

## Healthy Eating for an Athlete

### **Carbohydrates**

Purpose:

Main Source of energy for the body

Body's #1 fuel during exercise

Fuel for brain, nervous system, and red blood cell function

Helps maintain blood sugar levels

### **Best Choices**

whole wheat bread/rolls  
whole wheat tortillas/wraps  
oat-based granola bars  
wheat/grain cold cereals  
multi-grain/wheat pasta

whole wheat bagels  
whole wheat crackers  
oatmeal  
brown/wild rice  
sweet potato w/skin

### **Protein**

Purpose:

Build and repair muscles

Growth of hair and nails

Helps boost immunity

### **Best Choices**

Red meat without skin  
Baked fish/tuna  
Low-fat or skim milk  
2% (low fat) cheese  
Nuts, seeds, peanut butter

Chicken without skin  
1 egg & egg whites  
Low-fat yogurt  
Beans not cooked in fat  
Whey protein powder

### **Fat**

Purpose:

Fuel during exercise

Transports and stores fat-soluble vitamins: A, D, E, K

Cushions internal organs

Helps regulate body temperature/provides insulation

supplies essential fatty acids

### **Types of Fats**

"Bad" or saturated: fats that contribute to high cholesterol, high blood pressure, and body fat

"Good" or unsaturated: fats that aid in good blood health (omega 3 and omega 6 fatty acids)

### **Good Fats: Best Choices**

Nuts, seeds, peanut butter  
Flaxseed, flaxseed oil  
Olive oil  
Avocado  
Omega 3's from fish (salmon)

### **Bad Fats: Limit in Diet**

Fried foods  
Pastries & dessert foods  
Creamy sauces/dressings  
Regular sour cream, cream cheese, mayonnaise

## **500 Calories in 5 Minutes**

### **Getting a power-packed breakfast to start your day!**

#### **Breakfast Check List**

- Make sure your breakfast consists of complex carbohydrates (ex: whole grain cereal, wheat bread, fruit, low-fat milk), protein (ex: eggs/egg whites, lean meat, nuts), and some healthy fat (peanut butter, nuts, light cream cheese)
- Look for whole wheat bread and grain products instead of white/refined products
- Choose low-fat (skim, 1%, or 2%) milk and dairy products
- Limit your intake of fried foods, grease, and extra gravies and sauces
- Aim to get fruit into your breakfast either as a juice or as a whole fruit

#### **500 Calorie Breakfast At Home . . . A Must for EVERY Athlete**

- 1 whole wheat bagel, 2 Tablespoons peanut butter, 1-8 oz. cup skim milk
- 1 wheat English muffin toasted w/2-3 slices ham, 1 slice 2% cheese, 1 banana, 1-8 oz. cup 2% milk or 12 oz. skim milk
- 1 cup cereal w/½ cup 2% milk, 1 yogurt, Grande non-fat latte
- 1 smoothie made w/ 1 cup milk, 1 yogurt, 1 banana, 1 cup strawberries, and 1 scoop whey protein powder and a chewy granola bar
- 250 calorie energy bar, 1 cup skim milk, 1 fruit, small hand full of nuts
- 2 pieces wheat toast with 2 Tablespoons peanut butter, Drizzle syrup, 2 string cheese
- 2 Eggo whole wheat waffles with 2 Tablespoons peanut butter, 1 cup 2% milk, or 1 cup skim milk and a string cheese
- 1 pack Nature Valley granola bars, 1 cup 2% milk, 1 string cheese, small handful nuts
- 1 yogurt with 1 cup cereal mixed in, 1 piece toast with 1 slice melted 2% cheese, 1 banana
- 1 pack oatmeal (1cup cooked) with 1 Tablespoon peanut butter and 1 scoop whey protein powder mixed in, 1 fruit or 1 cup 2% milk
- 1 whole wheat bagel w/2 Tablespoons low-fat cream cheese, 1 whey protein shake mixed with water
- 1 whole wheat tortilla warm with 3 slices ham and 1 slice 2% cheese, 1 pack peanut butter crackers

#### **Healthy Breakfast Choices On-The-Go**

##### **Choose:**

- Whole wheat bagel w/cream cheese
- Ham and cheese role w/low-fat milk
- English muffin w/ham, egg, and cheese
- Protein shake w/milk, yogurt, & fruit
- Low-fat bran muffin

##### **Instead of:**

- Biscuits w/butter or gravy
- Chocolate covered donuts
- Croissant w/bacon and cheese
- Frappuccino w/syrup & whip cream
- Pastry or powdered donuts

## Sports Nutrition

### Pre-Workout

- Meal 3-4 hours before workout
  - High carbohydrate (50-70% of meal), moderate protein, low fat & fiber
  - Examples of pre-workout meals based on workout times. . .
    - Early morning training: Energy bar and a banana or a baggie of dry cereal, granola, and a few nuts or shake with fruit and low-fat milk
    - Mid-morning training: 1 ½ cups oatmeal w/1 spoon peanut butter mixed in, 1 fruit, 12 oz. low-fat milk mixed with 1 scoop whey protein powder
    - Afternoon training: Thick wheat bread sandwich w/3-5 oz. turkey or ham, cheese, lettuce, tomato, mustard, 1 cup pasta or fruit, small energy bar
- Snack approximately 30 minutes before workout
  - High carbohydrate, low protein
  - Examples: energy bar, granola bar, fruit, small fruit smoothie

### During Workout

- After working out for 1 hour, you need to start adding carbohydrates every 30 minutes to keep energy levels up
  - High carbohydrate, low to no protein, no fat
  - Examples: Gatorade, small energy bar, small chewy granola bar, fruit, crackers, peanut butter crackers
- If you are trying to gain weight, work on drinking or eating something during workout like an energy bar, banana, granola bar, shake with carbohydrate and some protein (Muscle Milk Collegiate, Met-Rx Collegiate, EAS Myoplex, etc.), can also sip on Gatorade consistently throughout workout

### Post-Workout

- "2 Hour Window of Opportunity" = EAT as soon as you can post workout!
- Try to eat a snack within 30 minutes post workout and then a meal within 2 hours post-workout unless you can eat a meal immediately
- Goal is to eat a 4:1 ratio of carbohydrates to protein (4 grams carbohydrates to every 1 gram protein) in order to replace energy stores lost and muscle tear that happened during your workout
- Immediate post-workout snack ideas:
  - 16-20 oz. low-fat chocolate milk
  - Cliff, Gatorade, or Power bar
  - Smoothie: 1-2 cups low-fat milk, fruit, & 1 scoop protein powder
  - Shake ex: Muscle Milk Collegiate
  - 1-2 cups whole-grain cereal w/milk
  - 1 cup fruit yogurt w/ granola
  - Trail mix w/1 cup cereal, 1 cup granola, small amount of nuts
  - Granola bar and 12 oz. low-fat milk
- Meal 1-2 hours post-workout ideas:
  - 2 eggs/2 egg white omelet with low-fat cheese, veggies if you like, & ½ chopped lean ham, 2 whole Eggo waffles with low-fat butter and drizzle syrup
  - 12" Subway on wheat or honey oat w/veggies, lean meat, & cheese, baked chips & fruit
  - 5 oz. grilled chicken breast, 2 cups pasta w/ marinara sauce, 1 cup green veggie, 1 wheat roll, 1 piece fruit
  - 1 grilled chicken sandwich, 1 bag Baked Lays, energy bar, & fruit
  - 1 whole wheat bagel w/3 oz. lean ham and Swiss cheese, 1 cup cold pasta salad, energy bar

## **Performance Grocery Shopping**

### **Best Energy Bars**

Power Bar Nut Naturals · Power Bar Performance · Power Bar Triple Threat · Cliff Bar · Clif MoJo Bar · Kashi Go Lean Crunchy · Kashi Go Lean Bar · Kashi Go Lean Roll · Gatorade Bar · Advocare Snack Bar

### **Best Granola Bar Choices**

Nature Valley Crunchy · Nature Valley Trail Mix · Kashi TLC Chewy · Kashi TLC Crunchy · All Bran Bar · Smart Start Bar · Kellogg's Granola Munch'ems · Quaker Oatmeal-To-Go Bar

### **Best Cracker & Chip Choices**

Wheat Thins Harvest · Wheat Thins 5-Grain · Wheat Thins Multi-Grain · Kashi TLC Crackers · Whole Grain Triscuits · Ritz Toasted Chips · Multi-Grain Goldfish · Baked Lays · Sun Chips

### **Best Cereals**

Quaker Oatmeal Squares · Multi-Grain Cheerios · Quaker Mini Wheats · Yogurt Burst Cheerios · Kellogg's All Bran Yogurt Bites · Total Whole Grain Flakes · Kellogg's Cracklin Oat Bran · Kellogg's Smart Start · Complete Bran Flakes · Low-fat Granola · Kashi Heart-to-Heart · Total Oatmeal Crisp · Quaker Weight Control Oatmeal · Fiber One Honey Clusters · Kellogg's Rains Bran · Post Grape Nuts Trail Mix Crunch · Kashi Go Lean Crunch · Quaker Oatmeal

### **Best Dairy Choices**

Gain Weight . . . 2% milk · 2% cheese · Yoplait yogurt · Yoplait Whips · Yoplait Thick & Creamy  
Lose Weight . . . Skim milk · 2% cheese · Yoplait Light · Dannon Light-n-Fit · Activia Light

### **Weight Gain Tips**

- Eat carbohydrate/protein/fat meals every 2-3 hours . . . do not skip breakfast or late-night snack
- Eat high calorie meal right before going to bed (shake, high-calorie protein bar, PBJ & milk)
  - High calorie shake: 16oz. 2% milk, 2 scoops protein powder, 2 Tbs. peanut butter, 2 Tbs. honey, 1 scoop ice cream
- Take in calories immediately post-workout, w/in 15 minutes
- Add 2-3 spoonfuls of peanut butter to a bagel, toast, or in a pack of oatmeal
- Use high calorie protein powder in oatmeal and in shakes made with 2% milk
- Eat peanut butter and jelly sandwiches as "in between meal" snacks or as a dessert
- Eat nuts and granola as a snack
- Choose higher calorie cereals, yogurts, granola bars, and energy bars

### **Weight Loss Tips**

- Eat smaller carbohydrate/protein/fat meals every 2-3 hours . . . Do NOT skip breakfast
- Choose "quality" calories = whole grain, lean protein, healthy fat meals, ex: oatmeal vs. pop-tart
- Avoid refined/processed carbohydrates, fried foods, high fat foods
- Add fruit and vegetables to meals and snacks and add a salad to dinner with dressing on side
- Avoid eating the hour before you go to sleep
- Drink lots of water