

# Performance Dining

@Stanford

*The Performance Dining @Stanford program was designed with synergistic food and nutrient combinations and performance themes in mind to help students perform at their mental and physical peak. Performance Dining @Stanford was developed in partnership with Stanford Athletics, the School of Medicine and the Culinary Institute of America.*



## ENHANCED IMMUNITY

When students are training hard in a sport or under a lot of stress, they are more susceptible to colds, flu, and infection-making it even more important to improve the immune system. A major key in optimizing your immunity is to prevent nutrient deficiencies that can compromise the immune system.



## BRAIN PERFORMANCE

The part of the brain responsible for memory and learning is highly susceptible to inflammation. Foods rich in anti-inflammatory and antioxidant compounds, in general, will likely improve brain performance.



## ANTI-INFLAMMATORY COMPONENTS

"Silent" inflammation (chronic low-grade inflammation) is connected to a number of diseases. Certain compounds in food, from fatty acids and vitamins to phytochemicals, have anti-inflammatory action within body tissues.



## FOOD SYNERGY

Food Synergy is how components in food, such as phytochemicals, fiber, fatty acids, vitamins and minerals, work together in your body for maximum health benefit. More and more evidence is suggesting that certain components in foods and drinks we consume interact with each other to give our bodies extra disease protection and a higher level of health. This partnership can occur in the GI tract or at the cellular level throughout the body.



## ANTIOXIDANTS

Antioxidants are nutrients such as phytochemicals, vitamins and minerals, which by opposing "oxidation," help keep your immune system strong and help protect the body from cellular damage caused by free radicals. The antioxidant power peaks around 2 hours after the meal.



## SPORTS PERFORMANCE

What you eat and drink can enhance or detract from sports performance and recovery. Carbohydrates power muscle contractions - they are the most important fuel for exercising muscles. High quality protein food sources (lowfat dairy, fish, lean meat and grass fed beef) eaten soon after strenuous exercise is essential for muscle recovery and repair. Vitamins and minerals are involved in energy production, bone health, immune function, and building and repair of muscle.

Ten food categories emphasized in phase I of Performance Dining @Stanford

CRUCIFEROUS  
VEGETABLES

WHOLE  
GRAINS

FISH

RED/PURPLE FRUITS  
& VEGETABLES

DARK GREEN  
VEGETABLES

BEANS &  
LEGUMES

REDUCED FAT  
MILK PRODUCTS

NUTS &  
SEEDS

EXTRA  
VIRGIN  
OLIVE/  
CANOLA  
OIL

FRESH HERBS  
& SPICES



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ENTERPRISES

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STANFORD DINING