

## SKIERS' DIET surprising muscle building foods

*Super foods that will make you super fit this ski season.*

*Excerpted from skinet.com by Kellee Katagi*

As you coax your muscles back into ski shape, fueling them well can add heft to your training. Your instinct is likely to reach for a steak – and rightly so. A 2009 study in the Journal of the American Dietetic Association found that eating four ounces of steak after a workout built muscle 50 percent better than a placebo. These other strength-building foods may surprise you.



► Muscle-Building Food	► Why It's Super	► Skier-Friendly Source	► How Much You Need	► Bonus
 <p><b>ALMONDS</b></p>	They're loaded with vitamin E, which fights free radicals that damage muscle tissue.	Justin's Classic Almond Butter (try the 1-oz. squeeze packs)	Get half the adult RDA of vitamin E with 23 almonds -or 2 Tbsp. almond butter.	They're a good source of leucine, a muscle-building amino acid; plus, studies show almonds can reduce LDL (bad) cholesterol.
 <p><b>APPLES</b></p>	Apple peels contain ursolic acid, which a 2011 study found promotes muscle mass and strength (at least in mice).	Fuji and Smith (not Granny Smith) apples are especially high in ursolic acid.	An apple a day . . .	They strengthen bones too, thanks to boron and a flavonoid called phlorizin.
 <p><b>FISH OIL</b></p>	High daily doses of this omega-3 fatty acid help you pack on muscle, says a 2011 study.	Nordic Naturals Ultimate Omega Xtra Liquid	The study tested 1.5 grams DHA, 2 grams EPA, but even lower doses are likely beneficial.	What doesn't fish oil do? Studies link it to better heart, brain, and joint health -and more.
 <p><b>GARLIC</b></p>	Lots of garlic may raise testosterone levels, boosting muscle growth.	Choose fresh cloves: the allicin (the key component) is often degraded in supplements.	The jury's still out on the necessary dose; in the meantime, add liberally to dishes daily.	Research suggests garlic can fight off colds.
 <p><b>LENTILS</b></p>	They're one of the best sources of leucine, a muscle-building essential amino acid.	Tasty Bite Madras Lentils	2 servings weekly	Leucine, as well as lentils' high fiber content, controls blood-sugar levels.
 <p><b>POTATOES</b></p>	Spuds are crammed with potassium, which grows muscle tissue and neutralizes the muscle-damaging effects of high-acid foods like red meat.	Any variety will do, but be sure to eat the skin, where a lot of the goodies are stored.	A few a week, especially on intense training or skiing days, when your body will use up the starchy carbs quickly.	One large potato serves up a third of your daily vitamin C needs.