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Nash Eats Well To Maintain Excellence

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Written by [kylestack](#) on 1/24/2011 12:55 PM

It's not typical for a 36-year-old NBA point guard to average 17 points and 11 assists per game. Phoenix Suns point guard Steve Nash is posting those numbers this season, and I think some of his production is reflected by what he eats.

Most NBA players see their production drop off by their early 30s, as accumulated wear-and-tear on their legs lead to more frequent injuries. Nash hasn't had a problem with a statistical drop-off, even though he's played at least 74 out of 82 regular season games for the last 10 campaigns.

Since 2009, Nash has been public about his adherence to a strict diet. There have been several articles written about his eating habits; he's even penned a column for Men's Journal about what he eats. Yet Nash recently used Twitter, where he has more than 300,000 followers, to update fans on his consumption habits.

He began by writing his diet isn't an exact science. He doesn't count calories, and doesn't assume what he does will work for everyone. Nash claimed he eats all-natural, so processed foods containing refined sugars or white flour, such as bread or pasta, are off the table. Perhaps that's a reason he's been able to remain lean -- he's not adding unnecessary carbohydrates to his diet.

Nash wrote he "basically eats fruits, vegetables, raw nuts, legumes, chicken and fish." Grass-fed beef is consumed only sporadically. He stated he attempts to eat organic and raw, but it's difficult given his lifestyle. He's constantly on planes for road trips, and doesn't always get the options he would like from hotels. That makes his commitment so impressive. His options are limited not just by the food he eats but by the lack of consistency in his life.

Water and tea comprise his drinks, although he admitted he'll sneak in a beer or other alcoholic drink on occasion. Which is expected; who wouldn't want to break such a strict dietary regimen with an occasional drink?

His eating regimen might be limited in types of food he eats, but there are plenty of ways to combine the food he consumes. His willingness to maintain a strict diet has paid off — even at 36, Nash is indisputably one of the NBA's great players.

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