

# Surf-Specific Nutrition

*Peggy Hall's*

**High** **Energy**

**Eating**

Surf-Specific  
Nutrition

eBook

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**"Are you ready to ride the wave of vibrant health and well-being?  
Then dive in to Peggy Hall's surf-specific nutrition plan to help you feel  
stronger and more energetic both in and out of the water!"**

Peggy Hall's

# High Energy Eating

## Nutrition for Surfers

Are you ready to get in shape and have more energy so you can surf better longer? Would you like to drop a few pounds and develop a stronger, leaner body? Do you want to improve your health and well-being? Are you ready to stop following the latest food fads and get back to eating the way nature intended?

It's possible to do all that and more! When you eat the **High Energy Eating** way, you'll create the conditions for your body and mind to ride the wave of vibrant health and energy. You'll begin to shine and glow from the inside out – confident, happy, optimistic, and stoked on life!

Who among us hasn't been enjoying a great surf session and then suddenly feel our arms are like lead? Maybe you've bailed your board because you were too tired to duck-dive? Have you ever tired to get to your feet but stumbled instead? Most likely you've run out of gas – literally. Our bodies need premium fuel, just like cars, and when we've depleted our energy, we need to restore it.

When you eat the **High Energy Eating** way, you'll begin to develop healthier habits that will leave you feeling energized and exhilarated. If weight loss is your goal, select the lower range of the serving sizes and you'll consistently lose fat while increasing your lean muscle mass. If energy and endurance are what you're after, you'll discover how to fuel your stoke for surfing – and living – day in and day out, easily.

On the **High Energy Eating** plan, you'll notice that your hair and skin will be healthier and more radiant; your moods will be more balanced; and you'll have an increased sense of well-being. You'll most likely experience more restful sleep, a clear mind, improved memory and fewer colds and sore throats. You'll know what vibrant health feels like!

On this balanced plan, you'll have the freedom and flexibility to mix and match your food selections to best meet your goals and lifestyle. Everyone is different, so rather than follow a “one size fits all” plan, it's important to apply the **High Energy Eating** guidelines and principles in a way that make sense to you.

So if you're ready to feel fit, fearless, and fantastic, then dive into this effective and easy-to-follow plan that will satisfy your taste buds and keep your energy flowing!

## High Energy Eating: The Basics

**High Energy Eating** isn't a "diet" – it's simply a balanced, healthy approach to eating.

The goal is to help you understand what to eat and why so you can learn to nourish yourself properly with nutritious, energy-building foods.

As surfers, we can feel healthier and stronger both in and out of the water by adopting some simple guidelines.

### **1. Eat natural, healthy foods as close to nature as possible.**

You'd rather surf in the ocean than in a concrete wave tank, so why choose processed food over the real thing? The closer food is to its natural form, the better. Oatmeal (not the prepackaged kind with sugar and additives) is better than granola; whole-wheat bread is better than crackers; brown rice is better than Uncle Ben's.

- Cut back (or eliminate altogether) packaged, processed foods, especially those with corn syrup and hydrogenated oil.
- Avoid refined and artificial sugar and limit sodium (less than 200g per serving)
- Choose organic whenever possible.

## **2. Select a portion of protein, carbs and healthy fat at each meal.**

Consuming a portion of each macronutrient at every meal is essential for high energy.

Why? A protein-only meal will leave your mind feeling dull and your body lethargic; a carb-only meal of toast, cereal and fruit will have your stomach growling long before lunch. And forget about low-carb diets – think good carbs instead. Your brain and your muscles need carbs for energy.

- Protein (such as chicken, fish, meat, cheese, eggs, beans) nourishes muscles, hair, skin, nails
- Healthy carbs (oatmeal, rice, potatoes, corn, fruits and veggies) provide energy, feed the brain and balance moods
- Healthy fats (nuts, peanut butter, olive oil, avocado) protect the heart and brain and help the body absorb vitamins and nutrients

## **3. Eat about every 3 hours to balance blood sugar and keep energy levels high.**

The body performs best with a steady stream of available nutrients. Eating every few hours keeps your blood sugar stable, improves mental concentration and keeps moods on an even keel. You'll also experience fewer cravings when you nourish your body healthfully on a regular basis. Digestion improves, since smaller meals are metabolized more easily.

- Eat lightly but more frequently
- Choose a serving of protein, healthy carb and healthy fat for each meal
- Prepare healthy snacks to have on hand

#### **4. Drink up to 100 oz of water (about 3 liters) throughout the day.**

Water is the most essential nutrient there is, but too many of us skimp when it comes to drinking (water, that is!). Water is necessary to metabolize food, flush out toxins, keep our skin clear and our mind alert.

#### **Staying hydrated while surfing will help boost both performance and enjoyment during the session.**

- Limit caffeine to 1-2 cups a day (too much upsets blood sugar, depletes energy and increases sugar and carb cravings)
- Reduce or eliminate soft drinks (both regular and diet)
- Drink at least 100 ounces of water daily and more when surfing. Just because we're in the ocean doesn't mean we aren't losing water. Drink about two cups of water before paddling out and then take a break after an hour of surfing for a refill!

#### **5. Pay attention to what and how you are eating.**

- Notice how different foods make you feel.
- Eat in a relaxed atmosphere. No rushing! Enjoy your food.
- Be grateful for the food and for those who provided it.

**Top Tip:** Sign up your **FREE Yoga of Eating program** at [www.PeggyHall.com](http://www.PeggyHall.com)

You'll learn a **secret, ancient yoga technique** for eating more mindfully.

# High Energy Eating Plan

1. At every meal, choose one item from each column (fat and veggies at least three times a day).
2. Try to eat three meals and two snacks to keep your energy high.
3. Drink 3 liters of water throughout the day.

Protein	Carbs	Fats	Veggies
Chicken or turkey (3-5 ounces)	brown rice (1/2 – 1 cup)	olive oil (2 tsp.)	1 cup any type
fish (4-6 ounces)	whole grain bread (1 oz)	flaxseed oil (2 tsp.)	
lean beef (3 ounces)	tortilla (1 oz)	peanut butter (2 tsp.)	
*eggs (2 large)	*crackers (1oz)	almond butter (2 tsp.)	
beans (1/2 -1 cup cooked)	whole grain cereal (1 oz)	*mayonnaise (1 tsp.)	
yogurt (1 cup nonfat)	sweet potato (1/2 cup)	*butter (1 tsp)	
*cheese (2 oz)	potato (4-6 oz)	*sour cream (1 tsp.)	
cottage cheese (1/2 cup)	pasta (1/2 – 1 cup)	avocado (1/4 med.)	
egg whites (4-6)	oatmeal (1/2-3/4cup)	nuts (1/4 cup)	
protein powder (1/4 cup)	cous-cous (1/2 – 1 cup)	tahini butter (2 tsp.)	
* soy milk	quinoa (1/2 – 1 cup)	*parmesan cheese (1 tsp.)	
*cow's milk	popcorn (2 cups)	olives (10 small)	
rice, almond, oat milk	FRUIT:	sunflower or pumpkin seeds (1/4 cup)	
*tofu (3-4 ounces)	1 medium piece or 1/2 cup – 1 cup		
kefir (1 cup)	dried fruit (1/4 cup)		
	*100% fruit juice with no sugar added (8 ounces)		
	*Champagne, wine or beer (6 ounces)		

\* Best to limit these items to two or three times per week

## High Energy Eating Plan, continued...

### Condiments, Spices, Herbs

Use any fresh or dried spice or herb *except salt, bouillon, and spice mixes that include salt such as lemon pepper, etc.* Be sure to read labels. Pure extracts and flavorings in reasonable amounts. Olive oil spray is fine for cooking. Use low-sodium chicken or vegetable broth or low-sodium canned tomatoes to season soups and other dishes.

### Optional Additions if Desired (up to 3 servings daily)

raw organic honey	1 teaspoon
blackstrap molasses	1 teaspoon
pure maple syrup	1 teaspoon
agave syrup	1 teaspoon
100% fruit jam (no sugar added)	1 teaspoon
unsweetened cocoa	1 tablespoon
black, green or herbal tea	as desired
Stevia	as desired

## Tips for Food Selections:

- Try rice protein powder instead of whey powder. Read the labels and avoid added sugar or artificial sweeteners.
- When it comes to yogurt, cereal, peanut butter, almond butter, salad dressing and other prepared foods, read the labels and avoid anything with added salt, sugar, fat or artificial sweeteners.
- Watch your sodium intake! You only need 1500 mg per day (that's less than in a tablespoon of soy sauce).
- Avoid anything with more than 200 mg of sodium per serving.
- Avoid anything with hydrogenated oil or corn syrup.
- Limit or **avoid** packaged, processed, canned foods, **especially salad dressings** (very high in sodium and sugar) soups, bouillon, soy sauce, frozen pizzas and entrees, deli meats, bacon, sausage, or meat substitutes and salt. (**Deli meats are one of the absolute WORST "foods" you can eat.** Highly processed, highly salted, highly artificial. I don't consider it food.)
- Bake, broil, grill, roast, steam or sauté foods as desired. (Nothing deep-fried.)
- Once or twice a week, enjoy a special meal or dessert.

## Day-to-Day Helpful Hints:

- **Start each day with a glass of warm water and lemon juice.** Add stevia, honey or maple syrup if desired. Wakes up digestion. Strengthens immune system.
- **Select organic whenever possible.**
- **Try batch cooking** on one day during the week (make a pot of rice, bake a few potatoes, grill some chicken or fish) to have on hand for quick and easy meals and snacks.
- **When dining out, plan in advance** what you would like to eat and order your food prepared without oil, butter or salt. Ask for dressings and sauces on the side.
- **Use an insulated lunch bag to carry along snacks during the day.**
- **Bring a healthy dish to share at social events.**
- **Fill your water bottles (or water pitchers) every morning** and drink them throughout the day. Add slices of lemon, orange and cucumber and sweeten with stevia if desired.
- **Try to walk 20-30 minutes most days of the week.** *Take 5-10 minutes walks throughout the day.*
- **Aim for 8 hours of quality sleep every night.**

For **faster weight loss**, choose the lower range of servings. If you want to **maintain your weight** while increasing energy and improving your health, then select the additional servings. Adjust your servings according to your energy expenditure each day.

Still hungry? Add in an additional ounce or two of protein and 1/2 cup of carbs to a couple of your meals, and load up on all-you-can eat veggies. Consider adding in additional healthy fats, too. No deprivation here!

**Bonus! Treat yourself once a week to your favorite food.** Can't live without french fries, cheesecake, or pizza? Dreaming about a glass of wine? Going out to dinner? Attending a wedding or birthday party? Plan in advance to enjoy a reasonable portion of a desired treat, and savor it thoroughly!

## **Favorite Pre and Post-Surf Meals**

When it comes to your pre-surf meal, you want to make sure that you've got something that's easily digestible and gives you sustained energy. This will take a little trial and error on your part. I learned (very quickly!) that surfing after Mexican food is not a good idea. Ditto for donuts. Think about it: you want something that will give you high quality nourishment so you can surf with sustained energy!

I usually surf mid-mornings (we call 10:00 am dawn patrol!) but it's a great time because the morning crew is gone and the after school and after-work crowds haven't hit yet. On the following page, I'll show you what I usually have before my morning surf.

## **Peg's Power Smoothie**

- 2 scoops rice protein powder (I'm mainly vegetarian, so this is a great protein source for me. You can always substitute whey protein powder. Read the labels and make sure there's no added sugar or artificial sweeteners.)
- 1 cup frozen fruit (I like mixed berries, which I buy organic from Costco. But any fruit is great!)
- 1 heaping teaspoon of ground flaxseeds (read my article on EFAs to learn all about the benefits of these healthy omega fats!)
- 1 scoop green powder (I like Macro Greens brand)
- 1 cup water (use yogurt for more protein and a thicker shake)
- 2 or 3 ice cubes
- Few drops stevia or some honey to sweeten, if desired

Blend it all up enjoy! This usually tides me over for a good one-two hour surf session.

On colder mornings, I love a bowl of hot cream of rice cereal. I can digest it better than oatmeal, but oatmeal is a great choice, too! Then I toss in some almond butter for healthy fat and I have it with a couple of egg whites or half a cup of yogurt for my protein. Nice and simple and very filling.

I rarely have cereal, toast or other simple carbs – they don't stave off my hunger that well and usually keep me craving more carbs. In fact, I can't even remember the last time I had a bowl of cold cereal (read the labels and you'll see why: too much sodium and sugar; way too processed.) I'm not a fan of cow's milk (and you wouldn't be either, if you knew how it was produced – unless you're getting your milk right from a cow on your family's farm). Otherwise, rice milk, almond milk and oat milk are excellent choices.

Soy is okay, but no more than 2-3 times a week, especially for women. Soy tends to block the absorption of other vitamins and minerals, slows thyroid production (which regulates metabolism) and can wreak havoc on hormones. Moderation is fine, but avoid having soy with every meal.

Some surfers (like Tom Carroll) prefer not eating at all before dawn patrol. This is actually a fine choice, if you're someone who can just get up and go without eating. But, please keep in mind that this approach requires that you be very well-nourished on a regular basis. If you just had pizza and a beer the night before and then get up to surf the next morning, you won't have any high-octane fuel in your tank. Instead, enjoy a satisfying meal like roasted chicken, baked potatoes and vegetables.

Now you might surf in the afternoon or evenings, so here are several different ideas of pre and post-surf snacks.

**After surfing**, I like to munch on an apple and some walnuts. I always bring those along with me in my surf backpack and that way I always have a snack on hand. Hard boiled eggs also travel well. I try to avoid energy bars, since they're often loaded with less-than-nutritious stuff, but in a pinch I'll have a Clif bar or a Greens+ bar which are not too bad nutrient-wise. But please avoid Atkins bars and other artificial products parading around as "food"!

**Here are a few more ideas for pre and post-surf meals -- they're all portable, so you can just grab and go!**

Pear and string cheese

Apple and handful of nuts

Yogurt and strawberries

Celery, almond butter and raisins

Hardboiled eggs and whole wheat crackers

Whole wheat tortilla spread with almond butter and sliced banana

Nori sheet (for sushi) spread with mashed avocado and chicken strips

Ricotta cheese, yogurt and small mashed sweet potato

Cottage cheese, papaya and chopped pecans

Black beans, shredded cheese and salsa

Garbanzo beans, cilantro leaves, avocado and whole wheat pita

Cold cooked chicken, almonds and apple

## Recipe for Success

**Set your goals.** Do you want to lose weight? Have more energy? Increase your endurance? Strengthen and tone your muscles? Be specific about what you want to accomplish and why. Write down your goals and their benefits *as if they are already accomplishments*. Here are some examples:

“I lost five pounds and my boardshorts fit great!”

“I have better endurance and can surf for an extra hour!”

“I’m stronger and leaner and I look and feel fantastic!”

**Feed your mind** with positive messages. Instead of thinking “I can never lose weight,” say “I’m getting in the best shape of my life!” Replace “I can’t cook” with “I’m learning to prepare healthy meals.” Instead of lamenting “I’m addicted to chocolate” say “I can take it or leave it.” Create your own mantras and repeat them daily – even if at first they sound outrageous. The body follows the mind, so when you see yourself succeeding, you will!

**Nourish your soul.** If you’re an emotional eater who reaches for junk food when upset, tired, angry, or bored, then make a list of things that you can do instead of eating that jelly-filled donut. How about taking a bath, reading, writing in a journal, sending an email, enjoying a cup of tea, taking a nap, going for a walk or a bike ride, cuddling with your dog or cat, or cozying up with a loved one? Find out what it is you really need in order to feel better.

**Weigh your food, not your body.** Let go of the scale and focus on creating health.

You can judge your progress by how you feel and how your clothes fit. Do be sure to weigh and measure servings sizes for accuracy.

**Take time to really savor your food,** noticing the appearance, aroma, textures, and flavors of your snack or meal. Before and after eating, take a moment to breathe deeply and visualize the nourishment the food is providing. Chew each bite thoroughly to improve your digestion and absorption of nutrients. You'll get a boost in metabolism and an increase in energy! You can also sign up at [www.PeggyHall.com](http://www.PeggyHall.com) for your

**FREE Yoga of Eating** program to learn a **secret, ancient yoga technique**

for eating more mindfully.

**Eat only what you love!** Don't care for tuna or grapefruit? No need to choose traditional "diet" foods. Instead, select what appeals to you the most. Strive for variety, but be sure to include your favorites. Focus on enjoying all the different delicious, energy-building foods available. Get a cookbook with healthy recipes and learn to make nutritious versions of your favorites.

**Make the connection between what you eat and how you feel.** What we put in our mouth directly influences our energy, moods, emotions, and health. Do you get congested after eating yogurt? Does turkey give you indigestion? Do you need a nap after lunch? Notice which foods deplete your energy and which foods restore it.

**Read labels carefully.** Avoid anything with hydrogenated oil, trans fat, sugar, (also listed as corn syrup, rice syrup, fructose, dextrose, cane juice) and white flour (also listed as unbleached wheat flour). If you don't recognize an ingredient (what the heck is hydrolyzed collagen?) then don't eat it.

**Plan and prevail.** Make your commitment to good health a priority in your life, and other things will fall into place. Take time to plan menus and shopping lists and set aside one day to prepare nutritious meals and snacks for the rest of the week.

## **Are you Ready to Ramp it Up?**

If you're super-stoked and ready to rock, then try these tips for even faster results!

**Get down.** Select the lower range of servings for faster weight loss. When you're hungry or working out extra hard, then enjoy the additional portions as indicated.

**Keep it real.** Choose food as provided in nature in its most whole, unprocessed form. Avoid packaged, refined, processed foods filled with additives, chemicals, or artificial sweeteners. Fruits, veggies, nuts, seeds, and whole grains should be the centerpiece of your meals.

**Go organic.** Who wants to ingest pesticides, antibiotics, hormones, and genetically-modified foods anyway? Studies show that the nutrients in organic fruits and vegetables are higher than non-organic, so you actually are getting more for your money.

**Save the animals.** Limit your intake of flesh foods and dairy products as they cause the body to excrete calcium (osteoporosis, anyone?). Meat and dairy also create a stress/inflammatory response in the body that slows the metabolism and causes flare-ups in aches and pains and stiff joints.

**Can the coffee.** Limit your caffeine consumption to one cup per day. Although that java initially gives you a jolt, it depletes nutrients and leaves you frazzled and fried. Caffeine also drives up insulin levels, which makes it harder to burn fat. Instead, drink yerba mate or green tea – they contain compounds that buffer caffeine so you'll get the lift without the letdown.

**Get your Zzzz's.** Missing out on sleep causes the body to store fat! Try to get to bed between 10:00 and 10:30 pm when the body's natural relaxation cycle peaks. Taking a liquid calcium-magnesium supplement about 20 minutes before bed will promote a restful sleep.

## **How Do I Stay on Track?**

### **And other burning questions...**

#### **I messed up! How do I get back on track without giving up?**

Forgive and forget. Encourage yourself as you would a good friend. Reread your goals and tell yourself “I can do this!” Focus on improvement rather than perfection. (Maybe you only had small order of fries instead of super size. That’s an improvement!) Take it one meal at a time, letting each meal be an opportunity to move forward. Notice what triggered your behavior and create a plan to sidestep it in the future.

#### **How do I handle eating out, going to birthdays, parties, or other events?**

Plan in advance and see yourself making healthy choices. Most restaurants will prepare food to your liking, so if you don’t see what you want on the menu, ask for it! You can also plan to enjoy your treat meal on these occasions, savoring a reasonable amount of your favorite food once a week.

#### **How do I overcome my cravings?**

This is easier than you think! Most physical cravings will begin to weaken as you continue to replenish your body’s store of nutrients. When you avoid getting too hungry, most cravings diminish. Psychological cravings can be handled by preparing healthy versions of your favorite foods or by indulging in the real thing once a week on your treat

day. Also, try to avoid situations that cause too much temptation. **Top Tip:** Check out Peggy's proven program to end emotional eating: **Healing the Hungry Heart** at [www.PeggyHall.com](http://www.PeggyHall.com)

### **Can I drink juice, soft drinks, wine or beer?**

Fruit and vegetable juices are excellent – as long as they are freshly-squeezed from a juicer or blender. (Be sure to count them as part of your daily servings.) Avoid bottled juices, teas, and energy drinks as they usually contain added sugar and far more calories than freshly-made. Save the beer or wine for your weekly treat and limit to one glass, savoring it completely!

### **What about energy bars?**

Most energy bars are nothing more than “calorie bars”, so read the label and choose bars with pure, natural ingredients and no additives. Bars should have no more than 200 calories and 2 grams or less of saturated fat and 10 grams or less of sugar. Excellent choices include Larabars and Hemp Bars which contain only nuts, seeds, and dried fruit or honey. Luna Bars and Clif Bars are reasonably nutritious but may contain added sugar. Energy bars are okay in a pinch from time to time, but avoid relying on them as meal replacements. A 200-calorie bar can generally be considered as one serving of grain and one serving of fruit.

## Parting Words....

Always remember to trust in the wisdom of your own body to naturally guide you to those foods and behaviors that benefit and promote vibrant health.

When you nourish your body with healthy, natural foods, you'll experience an incredible sense of physical energy and mental well-being.

We're designed to be healthy, happy and whole – that's the way our Creator made us! It's simply up to us to create the conditions for optimal health to occur.

If you'd like to learn more about my **High Energy Living** programs, please visit

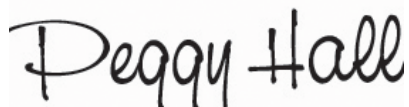
[www.PeggyHall.com](http://www.PeggyHall.com). I'm ready and eager to be your own personal wellness coach!

You'll discover a variety of programs that will help you live your life as a reflection of your soul. Doesn't that sound good? All the programs are designed to help you discover your own path to power, passion and peace.

In the meantime, I hope to see you in the line-up one of these days! The way I see it, the only thing better than surfing is surfing with friends. I can usually be found surfing my favorite peak at Trestles. Hope you'll join me and my husband David sometime soon.

And please see us on the Yoga for Surfers blog, too: [www.yogaforsurfers.wordpress.com](http://www.yogaforsurfers.wordpress.com)

For now, here's wishing you peace, blessings and boundless energy ~

A handwritten signature in black ink that reads "Peggy Hall". The script is cursive and fluid, with the first letter of each name being capitalized and prominent.

## About the Author

A leading authority on mind-body wellness, Peggy Hall is a certified yoga instructor, personal trainer, nutritionist and weight and lifestyle management consultant.

As a contributing editor and columnist for Clean Eating magazine and a regular feature writer for Oxygen, Peggy has written dozens of articles on health and wellness. Her work has appeared in Self, Men's Journal, Yoga Journal and many others. She's the former health and fitness editor Surf Life for Women magazine. Peggy also contributed to the books Surf's Up: A Girl's Guide to Surfing (Ballantine, 2005) and Surf Girl's Guide to Surfing (Orca, 2004). Peggy served as the online expert/guest editor at [www.Self.com](http://www.Self.com) and writes the "Fit for Surf" column at [www.wetsand.com](http://www.wetsand.com).

An avid surfer, Peggy put her passions together and created the highly-acclaimed and best-selling Yoga for Surfers series, which has helped thousands of surfers worldwide surf better and live better.

Heralded by Men's Journal as one of the "Top Five Trends in Fitness", Yoga for Surfers has garnered heavy media coverage, with Peggy being featured in Yoga Journal, The Los Angeles Times, USA Today, ABC News.com, Surfer, Surfing, TransWorld Surf and Muscle & Fitness Hers, just to name a few.

Peggy can be heard weekly on the ABC Radio Network's "Health and Wellness Clinic with Peggy Hall" syndicated to nearly 200 stations nationwide.

When she's not teaching, writing or surfing, Peggy devotes her time to animal welfare issues through Compassion for All, the non-profit organization she founded with her husband David. Peggy and her husband live in Southern California with their four beloved cats, two of which Peggy rescued while doing animal rescue work in the aftermath of Hurricane Katrina.

