



Nutrition

PREPARING FOR SUCCESS



What is Nutrition?

A successful athlete can maximize genetic potential with physical and mental training to prepare for competition. Proper nutrition must be included in an athletes' routine for top performance.

Why is nutrition important?

Nutrition is eating strategies to promote good health, adaptation to training, quick recovery, and performing optimally during exercise. Nutrition aids with an elite athletes goals of physical power, mental strength, and mechanical edge.

- Fuel for body and mind
- Reduce fatigue
- Maintain body composition
- Improves recovery time
- Building and repairs muscles
- Benefits now and later

The Basics

- Eat breakfast EVERYDAY- It is the most important meal especially for athletes- It is the fuel for your workouts
- Don't skip meals- eat smaller meals throughout the day and eat healthy snacks
- Stay hydrated- 10+ cups of water a day
- Eat a wide variety
- Eat whole-grains
- Eat "real foods"- not processed ones (the items in boxes)
- Don't let yourself get hungry- leads to overeating
- Everything in moderation





Fast Food Guidelines

Get the most nutrition from fast food as possible. Being on the road so often, sometimes you are forced to eat at fast food restaurants. You want to make the best choices possible. Below are some popular spots where athletes sometimes end up at on the road.

McDonalds Breakfast

Egg McMuffin
Orange Juice (12 fl oz)
English Muffin
Grape Jam
Fruit n' Yogurt Parfait
Orange Juice (12 fl oz)
Hotcakes with Syrup (ask for NO margarine)
1% Low Fat Milk (8 fl oz)

Lunch or Dinner

Hamburger
Fruit n' Yogurt Parfait
Chicken McGrill
Apple Dippers
Caesar Salad with Grilled Chicken
Newmans Own Low Fat Balsamic Vinaigrette
Fruit 'n Yogurt Parfait

Subway

Best sub choices:

Black Forest Ham
Oven Roasted Chicken
Roast Beef
Turkey Breast
Turkey Breast and Ham
Subway Club
Sweet Onion Chicken Teriyaki
- Limit cheese, creamy dressings, mayonnaise
- Use mustard, sweet onion sauce, red wine vinagrette

Sides to pair your sub with:

Yogurt Dannon Light & Fit, Apple Slices, Baked Lay's





Pre Game/Game Day Nutrition

The evening before:

Your evening meal the night before is an ideal time to prepare nutritionally. This meal is especially important if you have a morning competition. This is the time to make your plate at least half carbohydrates, below are some ideas:

- Chicken, grilled or baked with vegetables and rice
- Pasta with tomato sauce and lean beef, chicken, or fish with very light cheese
- Fish, grilled or baked, with mashed potato and vegetables
- Stir-fry (minimal oil) made with lean meat or shrimp with vegetables
- Baked potato with tuna, chili, or cottage cheese, plus mixed salad- go easy on butter, cream cheese, sour cream
- Sub with lean protein (turkey, ham, tuna, or egg) and vegetables (minimal fat spreads)

Overall, choose a HIGH carbohydrate, MODERATE in protein, and LOW in fat

Game day

The goals of your pre-competition meal:

- Provide adequate energy (carbohydrates are especially important)
- Help avoid fatigue
- Allow the stomach to feel relatively light at the start of the game, but avoid hunger pains
- Minimize gastrointestinal distress

The timing of your pre-game meal should be based on the time of your game. If your game is in the:

- Morning -breakfast is your main source of fuel
- Mid-afternoon- eat a substantial breakfast and lunch
- Late-afternoon- eat breakfast, lunch, and a snack
- Evening- Eat breakfast, lunch, and your pre-game meal as dinner

Timing and composition is crucial:

Eat your main meal hours 3-4 prior to game time

Eat high in carbohydrates, low to moderate in protein, and low in fat

Avoid sugar loaded food, bulk food (very high in fiber), gas formers like beans, and spicy foods

Examples of pre-game breakfast:

*Pair all with fruit or fruit juice

- Cereal (not frosted) with low-fat/fat-free milk
- Toast with an egg
- Oatmeal with raisins and honey
- Lean breakfast meat with a bagel
- Wheat pancakes with yogurt or fruit

You can always add toast, low-fat yogurt, or have a large portion depending on game time and your body size.



Pre Game/Game Day Continued

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During Competition

Hydration is the key during competition. Make sure you are drinking water at every break. If you are playing over an hour then you need to include a sports drink (ex: Gatorade) to replace salt loss and support blood sugar.

In general, if you planned your pre-game meals well you should not need to eat solid foods during the game, if you do need something the best options are:

- Bananas
- Granola bars
- Plain crackers
- Bread

Try them out in practice first!

After

Have a snack or drink containing carbohydrates and protein within 30 minutes of playing.

Good options include:

- Low-fat chocolate or strawberry milk
- Granola bar and banana
- Low-fat yogurt and fruit
- Trail mix and fruit
- Cereal with milk

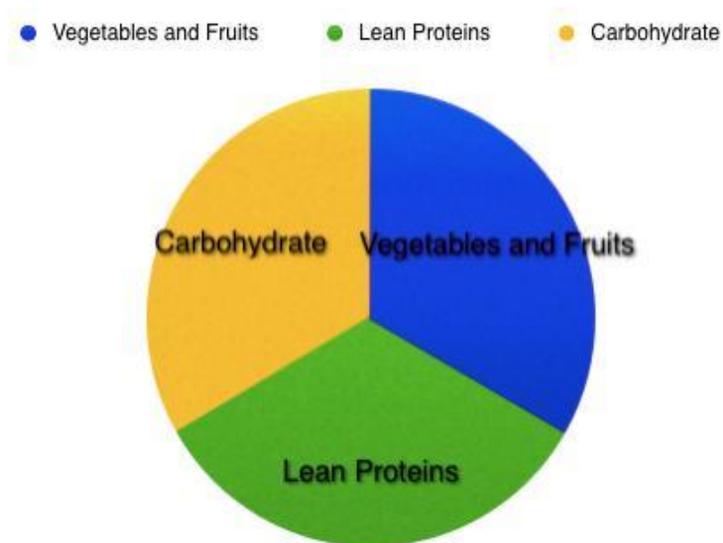
Aim to eat a main meal within 2-3 hours after the competition. Follow the main meal guidelines for proper recover.



Everyday Eating

Your everyday eating is your best preparation for competitions.

Aim to eat 1/3 carbohydrate, 1/3 protein, 1/3 vegetables and fruits at every meal



Carbohydrate food – rice, pasta, potato, bread, cereal or oatmeal

Lean protein food – lean meat, chicken, turkey, fish, eggs, seafood, low-fat/fat-free milk, yogurt, nuts, beans, tofu

Aim to eat at least 5 servings of fruits and vegetables a day- very important for athletes especially to recover, improve immune system and rebuild!

Fat intake for athletes should be less than 30% of your daily calories

*Around game days increase your carbohydrate intake to 1/2 your plate



Starting Your Day Off Right!

Breakfast

- Increased strength, endurance, and coordination
- Better weight control
- Eat healthier throughout the day
- Consume more vitamins and minerals
- Eat less fat
- Less munchies at night
- Have lower cholesterol
- Lower risk of heart disease
- Greater academic performance

Make nutrient-rich

- Include a little protein
- Always pair with fruit
- Add veggies
- Eat whole-grain and low sugar

The “no time” excuse

- Bowl of cereal and milk
- Smoothies
- Grab a piece of fruit and a yogurt

The “it’s too early” excuse

- Grab a piece of fruit or bag of dried fruit
- Bag a slice of bread with peanut butter
- Make sure you are not overeating or eating too late at night
- Be prepared by having granola bars and fruit in your gym bag or locker



Pick a couple and pair with fruit for a complete breakfast

- Cereal (no sugar added) with low-fat milk
- Fresh fruit
- Low-fat yogurt
- Low-fat milk
- Half bagel with peanut butter
- Smoothie
- Dried fruit
- Kashi granola bar
- Wheat waffles
- Two eggs
- Bran muffin
- English muffin with little jam or peanut butter
- Omelet
- Pita stuffed with egg
- Yogurt topped with fruit and healthy granola



Healthy Snacks

Granola Bar
Banana
Trail mix
Low-fat yogurt
Handful of nuts
Wheat bread w/ 1 tbs of peanut butter
Berries, Melon, Citrus
Wheat pita or cucumber w/ hummus
Wheat roll w/ turkey
Pretzels
Carrots and celery sticks w/ 1 tbs of peanut butter
Wheat bread w/ ham
Cereal w/ low-fat milk
Dried fruit
Apple
Hard-boiled egg on wheat toast
Popcorn no butter, little salt
Veggie sticks
Wheat crackers w/ Laughing Cow wedge
Fig Newtons
String Cheese





Drinking For Hydration

Dehydration is the number 1 nutritional cause of poor performance- and if you're thirsty you are already dehydrated!

How to stay well hydrated:

- Drink plenty of fluids even when you're not training- At least 8 cups a day, aim to drink with every meal and snack
- Drink even when not thirsty
- Carry a water bottle around throughout the day

Before training:

Drink an extra cup of fluid ½ hour before training to ensure positive water balance before training, most athletes will not be able to replace 100% of water loss while active

Short periods:

For workouts less than an hour only water is fine to drink

Long periods:

- Drink ½ - 1 cup of water or sport drink at every break or 15 to 20 minutes
- Start sipping on a sports drink before the end of the first hour
- Avoid concentrated drinks like sodas or fruit juices during workout
- Look for a sports drink that contains no more than 6% carbohydrates



Rehydration after exercise:

If training at high intensity in a warm climate, you will finish with a mild degree of dehydration, so it is important to re-hydrate as soon as possible.

- Water is ok if nothing else is available
- Sports drinks which contain electrolytes will help your body absorb water quicker
- Drinks that contain some carbohydrate to help refuel