

punk rock surfers



caution

punk rock surfers contains shocking images of wave destruction, starring ratboy, tom curren, flea, gavin beschen and peter mel launching the highest airs ever pulled off, guaranteed!

Also fifty foot mavericks (the largest ever ridden).



directed by josh pomer • available at surfsite.com

Surfing
MAGAZINE

SurfSite



Surfers are athletes, plain and simple. Our sport is physically demanding and, like other "traditional" athletes, we also require adequate nutrition to fuel our bodies. Poor nutrition on land can equate to poor performance in the water. Need proof? Paddle out on an empty stomach after a late night of alcoholic debauchery and see how long you last.

Healthy eating in first world countries is generally easy. Restaurants and supermarkets are plentiful, so food quality and quantity are seldom concerns. However, the irresistible lure of distant, wave-laden tropical training grounds often beckons us to leave our cozy comfort zone.

Nutritional adequacy and food safety are prime concerns for traveling surfers. Sufficient calorie, carbohydrate, and water intake from safe sources will keep you going strong and out of the Medicine Man's hut.

Carbohydrates are the body's powerhouse nutrient and should comprise the bulk of your calories (about 60-70%). Regular consumption of a high carbohydrate diet helps stave off low blood sugar (hypoglycemia), which can reduce overall body fatigue. A small, easily digestible snack just before paddling out will top off your sugar stores allowing you to power through those five-hour marathon sessions.

Water's importance can never be overstated. Two liters (eight cups) per day is fine for most, but this number may increase by three-fold during intense activity in hot, humid environments—for example, surfing Iceland versus Indonesia. Never use thirst as a gauge of hydration status; by the time you feel thirsty, you might already be dehydrated.

If you don't like water or it is unavailable, drink fruit juices, sports drinks, or non-caffeinated sodas. Alcohol and caffeine-containing beverages are diuretics that can promote dehydration, so these should not count as part of your fluid quota—something to think about while binge drinking the night before that big swell is supposed to hit!

Traveling surfers must rise to the occasion in every new country, as changes in surroundings may make finding a meal difficult. Deciphering cryptic menus can add to your frustration, leaving you with a plate of mayonnaise-smothered turtle testicles and emu eyelids. Have a go at the local grocery store since many packaged products come with a picture on the label.

Food contamination is a serious concern when you go off the beaten track, and no fat stack of Rupiahs can protect you like an ounce of caution. Assume all water is contaminated and avoid it like the plague—which is exactly what was going around northern Namibia while I was there. Drink purified water. Otherwise, boil the available water and/or treat it with iodine. Avoid fruits and vegetables with broken skin; if you can't peel or prepare it yourself, don't eat it. Be wary of dented canned goods, as the pathogen-proof seal might be broken. Do not drink unpasteurized milk products; instead, opt for the powdered or long-life varieties. In restaurants, be sure any seafood, meat, or poultry is hot as molten lava. When possible watch your meal being cooked.

Food availability is a major concern in desolate areas. If you're off to a remote desert outpost, bring plenty of dried, canned, or other nonperishable foods—like dried milk, dehydrated fruit, canned tuna and soups, and quick rice or noodles. Stock up on high carbohydrate snacks that you can eat between main meals. And a basic, no frills daily multivitamin might be a good idea in places where fresh fruits and vegetables are limited.

Food for Thought

Microscopic creepy crawlies don't play favorites and you must understand you're as vulnerable as the next guy. So get out there and travel, live it, experience all the people, places, cultures, languages, and local cuisine. And remember, packing healthy nutrition knowledge today keeps the witch doctor away!—**William R. Sukala, MS, CSCS**