauliflower, Carrots, Squash, Cabbage, Corn
- ✓ Oats – Must be organic
- ✓ Sweet Potatoes
- ✓ Colored Potatoes (red, blue, yellow)
- ✓ Regular Potatoes
- ✓ Rice
- ✓ Bread – must be organic or contain grains like spelt, barley
- ⚠️ Avoid other Grains, Pasta, Flour
- ⚠️ Wheat (yeast & gluten can effect digestion, cause inflammation)

VEGETABLES – Eat all kinds & of different color; eat organic!

Wash before eating!

- ✓ Dark, leafy greens – Kale, Arugula, Spinach, Chard
- ✓ Eat vegetables of different colors
- ✓ Beets – good source of iron & B vitamins
- ✓ Mushrooms
- ✓ Watery vegetables – contribute to hydration
- ⚠️ Be careful of cooked tomatoes (high acid content that can irritate the stomach)
- ⚠️ Make sure to buy and eat organic to avoid as many pesticides as possible



Kale – Chips 😊

FRUIT – High in nutrients, vitamins; But also high in sugar!

- ✓ Dark berries – lots of antioxidants & resveratrol
- ✓ Tropical fruits (Pineapple & Papaya) – high in anti-inflammatory enzymes; best in the summer after hard training or competition
- ✓ In-season fruit!!! ☺
- ✓ Avocado – great source of healthy fats
- ⚠ Better to EAT fruit (contains fiber to ensure proper absorption; Less sugar; Full of vitamins from the whole fruit) than to drink fruit juices
- ⚠ Best to consume post-training (unless needed before strenuous competition)



20% Quark w/ Berries, Chia-Pudding, Nuts & Seeds, Cacao-Nibs

SPICES & SEASONING – Make your food delicious

- ✓ SALT!
- ✓ Turmeric, Ginger, Curry, Cinnamon, Cayenne, Garlic, Herbs: Rosemary, Dill, Oregano, etc.

HYDRATION – Make sure you're drinking enough water (~80oz/day)

- ✓ Water, Sparkling Water, Tea, Coffee

WHY ORGANIC!

- ✓ Lowers your exposure to pesticides
- ✓ The use of generic engineering, or GMOs, antibiotics and hormones is prohibited
- ✓ Foods have a better nutrient content