

Food For Thought About Fishing All Day

What you eat and drink will make all the difference in your day

Fishing can take its toll on the body. Bumps, bruises, sore legs, achy backs and injured arms and from rockin' and rollin' in the waves and making repetitive casts? Yep, those are common place if you're on the water often. But what's overlooked is what you're doing to yourself by not eating well while fishing all day. Unhealthy foods rob your body of energy, and sharp spikes in blood sugar can lead to health issues later on.

Yeah, I know, you're a serious angler and you're there to fish and not to sit back, relax and dine on three full-course meals throughout the day.

But if you want the stamina to not only stand and make casts all day long, but be able to focus clearly on every cast, what you pack in that cooler of yours and how often you take a break to snack on it will make all the difference in the world.

The no-processed process

There's no doubt anglers prefer foods that are convenient and easy to eat - finger foods, if you will. But just because a box of crackers has the words "made from whole wheat" stamped on the front in big, bold letters doesn't mean it's the best choice.



Although easier to buy it prepackaged meats, you're better off taking slices of beef, chicken or pork you've already cooked up than processed meat sticks.

"This isn't rocket science," says Scott Kupferman, president of Clinically FIT. "Processed foods are highly inflammatory to the body; they erode your energy and your concentration. If you consume foods and drinks that contain empty calories verses dense calories, your body's going to crash early; you'll miss fish and just plain ol' feel bad.

"Eat and drink so that you can perform well and stay mentally connected... It's as simple as that"

Creator of the *Angler's Elbow Performance Therapy System*, Kupferman has a career in health and wellness spanning over 30 years, including an 18-year clinical exercise practice in private homes in New York City for people with wide ranging health and performance issues. He's now being summoned by fishing professionals from around the United States to aid in exercise for performance, as well reduce the risk of wrist and elbow troubles.

Kupferman's thought on what to eat? Real food. That's food ready to eat because you've prepared it beforehand, not someone on a production line in a factory.

Obviously, fresh veggies and fruit cut up into bite-size offerings are going to be better for you than a handful of potato chips, or even granola or protein bars. (Kupferman's not a fan of the latter two as, over the years, more and more additives to sweeten the taste and preserve shelf life are being added.)

Nuts, too, are great as they are pure source for energy;

loaded with protein and fat, cashews, walnuts and almonds are what you want. Although peanuts and real peanut butter are okay, the sugars in them can send insulin spikes throughout your system as these are more the bean and pea family over nuts that grow on trees.

As for meats, forgo the pre-made meat sticks and bring along chunks of chicken, pork and beef you've already cooked up.

"It's as simple as grilling up a couple hamburgers earlier in the week and bringing those along," adds Kupferman. "There's nothing wrong with eating cold meat. And if you insist on putting something like that on a bun, make the wise choice and couple it with a fresh whole-grain bun rather than a white-bread bun full of processed flour and preservatives.

"And while you're at it, toss a couple sweet potatoes or zucchini and the like on the grill, and then slice those up for when you're fishing later in the week. Your options are endless."

As for how often? Every couple of hours, stop and grab a handful of chow. Chew well, follow it with a sip or two of water and continue casting.

Hydration nation

Caffeine? A diuretic. Soda pop? Yep, that, too. Sports drinks? Believe it or not, those dehydrate you, as well. Alcohol?

Don't even go there... Yeah, when you're on the water all day, all that surrounds you is what you need flowing through your body.

In short: Water, water, and then more water.

"Once you feel thirsty it's too late; you're already dehydrated," comments Kupferman. "You really need to drink a lot of water the evening before a long day of fishing."

Getting up to pee in the middle of the night is actually a good thing if you plan on spending all day in outdoors the next day. And the first thing when you wake up? Yep, more water. Drink a glass full first thing to rev up your metabolism and energy naturally. And if you want to go crazy, add some fresh-squeezed lemon. (to page 39)



Bite-size veggies and fresh or frozen fruit will give you way more long-lasting energy than potato chips or processed granola- or protein-type bars.



Whether bottled or in a jug from home, water's your best choice when fishing. If you insist on drinking sports drinks, dilute them in half with H2O.