

NUTRITION

Everything you do influences your performance, but your food choices have the most effect due to the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups—milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat, carbohydrates, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentage of calories:

Carbohydrates	50-60%
Fat	20-30%
Protein	15-25%

This program is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

- 1. During Training**—training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.
- 2. Pre-event Nutrition**—The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.
- 3. Nutrition During Competition**—provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat and moderate protein selections.
- 4. Nutrition After Competition**—high intensity will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

FOOD CHOICES

The best food choices include a well balanced, mixed diet with choices from each of the four food groups. You can get all the nutrients you need by daily selecting a variety of foods in the recommended serving size from each of the following food groups:

FOOD GROUP	SELECTIONS	SERVINGS DURING TRAINING
MILK	MILK, CHEESE, YOGURT COTTAGE CHEESE, ICE CREAM (VITAMINS & PROTEIN)	4 OR MORE
MEAT	MEAT, FISH, POULTRY, EGGS BEANS, PEAS NUTS (MINERALS & PROTEIN)	2 OR MORE
FRUIT & VEGETABLES	FRESH, FROZEN, CANNED, DRIED AND JUICED FRUITS & VEGETABLES (VITAMINS & CARBOHYDRATES)	6 OR MORE
GRAIN	CEREALS, BREADS, ROLLS, PASTA, MUFFINS, PANCAKES (CARBOHYDRATES & MINERALS)	6 OR MORE
OTHERS	CAKES, COOKIES, PIES, DOUGHNUTS, CANDY, SOFT/ENERGY DRINKS, CHIPS (CARBOHYDRATES & FATS)	ONLY IF YOU NEED ADDITIONAL CALORIES AFTER SELECTIONS FROM ABOVE

NUTRITION

DO'S & DON'TS

Carbohydrate intake is important during every stage of nutrition. For each meal and snack, follow these Do's and Don'ts for wise food choices.

BREAKFAST

DO

- * Eat hot cereals like oatmeal or oat bran
- * Select whole-grain or high-fiber cold cereals.
- * Eat breads, including muffins, biscuits and bagels.
- * Try milk, skim or low-fat is best.
- * Choose fruit, including fresh, canned and fruit juices.
- * Drink hot beverages such as hot chocolate and hot apple cider.
- * Eat pancakes, waffles and French toast.
- * Choose eggs up to two or three times weekly.
- * Choose fat-free toppings like syrups and jams as an alternative to butter.

DON'T

- Eat sausage, ham or bacon more than two or three times a week.
- Opt for eggs every day.
- Choose sugary children's cereals.
- Choose fast food breakfast sandwiches and fat-laden croissants *everyday*.
- Use too much margarine or butter.
- Eat doughnuts or pastries *daily*.
- Skip breakfast.

LUNCH

DO

- Pack a lunch when possible
- Choose whole-grain breads
- Choose lean meats like turkey over salami or bologna.
- Use mustard and ketchup as condiments.
- Choose a hamburger over hot dogs.
- Choose a baked potato over French fries.
- Eat pasta as much as you like, but choose tomato sauces rather than cream sauces.
- Try pizzas without fatty meat toppings.
- Eat hearty soups and stews.

DON'T

- Eat fast-food meals *too* frequently.
- Eat fried foods like fish and chips too frequently.
- Overuse condiments like mayonnaise or salad dressings.
- Eat fatty and salty luncheon meals too often.
- Skip lunch
- Choose prepared salads containing excessive mayonnaise or salad dressing.

DINNER

DO

- Eat pasta dishes.
- Choose pizza with vegetable and lean meat toppings.
- Try Chinese food with rice and fresh vegetables.
- Select fish often. Broiled or poached is best.
- Trim visible fat from meats and remove skin from poultry.
- Have soups, salads and plenty of vegetables.
- Eat as much bread as you like.
- Include potatoes, rice and beans when possible.
- Choose fresh fruit, yogurt or jello for desert.

DON'T

- Choose deep-fried meals more than twice a week.
- Eat high-fat meals like hot dogs or sausages in excess.
- Choose meals with heavy cream sauces or gravies.
- Ruin a baked potato or bread with too much butter.
- Have cakes, ice cream and pies every night.

SNACKS AND BEVERAGES

DO

- Pack nutritious snacks like fruit, raisins and nuts.
- Have rolls, muffins and breads when you get a break.
- Snack on popcorn, pretzels and breadsticks.
- Drink eight to ten glasses of fluids, half of these should be plain water, each day,
- Drink nonfat or low fat milk.
- Drink fruit juices, sparkling waters and plain water.
- Drink hot ciders, soups and hot chocolate.

DON'T

- Count potato chips or tortilla chips as good snacks
- Eat cupcakes or cream-filled pastries to satisfy hunger.
- Eat ice cream, cakes or candies in excess.
- Drink too many soft drinks.
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FAST FOOD NUTRITION?

YES!! “Fast Food” restaurants play an important role in the diets of athletes on the go. Today, these restaurants can provide a viable source of good nutrition—but the choice is yours and selection is critical. Here are some guidelines to make *wiser* choices:

MENU ADJECTIVES

Fat content must be watched when selecting menu items. If you see one of the following words, try to make another selection: *FRIED, CRISPY, BREADED, SCAMPI STYLE, CREAMED, BUTTERY, AU GRATIN, GRAVY.*

Selection adjectives that are good include:

MARINARA, STEAMED, BOILED, BROILED, TOMATO SAUCE, IN ITS OWN JUICE, POACHED, CHARBROILED.

RESTAURANT CHOICES

Depending on the restaurant you go to, here are some tips when selecting foods:

MEXICAN—choose pot beans instead of refried beans and chicken or bean burritos and tostadas. Ask for baked, soft corn tortillas instead of deep fried shells. Salsa is fine, but watch your chip intake.

ITALIAN—Pasta with marinara sauce is good but watch alfredo sauces. Pizza, plain or with vegetables, is a good choice. Salads with dressing on the side, are a better choice. Bread is good (watch the butter). Low-fat Italian ices are better than rich dessert choices.

CHINESE—Stir fried and steamed dishes, like chicken & vegetables and rice, are good choices. Minimize fried egg roll intake or avoid altogether.

BURGER PLACES—Salad bars are great but watch the dressing. Look for grilled burgers, hold the mayonnaise and go light on the cheese. Watch your french fry intake (select a baked potato with a little butter if you can) and go easy on the milkshakes.

BREAKFAST CAFES—Always ask for butter on the side of the pancakes, toast, muffins, etc. Select fresh fruit, juices and whole-grain breads and muffins.

FAST FOOD CHOICES

Here is a partial list of fast foods and their calorie and fat content. When selecting, always go with the low fat choice

BREAKFAST	CALORIES	FAT(GM)
* Juice	80	0
* English Muffin/Butter	186	5
* Scrambled Eggs	180	13
* Ham, Cheese, Mushroom Omelet	290	20
* Egg McMuffin	340	20
* French Toast (2 slices)	400	20
* Sausage with Biscuit	467	35

BURGERS

* Hamburger	262	15
* Cheeseburger	318	20
* Quarter Pound Burger	427	25
* Quarter Pound Cheeseburger	525	35
* Big Mac	570	40
* Whopper with Cheese	760	50

CHICKEN

* Drumstick	117	5
* Chicken Sandwich	320	10
* Chicken Nuggets, 6	300	23
* Chicken Salad Sandwich	386	20
* Chicken Club Sandwich	620	35

DESERTS

* Soft Serve Cone	185	5
* Strawberry Sundae	320	10
* Carmel Sundae	361	10
* Frosty (12 OZ.)	400	15
* Cherry Pie	260	15

FISH

* Fish Sandwich	450	30
* Seafood Platter	471	35

PIZZA (3 slices of 12 inch pizza)

* Cheese	510	8
* Pepperoni	430	17

POTATOES

* Plain Baked	215	0
* Regular Fries	220	15
* Baked, Cheese & Broccoli	541	25
* Baked with Cheese	590	40

MEXICAN

* Taco	179	6
* Beefy Tostada	291	15
* Bean Burrito	343	15
* Taco Salad	390	20

SHAKES

* 2% Milk	120	5
* Whole Milk	150	10
* Milkshake	350	10