

***PLAINVIEW***



***BULLDOGS***  
***Sports Nutrition***

# **Your Responsibility as an athlete.**

It does not matter how hard you train or practice; it does not matter how often you run or how many hours you spend in the weight room; if you are not eating correctly you will never reach your potential!

Nutrition is half of your battle as an athlete. As a Bulldog athlete, you are asked to put in long hours and work hard just to be a part of the team. If you are to be successful in your sport and life in general, you must be willing to make extra sacrifices that others would not make. Work a little harder, practice a little longer, and eat a little better.

If you are willing to do everything it takes to get better on the court or field and in the weight room, doesn't it make sense to give that same 110% effort with your eating habits as well?

It sure would be easier to take the easy way out. Skip breakfast to sleep in; eat fast food for lunch; or eat junk food before bed just because it tastes good. But common sense should tell you that you are only cheating yourself and your teammates when looking for short cuts. No one has ever gotten better by taking the easy way out!

Why not step up to the challenge of being a real athlete and a true champion and make one more sacrifice for yourself and your team. Don't let all of your hard work on the court or field and in the weight room be in vain. Put in the extra effort to get up a little earlier and prepare your meals the way you know is right. The benefits will far outweigh the small burden it creates. It is only after perfecting your eating habits that you will truly reach your ultimate potential!!

# **Commitments You Must make to reach** **your full potential and become a** **CHAMPION!**

1. **EAT 4-6 TIMES PER DAY (3 meals/3 snacks).** That is eating something every 3 hours. This will help your body maintain a consistent blood sugar level that will leave you with a higher metabolism and more energy. Pack **HEALTHY** snacks in your backpack, purse, or car to keep you from feeling famished.
  - High carbs for the first 4 eating times
  - Lower carbs for the last 2 before bed time
  - Protein every meal
2. **EAT BREAKFAST!** The first meal of the day is considered your breakfast. It does not matter if you wake up at 5:00am or noon, you should eat as soon as you get up to jump start the metabolism and provide the body the fuel it needs to perform at the highest level.
3. **EAT MORE PROTEIN!** Include some protein in every meal.  
**IMPLEMENT 1** Gram of protein per pound of **LEAN** body mass.
  - Meals should contain the following
    - Low fat protein
    - High carbohydrate low sugar
    - Low fat dairy
    - Fruits and vegetables (the more the better!)
4. **AVOID!** High fat meats and cheeses, high sugar foods!
  - Pre-prepared ready to eat foods are usually bad (TV dinners)
5. **MAKE SLEEPING A PRIORITY!** Get 7-8 hours of sleep each night!
6. **TAKE A MULTIVITAMIN** supplement 1-2 times per day!
7. **STAY HYDRATED!** A good self-check is you urine, if it is yellow, then you need to drink more water- not juices or caffeinated drinks. Sports drinks have a high amount of sugar add water to help your body to break down the sugars. These are best after highly intense activities.

## **KEY POINTS TO REMEMBER**

1. **70%** of your success as an athlete is a result of the food choices you make. If you eat garbage, you'll play like garbage.
2. Supplements are not more effective than the food you buy at the grocery store.
3. Carbohydrates are the best source of energy
4. Mexican and Italian foods are loaded in fat. Try to eat them no more than 2x per week
5. Cut back on ranch, bacon, extra cheese
6. More fraud exists in the area of nutrition than in any other segment of the fitness industry.
7. In most cases athletes are not reliable sources for nutrition information.
8. Testimony is an opinion not based upon facts of scientific research.
9. Only 25% of your daily calories should come from fat.
10. Vitamins do not provide energy.
11. A 1-2% drop in body weight due to water loss can cause a 15% decrease performance.
12. There are 3500 calories in one pound of fat. To lose a pound of fat scale back your diet by 3500 calories a week.
13. A sauna or rubber sweat suit causes you to sweat and lose water, not fat.
14. There are nine calories in one gram of fat and four calories in one gram of carbohydrates or protein.
15. The body can eat most foods in moderation...Balance is key.
16. Food is a steroid, and the most powerful steroid. Any body builder or steroid user will tell you food is more important to body mass than any supplement.
17. **YOU MUST FIRST EAT RIGHT, SECOND SLEEP ENOUGH, AND THIRD AND LAST LIFT RIGHT. IF YOU DO NOT APPRECIATE THESE IN THIS EXACT ORDER YOU WILL NEVER REACH YOUR POTENTIAL.**



## **FOOTBALL KEYS - MAXIMIZE MUSCLE ENERGY**

### **FUEL YOUR MUSCLES ALL DAY**

- Always "refuel your tank" when you get up in the morning with something quick.
- Eat every 3-4 hours during the day.
- "Boost" your muscles with a meal or snack before bed.

### **PRE-WORKOUT FUEL**

- You must have energy (carbohydrate and protein) "available" for workouts to maximize your training.
- Optimal schedule: eat a meal 2-3 hours beforehand + a "fuel boost" 1 hour before workouts (a high-calorie shake, a smoothie, OJ + turkey, PB sandwich + apple juice, a sports bar + Gatorade).
- Drink water, 100% juices, and milk/soy milk all day. Then, drink extra fluids 1-2 hours before your workouts (at least 24-32 ounces). Start workouts hydrated.

### **MUSCLE RECOVERY KEYS**

- Enhanced blood flow after workouts brings energy right to your muscles after workouts for about 30 minutes. If no fuel is available, you lose out on this chance to recover optimally.
- Best option: Liquids high in carbs and protein (Gatorade Nutrition Shakes, 100% juices+100% whey powder, breakfast shakes, chocolate milk). Then, eat as soon as possible after you cool down to bring energy back to your muscles. Carbs are key here – it REFUELS muscle energy stores. Protein is essential, too – it REPAIRS and BUILDS muscles after training. Add extra fluids.

### **BUILD MUSCLE MASS ALL SEASON**

- Calories: You need to eat enough total energy to build muscle.
- Protein: Maximize protein – 1 gram for every pound you weigh. At meals, look for 8-10 ounces of lean meat (at least 3 decks of cards) + 2-3 glasses of milk or soymilk for protein. Add on high-quality carb sources like whole grain cereals (Wheaties, oatmeal), whole wheat bread, beans, pasta, rice, potatoes, peas, corn, fruits, juices, and other veggies.
- Prioritize meals and snacks as a key part of your training.
- Never go more than 3-4 hours without eating.

### **SUPPLEMENTS**

- Maximize creatine in food (2 8-ounce servings of beef, pork, or fish a day provides enough creatine naturally without the risk of contamination).
- 100% multivitamin/mineral daily.
- Antioxidants from foods (colorful fruits + veggies) offer clear benefit.

# Carbohydrate Intake Before, During, and After Exercise

The pre-exercise or pre-training meal serves two purposes:

- It keeps the athlete from feeling hungry before and during exercise
- It maintains optimal levels of energy for the exercising muscles.

Carbohydrate intake before exercise can help to restore sub-optimal glycogen stores, which is critical for prolonged periods of exercise. While allowing for personal preferences and psychological factors, the pre-event meal should be high in carbohydrates, non-greasy, and readily digestible. Fatty foods should be limited as they delay the emptying time of the stomach and take longer to digest. The following are guidelines for the pre-event meal:

- It should be eaten 3-4 hours before an event.
- The meal should provide 150-350 grams of carbohydrates (1.5 grams per pound of body weight).
- To avoid stomach upset, the carbohydrate content of meals should be reduced the closer the meals are to the event.
- Adding small amounts of protein can aid in regulating energy levels by slowing down carbohydrate absorption, delivering the carbohydrates to the working muscles at a more consistent rate over time.
- Pay attention to salty cravings. If competing in hot/humid climates make sure to replace electrolyte losses with salty snack foods, such as pretzels or sport drinks with added sodium.

## **Eating at all-day events:**

It is important that athletes eat after competing to make sure that they will have enough energy in the muscles for the next race or competition, whether it be in the same day or the following days. The same dietary intake principles used to plan the pre-exercise meal can also apply to foods eaten at all-day events. If an athlete races at 10:00 a.m. and again after two hours, foods that are high in protein and fat will more than likely still be in the stomach potentially causing stomach or gastrointestinal (GI) distress. The following guidelines have been recommended to help athletes make wise food choices at all-day events.

### **One hour or less between events or heats:**

- **Stick with carbohydrates that are in liquid form, such as juice.**
- **If something solid needs to be eaten, try fruits like oranges, watermelon, cantaloupe, peaches, pears or bananas.**

These foods consist of mostly carbohydrates and water. They are digested very fast and therefore, will not cause as much of a problem with stomach cramping or GI distress.

Another key point to making food choices with limited time between events is limiting the quantity of the food eaten. The more an athlete eats, the longer it will take to digest, especially with any pre-competition nerves or stress.

### **Two to three hours between events or heats:**

- **Solid foods in the form of carbohydrates can be eaten, as there is enough time to digest them before competition.**
- **Try eating bagels, hot or cold cereal with nonfat milk, or english muffins along with fruit like bananas, apples, oranges, peaches, or pears.**
- **Be sure to drink plenty of fluids, like a fluid replacement drink, for hydration, electrolyte replacement, and restoration of glycogen stores.**
- **Four or more hours between events or heats:**
- **With four or more hours between heats or events, an athlete may want a meal, which should be composed primarily of carbohydrates. The following meal examples for this situation are appropriate:**
- **A turkey sandwich on two slices of whole wheat bread, low-fat yogurt with fruit, and a fluid replacement drink; or**
- **Spaghetti with lean meatballs, bread, salad with low-fat dressing, and a fluid replacement drink.**

If there is a certain meal pattern before competition that an athlete thinks is a winning combination, then they should stick to it. Athletes who make food choices at concession stands need to know how to make the best choices.

Most concession stands are filled with high-fat, high-calorie foods that are not designed to maximize performance. It is always wiser for athletes to pack a cooler from home with winning combination than to rely on the food at a concession stand.

## **During exercise:**

Consuming carbohydrates during exercise lasting longer than 45 minutes ensures that the muscles require adequate amounts of energy, especially during the later stages of the competition or workout. This has also been found to improve performance. The form of carbohydrates consumed does matter. Some athletes prefer to use a fluid replacement drink, whereas others prefer to eat solid or gel forms of carbohydrates. Use the following guidelines when consuming fluid replacement drinks with carbohydrates:

- **Choose drinks that have a carbohydrate concentration between 6-8 percent (g/ml) these should be consumed in 7-10 fl. oz. amounts every 15-20 minutes. Try drinking in gulps not sips.**
- **It is unlikely that a carbohydrate concentration of less than 5 percent is enough to help performance.**
- **Water is needed to aid in absorption of the carbohydrate. Drinks with a concentration greater than 10 percent are often associated with abdominal cramps, nausea, and diarrhea**

Note: Fluid replacement drinks should not be confused with “energy” drinks. Energy drinks typically contain one or more stimulants.

## **After Exercise:**

Delaying carbohydrate intake after exercise will hinder muscle glycogen restoration and impair the ability of the muscles to recover. There are several research studies that show that consuming carbohydrates immediately after exercise is beneficial. Other points about post-exercise carbohydrate consumption are that:

- **Exogenous (ingested) carbohydrate intake promotes the muscles to take up more glycogen, thus refueling the athlete faster. This is important to minimize fatigue associated with repeated days of heavy training, tournament play, or in competition in which several races or games are played over one or more days.**
- **The recommendation is 0.65 grams of carbohydrates per pound of body weight consumed within 30 minutes after exercise. This should be followed by an additional carbohydrate meal two hours later.**
- **The first feeding can be a high carbohydrate beverage, followed by eating a high carbohydrate meal.**



# recovery nutrition

After a workout, it is important to replenish carbohydrate and protein stores. What you eat directly after a workout can affect how you feel for the rest of the day and how you perform the next day! This is what happens during exercise:

## CARBOHYDRATES

Carbohydrates are emptied from your liver and working muscles, thus your body needs to replace them!

Carbohydrates after exercise will help keep your energy levels up for the remainder of the day and prepare your body for your next workout.

## PROTEIN

Protein is needed to repair small micro tears that occur during exercise!

Consuming protein after exercise can accelerate the healing process.

Carbohydrate



Protein



Good Recovery  
Snack!

Try one of these recovery snacks after your next workout:

- Oatmeal (Quaker weight control is good because it has more protein) with fruit
- String cheese/cheese cubes with crackers
- Vanilla wafers and milk
- Mini bagel with peanut butter and a glass of milk
- Smoothie with added protein powder
- Low-fat yogurt with granola or other cereal
- Cottage cheese with fruit
- Apple or banana with peanut butter
- Bowl of cereal with milk

- Sports drink and Trail mix
- Peanut butter and jelly sandwich
- Rice cakes with peanut butter
- Graham crackers or saltines with peanut butter
- 2 cereal bars with a glass of milk
- Energy bar and sports drink
- Nutrition shake and a piece of fruit
- Nutrition shake with graham crackers
- Turkey and cheese sandwich on wheat and a banana
- English muffin with peanut butter
- Glass of chocolate milk and graham crackers

# Hydration



Staying hydrated may be one of the most difficult tasks during intense practices and competitions. However, keeping yourself hydrated can help maintain appropriate body temperature, maximize performance, prevent cramping and fatigue and help give you that extra push you need to succeed!

## *Signs of Dehydration*

Dizziness  
Fatigue  
Lightheadedness  
Nausea  
Cramping  
Decreases frequency of urination  
Dark yellow urine  
Loss of consciousness  
Weight loss  
Thirst

## Hydration Recommendations

- Drink at least 16oz of fluid 2 hours before practice or event
- Drink an additional 8oz of fluid 15 minutes before practice or event
- Drink 8-10oz every 10-20 minutes of exercise.
  - If this is not possible, take advantage of time outs, substitutions and changes in quarters, halves, etc.
- Drink a **MINIMUM** of 24-32oz within 2 hours of exercise
- If at all possible, weigh in before practice or event
  - Drink 16-20oz of fluid for every pound lost during practice or an event.
  - So if you lost 3 pounds during practice, you should consume 48-60oz of fluid
- Eating soups and fruit throughout the day can aid in rehydration.

## Hydration Top Tips

- Carry a water bottle with you throughout the day and refill it often
- Don't rely on thirst. If you are thirsty, you are already dehydrated!
- Drink *Gatorade* for activity lasting more than 60 minutes or for very intense exercise lasting 30-45 minutes (**intense** conditioning sessions)
- Check your urine, it should be light yellow (the color of lemonade)
- Stay away from **carbonation**, **caffeine** and **fruit juices** during and right before exercise. These can cause stomach upset during activity.
- If you do not like sports drinks, take a gulp of a sports drink and follow it with a gulp of water. Then you will get the benefit of electrolytes and carbohydrates without the "cotton mouth" feel.

# Calcium

Calcium, as we know, is important for bone growth and development but close to 75% of all Americans do not get enough calcium each day! 99% of the calcium in our bodies is located in our bones and teeth. When dietary calcium levels are low, your body steals the calcium it needs from your bones, which causes them to become porous and weak. Try to aim for 1,200-1,500mg of calcium each day. Below are some good sources of calcium!

Food Source	Calcium (mg)
Yogurt-8 oz. or 1 cup	372mg
Skim milk-8 oz.	306mg
2% milk-8 oz.	285mg
Reduced fat cottage cheese-1 cup	152mg
Part skim cheese-1.5 oz.	333mg
Sweet Potato-1 cup	76mg
Cooked Broccoli-1 cup	60mg
Large Orange	65mg
Cheerios-1 cup	122mg
Tofu-1/4 cup	688mg
Almonds, dry roasted-1/2 oz.	38mg
Hard Boiled Egg-1	25mg
Calcium fortified soy beverage-8 oz.	372mg
Calcium fortified OJ-8 oz.	300mg
Calcium citrate supplement-1 caplet	315mg
Calcium carbonate supplement-1 caplet	333mg

**\*\*\*Calcium supplementation-Calcium supplements are best absorbed if taken in doses of 500mg or less and when taken between meals**



# Weight Gain

1 lb.=3,500 calories

\*\*To gain 1 lb/week eat an extra 500 calories each day

## Things to know:

- ♦ Gaining weight does not happen in one meal. You need to be diligent consistent each and every day
- ♦ Eating really late at night after other meals will not make up for what you missed earlier in the day
- ♦ Consuming excess calories will not help you gain weight



- Fig Newtons
- Trail Mix
- Almonds and walnuts
- Dried fruit
- Chocolate/yogurt covered raisins
- Granola
- Big Sur Bars
- Honey Stinger Protein Bars
- MetRx big 100 bars
- Ensure, Boost
- Bagels

# Weight Loss

3,500 calories in 1 lb. of fat

\*\*To lose 1 lb of fat scale back your diet by 3500 calories a week

- **Fresh fruit**
- **Raw veggies**
- **Fat free pudding**
- **Sugar free jell-o**
- **Pretzels**
- **Smart pop popcorn**
- **90 calorie granola bars**
- **Reduced fat crackers**
- **Sugar free popsicles**
- **2% milk string cheese**

## •Things to know:

Eating only 1-2 meals a day will NOT help you lose weight. It will only slow your metabolism and decrease your energy.

You are NOT on a diet, you are just eating healthy for optimal performance!

Fad diets work in the SHORT term but have a negative effect on energy levels and long-term health

Diet pills are NEVER safe!

# Calories

To calculate your caloric needs first find your Basic [Metabolic Rate \(BMR\)](#).

<http://www.bmi-calculator.net/bmr-calculator/>

Your BMR indicates the number of calories you need to maintain heartbeat and breathing.

## How Many Calories Your Body Needs Per Day for Basic Energy Needs

Age	Use This Equation to Calculate Your BMR
<b>Men</b>	*
18 to 30	$[15.3 \times \text{weight (in kilograms)}] + 679$
30 to 60	$[11.6 \times \text{weight (in kilograms)}] + 879$
Older than 60	$[13.5 \times \text{weight (in kilograms)}] + 487$
<b>Women</b>	*
18 to 30	$[14.7 \times \text{weight (in kilograms)}] + 496$
30 to 60	$[8.7 \times \text{weight (in kilograms)}] + 829$
Older than 60	$[10.5 \times \text{weight (in kilograms)}] + 596$

Then multiply it by the activity factor that applies to you in the following table.

Most athletes fall in the *heavy* range for physical activity. Therefore, their BMR would be multiplied by 1.9–2.1.

## Activity Factors Exercise

Exercise Level	Description	Factor
Very Light	Extremely sedentary, largely bed rest	1.2–1.3
Light	No planned activity, mostly office work	1.5–1.6
Moderate	Walking, stair climbing during the day	1.6–1.7
Heavy	Planned vigorous activities	1.9–2.1

This will tell you the number of calories you need to maintain weight

## Body Fat Percentage Categories

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32%+	25%+

<http://www.bmi-calculator.net/body-fat-calculator/body-fat-chart.php>

# Meal Components

## 1. Protein

- A. Eat Every Meal
- B. Preserves Muscle Mass, Helps Recuperation
- C. 1-2 Grams For Each Pound Of Bodyweight (200-400g for a 200lb. athlete)

**Best Sources:** Egg Whites, Lean Meats, Beans, Low Fat Dairy, Peanut Butter, Protein Powder (Whey, Soy)

## 2. Carbohydrates

- A. Eat Every Meal
- B. Energy For Exercise And Life
- C. Low Carbs=Low Energy/Fatigue
- D. 2 to 2.5 Grams For Each Pound Of Bodyweight (400 to 500g for a 200lb athlete) Minimum

**Best Sources:** Rice, Grains, Cereal, Pasta, Potatoes, Beans, Fruits, Veggies

## 3. Fruits

- A. 3 Pieces Each Day Minimum
- B. Quick Energy, Sugars, Vitamins, Minerals, Fiber

**Best Sources:** Fresh, Dried

## 4. Veggies

- A. 3 Each Day Minimum
- B. 1 Cup Raw/ ½ Cup Cooked
- C. Fiber, Carbohydrates, Vitamins, Minerals

**Best Sources:** Steamed, Fresh, Frozen

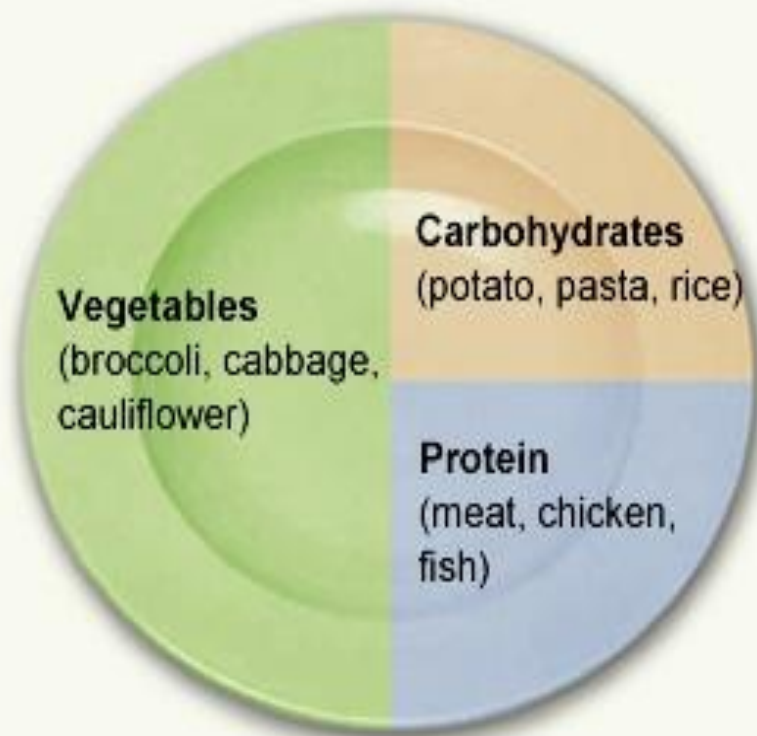
## 5. Dairy

- A. 3 Servings Each Day
- B. Calcium, Protein, Some Carbs

**Best Sources:** Low Fat Milk, Yogurt, Low Fat Cheese

# Create your own Meal!

Sometimes it is hard to be creative with meal planning. It is hard to cook a big meal after a long day of practice, classes, Study hall, tutors, and social time. Take a look at the meals and food items below to create your own full meal with out a lot of fuss, time or effort!



## Sides

- Black beans
- Baked potato
- Sweet potato
- Salad (oil based dressing)
- Low fat/fat free cottage cheese
- 2% milk cheese cubes
- Veggies and low fat dip
- Mini bagel
- Low fat/ fat free yogurt
- Fresh Fruit
- Granola, trail mix, rice cakes
- Baked chips
- Fruit cup (low fat)
- Pudding cup
- Pretzels, animal crackers
- Fig Newtons
- Dry cereal

## Entrees

- Turkey, ham, roast beef, chicken sandwich on wheat (6" sub on wheat)
- Grilled cheese sandwich (2% milk cheese slices)
- Tuna on wheat (low fat mayo)
- Healthy Choice/ Healthy Request soup
- PB&J on wheat
- Grilled Chicken sandwich on wheat (salad low fat dressing)
- Salmon
- Cold cereal
- Stir Fry
- Pasta w/meat sauce
- Pizza (2-3 slices, light cheese, lots of veggies)
- Sushi roll

# Grocery List

## ***Produce***

Bananas  
Oranges/Grapefruit  
Apples  
Strawberries  
Melon  
Pears

Carrots and baby carrots  
Pre-made dark greens and spinach salad  
Potatoes for quick baking in the microwave  
Onions and garlic  
Broccoli and cauliflower  
Green, red, and yellow peppers

## ***Meat/Protein***

Deli roast beef, turkey, and ham  
Sirloin or round steak/roast beef  
Chicken breasts

Lean ground turkey and ground beef  
Lean pork chops  
Lean ham

## ***Refrigerated Items***

Orange Juice with calcium  
Eggs  
Lowfat pudding  
Mozzarella cheese sticks  
Fortified soy milk

Skim or 1% milk  
Nonfat or lowfat yogurt  
Lowfat cottage cheese / cream cheese  
Lowfat cheese slices  
Tortillas

## ***Canned/Bottled Items***

Pears, peaches, and mixed fruit  
Pineapple chunks  
Canned beans and corn  
Diced tomatoes  
Baked beans  
Pasta sauce  
Peanut butter

Canned tuna or salmon in water  
Applesauce  
Soups  
Refried, black, or red beans  
Vegetable and fruit juices  
Salsa  
Nuts, seeds, and dried fruit

## ***Dry Goods***

Whole grain cereals  
Whole wheat and regular pasta  
100% Whole wheat bread  
Carnation Instant Breakfast Mix  
Graham crackers  
Microwave popcorn  
Pasta

Oatmeal / cream of wheat  
Minute brown rice and white rice  
English muffins  
Cereal and sports bars  
Fig bars and cookies  
Taco shells / Lowfat tortilla chips  
Mac and cheese

## ***Frozen Items***

Whole grain waffles  
Frozen yogurt/ice cream  
Veggie burgers

Frozen bagels  
Fruit juice bars, pudding pops, and popsicles  
Chix nuggets (with soy)





## SAMPLE SPORTS NUTRITION MEAL PLANS

Average 2,000 – 2,500 Calories

### Breakfast:

1 cup orange juice (plus Ca)  
1 cup cereal – 100% iron  
1 cup skim milk  
1 slice wheat toast/peanut butter  
2 cups water

1 cup orange juice (plus Ca)  
2 whole grain waffles/syrup  
1 cup skim or soy milk  
1 banana  
2 cups water

1 cup apple juice (plus Ca)  
1 bagel/lite cream cheese  
\_ grapefruit  
2 cups water

### Lunch:

3 oz. roast beef sandwich  
with mustard/ketchup  
1 cup grapes  
1 cup baby carrots  
1 cup skim milk  
2 cups water

1 turkey/veggie sub  
1 pkg. chips  
16 oz. lemonade  
2 cups water

1 slice ham/veggie pizza  
1 apple  
16 oz. orange juice  
2 cups water

### Snack:

1 Cereal bar/calcium  
1 pear  
2 cups water

1 lowfat yogurt  
3 graham crackers  
2 cups water

1 sports or energy Bar  
2 cups water

### Dinner:

2 soft tacos  
Side salad/lowfat dressing  
\_ cup refried beans  
1 cup skim milk  
2 cups water

4 oz. chix breast or veggie burger  
1 cup pasta/sauce  
1 cup steamed broccoli  
1 cup grapes  
1 cup skim milk  
2 cups water

4 oz. lean pork chop  
1 cup corn or potatoes  
1 cup mixed vegetables  
1 cup melon  
1 cup skim milk  
2 cups water

### Snack:

1 shake with:  
\_ cup frozen yogurt  
\_ cup skim milk  
\_ tsp. vanilla  
\_ cup frozen fruit  
2 cups water

1 cup trail mix  
(1/2 cup cereal; \_ cup raisins/nuts)  
1 cup fresh veggies/lowfat dip  
2 cups water

3 oatmeal cookies  
Crystal Lite  
1 apple  
2 cups water

# UC San Diego Intercollegiate Athletics

## 1800-2400 Calorie Meal Plan

**2200 Calorie Meal Plan:** To add or subtract calories, either increase or decrease serving sizes. Add or subtract food from the meals. Or snack on items like the following:  
**1 Cup Granola:** 500 Calories **¼ Cup Raisins:** 120 Calories **1 Large Banana:** 130 Calories **16 oz low-fat milk:** 200 Calories  
**1 Cup Fruit Yogurt:** 250 Calories **1 Bowl lentil soup:** 250 calories **2 Oatmeal Cookies:** 150 Calories **1 Medium Muffin:** 300 Calories

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 1 large Banana 1 cup Cereal 1 ½ cup skim Milk	<b>Breakfast</b> 1 slc Rye bread w/ 1 Tbsp fruit spread ¾ cup oat-type Cereal, ¾ cup skim Milk 1/2 Melon, raw ½ Grapefruit juice	<b>Breakfast</b> ½ Bagel, sesame seed 1 Tbsp Cream cheese, low fat 1 cup Oatmeal, cooked 1/2 cup Skim Milk 1/2 cup Peaches, canned, light	<b>Breakfast</b> 1 slc wheat bread w/ 2 tsp margarine 1 Fried egg 1 link (about 1 1/2 oz) Sausage, lean or turkey 1 Orange ¾ cup Milk, skim	<b>Breakfast</b> 2 Belgian Waffles 2 Tbsp Pancake syrup, low calorie 1 cup Skim Milk ½ C Strawberries	<b>Breakfast</b> 1 cup Corn flakes cereal 1 cup Skim milk 1 slc Wheat bread w/ 1 Tbsp creamy peanut butter 1 Pear	<b>Breakfast</b> ¾ cup Raisin Bran cereal 1 cup Skim Milk ½ Bagel, cinnamon & raisin 1 Tbsp peanut butter, plain 1 Kiwifruit
<b>Snack</b> 1 slice wheat bread 1 Tbs Peanut butter	<b>Snack</b> 1 Cup Chicken gumbo soup 1 ½ C Salad with 2 T light dressing 1 slice bread	<b>Snack</b> 10 Pretzel Twists 1 cup Orange juice, calcium fortified	<b>Snack</b> 1 Wheat Tortilla 1 Tbsp jelly or honey 1/2 Grapefruit or 1 Apple	<b>Snack</b> Smoothie ½ C low-fat yogurt 1 C fruit juice ½ C -1 C fruit, fresh, frozen or canned Sweetener as desired	<b>Snack</b> 1 orange or fresh fruit	<b>Snack</b> 6 oz Apple-grape-raspberry cocktail juice drink Sports Bar or Fruit/Oat Bar
<b>Lunch</b> 1 Apple, sliced, w/skin 1 C Spaghetti, ½ Cup Marinara Sauce 1/2 cup Beans 1 slc Italian bread 2 tsp margarine 1 1/2 cup Salad: 1 cup Lettuce, tomato, carrot, cucumber green pepper & radishes, 1/2 cup Endive, 2 Tbsp light Creamy Italian salad dressing, no oil or salt 10 Pretzel twists	<b>Lunch</b> Noodles w/tuna & vegetables: 1 1/4 cup Egg noodles, cooked w/out salt, 1/3 cup Green peas, 1/2 cup Sweet red peppers, 1/4 cup Tuna in water, 1 Tbsp low fat Mayonnaise 1 oz Roll 1/2 cup Strawberries	<b>Lunch</b> 1 Deli sandwich: 1 Hard roll, 4 oz lean turkey or Chicken breast, 1 oz Cheddar cheese, low fat 3/4 cup Lettuce, shredded 2 Tomatoes, sliced 3/4 cup Juice drink, mixed fruit 1 Apple	<b>Lunch</b> 1 1/2 cup Fresh fruit salad, w/apples, bananas, grapes, oranges & pears Roast Beef Sandwich: 2 Bread, 3 oz lean meat 1 Tbsp light mayo, lettuce 6 oz low fat Yogurt	<b>Lunch</b> 1 pce Cheese pizza (1 pce = 1/8 of 12 in pizza) 2 cups Tossed salad with lettuce, tomato, carrots, cucumber green pepper & radishes 2 Tbsp Vinegar & oil salad dressing 1 Carrot, raw 1 cup Apple Juice	<b>Lunch</b> 2 slices multigrain bread 2 tsp peanut butter 1 tsp jelly 1 raw carrot 1 cup low-fat or skim milk 1 Oatmeal Cookies	<b>Lunch:</b> 1 Wheat Tortillas 3/4 C refried beans 1-2 Chopped Tomatoes, lettuce 1 oz Cheese ¼ C Rice 1 Piece of fruit 6oz low fat or skim milk

<b>Snack</b> Sports Bar	<b>Snack</b> 1 apple	<b>Snack</b> 1 Banana 4 oz Low fat yogurt	<b>Snack</b> ½-1 C non-sugar cereal 4 oz Skim or low fat Milk	<b>Snack</b> 1 C mixed fruit ½ C applesauce	<b>Snack</b> 1 Slices wheat bread, 1 oz deli sliced lean turkey, lettuce, mustard 1 Fruit	<b>Snack</b> 10 Pretzel twists 1 Piece of fruit
<b>Dinner</b> 1 Burrito, large: 1 Flour or wheat tortilla, 1/2 cup Pinto beans, 3 oz lean meat or chicken 1 oz Cheddar cheese, reduced fat ½ Cup Rice 1/2 cup Carrots  1/2 cup Ice milk	<b>Dinner</b> Baked Potato w/ ½ C veggie chili or beef chili ¼ C onion 1 oz cheese 2 C Salad: Green lettuce, carrots, cucumbers, tomatoes, mushroom 2 Tbsp low fat dressing ½ low fat cottage cheese	<b>Dinner</b> 3 oz Haddock, baked ½ C Rice 2 Tbsp Margarine 1 cup Squash, winter, mashed ½ C Broccoli	<b>Dinner</b> 1 Large Grilled Chicken salad made with: 1 cup Loose-leaf lettuce, 1/2 cup Garbanzo beans, 3 Tbsp Carrots, shredded, 3 oz grilled Chicken, 2 Tbsp lite dressing 1/2 cup Brussels sprouts w/ 1/3 cup sweet red pepper, chopped 1 Wheat dinner rolls, small 2 tsp margarine	<b>Dinner</b> 1 cup Spaghetti, 1/2 cup Spaghetti sauce 2 Tbsp Parmesan cheese, grated 1 slice Italian Bread 2 tsp Margarine, tub, unsalted 1 cup Green beans ½ C Corn 8 oz skim or low fat milk	<b>Dinner</b> Mixed vegetables w/linguini & 3 oz salmon: 1 cup Mixed vegetables, broccoli, peppers, mushroom 1 Tbsp olive oil 1 cup Linguini 3 oz Pink salmon 2 spg Parsley, chopped 1/4 tsp Sage, ground 1/2 C Sweet potato,	<b>Dinner</b> 3 oz Pork chop, center loin, lean only, broiled ½ Potato, boiled without skin 1/2 cup Winter squash, mashed ½ C green beans chopped, cooked 1 Tbsp Margarine, tub
<b>Snack</b> 1 small peanut butter cookies ¾ C apple juice	<b>Snack</b> 4 Graham cracker halves 1 Tbsp Peanut Butter	<b>Snack</b> 1 cup Frozen dessert, lower fat ice cream or frozen yogurt	<b>Snack</b> 1 Frozen Fruit Bar	<b>Snack</b> Ice Cream Sandwich	<b>Snack</b> 3 cups Popcorn, microwave, natural flavor, salt free 8 oz mixed juice	<b>Snack</b> Ice cream sundaes made with: ½- 1 cup low-fat ice cream, 1 Tbsp Dessert topping, strawberry, 1 Tbsp nuts, non-fat chocolate sauce

Information supplied by:

## UC San Diego Intercollegiate Athletics

Megan Mangano, UNH B.S. in Nutritional Sciences

Clark, Nancy, MS, RD. Nancy Clark's Sports Nutrition Guidebook, 2<sup>nd</sup> Edition. 1997. Brookline, MA: Nancy Clark.

Rosenbloom, Christine A., PhD, RD, Editor. ADA: Sports Nutrition: A Guide for the Professional Working with Active People, 3<sup>rd</sup> Edition. 2000. Chicago, Illinois: The American Dietetic Association.

# Power Breakfast

## FOR WEIGHT GAIN

### Breakfast

### Nutrition Breakdown

- 2 cups cooked oatmeal or grits
- 16oz fruit juice
- 3 slices wheat toast with peanut butter
- 1 banana
- 16oz milk

1,480 calories  
46g protein

- 2 scrambled eggs with cheese
- 2 multi-grain toaster waffles with syrup
- 16oz fruit juice
- 16oz milk
- 2 cups cold cereal

1,430 calories  
50g protein

- Breakfast bagel sandwich (eggs, ham, cheese)
- breakfast potatoes
- 1 orange
- 16oz fruit juice
- 16oz milk

1,330 calories  
52g protein

- 3 slices of French toast with syrup
- 2 scrambled eggs with cheese
- 1 banana
- 16oz fruit juice
- 16oz milk

1,380 calories  
54g protein

- 2 PB&J sandwiches on wheat
- Carnation instant breakfast
- 1 banana
- 16oz fruit juice

1,420 calories  
44g protein

- 2 cups cold cereal with milk
- 1 apple with peanut butter
- 16oz milk
- 16oz fruit juice

1,200 calories  
40g protein

- 2 meal replacement shakes
- wheat bagel with peanut butter and Jelly
- 1 peach or other fruit
- 2 Nature Valley granola bars

1,300 calories  
45g protein

# Microwave meals

## **BBQ chicken English muffin pizza**

- Cut a wheat English muffin in half, layer both halves with BBQ sauce
- Top with pre-cooked grilled chicken slices and any veggies you like. Sprinkle with mozzarella cheese
- Heat in the microwave for ~30 seconds or until cheese is melted
- **NOTE:** you can also do this with pizza sauce, turkey pepperoni and cheese

## **Baked Potato Deluxe**

- Poke holes in a potato using a fork, place in the microwave and heat for 3 minutes
- Cut potato in half, top with black beans, shredded cheddar cheese and pre-cooked grilled chicken pieces.
- Place in the microwave and heat for an additional 30-45 seconds.
- Allow 1-2 minutes to cool and top with salsa and low-fat sour cream

## **Microwave Mexi Meal**

- On a wheat tortilla, sprinkle with cheddar cheese, veggies, black beans and pre-cooked grilled chicken slices (on one half only).
- Fold in half and place in microwave for 1 minute
- Place Uncle Ben's 90 second rice in microwave (Mexican rice)
- Heat up 1/2 cup of black beans in the microwave for 30-45 seconds
- There you have it! A whole Mexican meal in less than 5 minutes!

## **Oatmeal for Champions**

- Heat 1/2 cup uncooked quick oats (with water) in the microwave (make it so the oatmeal is a little thick)
- Add skim milk and mix to desired consistency
- Add 1 Tbsp peanut butter, 1/4 cup walnuts and 1/4 cup raisins
- Have this with a small glass of OJ

## **Microwave Sloppy Joes**

- Heat up 1 cup Manwich sloppy Joe meat with 1/4 cup kidney beans
- Put sloppy joe mix on a wheat bun
- Have a low-fat yogurt on the side

## **Breakfast Tacos**

- Scramble 2-3 eggs with green peppers, mushrooms, tomatoes, and deli meat. Place in a microwave safe bowl. Heat for 45 seconds, stir, heat for an additional 45 seconds-1 minute or until eggs are cooked through
- Place scrambled eggs in a wheat tortilla, top with shredded cheese and salsa

# Microwave meals

## **High Protein Salad**

- Heat up a hard boiled egg in the microwave using a microwaveable egg maker
- Top a romaine or spring mix salad with egg white, kidney beans, pre-cooked grilled chicken slices, shredded cheese, tomatoes, cucumbers, croutons and light dressing (oil based dressing)

## **Salmon, rice and veggies**

- Heat up Uncle Ben's 90 second brown rice
- Heat up Steam fresh microwaveable veggies according to package directions
- Heat up pre-packaged salmon filet (from the tuna aisle) in the microwave according to package directions.
- Plate the food and enjoy!

## **Not-Cho momma's Nachos**

- On a plate, layer multi-grain tortilla chips, black beans, pre-cooked grilled chicken pieces, cheese, chips, black beans, chicken and cheese.
- Heat in the microwave for ~1 minute or until cheese is melted.
- Eat with salsa, low-fat sour cream and a salad on the side

## **Healthy Choice Meals**

- Healthy Choice now has shelf stable, steamer meals. There are pasta dishes, a southwest chicken, a rice dish and a few others. You can pair them up with a side salad or fruit for a complete meal

## **Soup and Sandwich**

- Any Healthy Choice, Campbell's Healthy Request or reduced fat cream soup
- Eat with multi-grain crackers and make a 1/2 turkey and cheese sandwich on wheat

# Healthy Snacks

As an athlete you know the importance of eating carbohydrates to fuel your muscles for performance. However, sometimes you might overload on those same foods that are important for your performance and they can leave you feeling bloated, heavy, too full and may cause you to gain a little weight. Read below to find some low-carbohydrate options for those late nights of studying and weekends with little to no physical activity.

## Low-Carb Snack Examples

- Fat-free yogurt with cereal
- Cottage cheese mixed with fruit
- Low-carb tortilla with peanut butter
- String cheese wrapped in deli meat
- Grilled cheese sandwich on "light" bread
- String cheese and beef jerky
- Handful of nuts (almonds or walnuts are your best choices)
- Apple or banana with peanut butter

### Protein

- Deli meat
- Grilled chicken slices (from the deli meat section)
- Peanut butter
- Nuts
- Beef jerky
- Lean breakfast sausage
- Boca Burger/veggie burger
- Eggs

### Dairy

- Cheese (cheese slices, cheese cubes, string cheese)
- Fat-free yogurt or yogurt smoothie
- Cottage cheese
- Light soy milk

### Other Foods

- Reduced sugar jelly
- Low-carb tortillas
- "Light" bread
- Cream cheese
- Fresh or frozen fruits

### Vegetables

- All but peas and corn. Those are "starchy" vegetables meaning they have more carbs than other veggies
- Edamame soybeans. Great source of protein and fiber

## Snack:

Low-fat yogurt with granola  
Saltines with peanut butter  
Apple/banana with peanut butter  
1 cup Oatmeal (1/2 cup dry) with 1/4 cup pecans  
Cheese cubes with pretzels  
Low-fat yogurt smoothie and banana  
1/2 cup trail mix  
Low-fat yogurt and Chewy granola bar  
Low-fat cottage cheese and fresh cut peach  
Chocolate rice cake topped with peanut butter  
String cheese and Wheat Thins  
Low-fat cottage cheese and graham crackers  
Cinnamon rice cake topped with yogurt and fresh berries

## Protein Source:

Yogurt  
Peanut butter  
Peanut butter  
  
Pecans  
  
Cheese cubes  
Yogurt Smoothie  
  
Nuts  
Yogurt  
  
Cottage cheese  
  
Peanut butter  
  
String cheese  
  
Cottage cheese  
  
Yogurt

## Carbohydrate Source:

Granola  
Saltines  
Apple/banana  
  
Oatmeal  
  
Pretzels  
Banana  
  
Raisins, M&M's  
Granola bar  
  
Peach  
  
Rice cake  
  
Wheat Thins  
  
Graham crackers  
  
Rice cake, fruit

Carbohydrate



Protein



Good Balanced  
Snack

# DINING OUT



## Asian Cuisine

- Choose entrees that are not fried or that are not covered in a heavy, creamy sauce
- **Beef** and broccoli, teriyaki chicken
- If possible, choose brown rice over white rice
- If you want a side dish, get pot stickers, soup or spring rolls rather than a fried egg roll
- Asian dishes can come in HUGE portions so don't stuff yourself. Try splitting an entree with a teammate.
- Eat your fortune cookie, yum!



## Steak Houses - Chili's, Friday's, Steak Houses, Sports Bars

- Instead of a regular appetizer, get a bowl of broth based soup (remember hydration is important)
- Choose meats that are grilled, baked or broiled. Meat options are chicken, fish, pork, steak (top 3 picks-filet, NY strip, sirloin)
- Choose a quality carbohydrate option such as baked potato (get the "loaded" stuff on the side), roasted potatoes, rice, garlic mashed potatoes (these usually do not come with gravy which is good!), or pasta.
- Get your veggies! Either a side salad, veggie blend, broccoli or beans (more of a carb/protein but still a great choice)
- If you are more into the hot sandwiches at these places, get grilled chicken, turkey or ham. Just ask for them to use light butter on the bread and get a salad, fruit cup or veggies instead of fries on the side.
- **WATER, WATER AND MORE WATER**
- If you REALLY want dessert, just split it. Again, save some cash and still get a treat!



## Deli's, Bistro's & Café's

- Many of these places will offer great options with great sides.
- Get sandwiches with multi-grain or wheat bread. **Turkey, ham, roast beef, grilled chicken are all great options.**
- If you like soup, stick with broth based soups
- If you are a salad person, get a small salad and choose a more hearty option to go with it. Salads don't always provide you with an adequate amount of protein and carbohydrates.
- Again, stick with water to drink for proper hydration and to save yourself a little money!



## Burrito Joints - Salsarita's, Moe's or Q'doba

- Any steak, chicken or pork burrito is a great option
- Be cautious of are sour cream, cheese and guacamole. These can really add on the calories and fat!
- Don't skip the beans! Okay, maybe for your teammates sake you might...but they are a great source of protein, carbs and fiber and shouldn't be forgotten on any burrito!
- **WATER**
- Skip the chips. Instead of chips and salsa, head to a coffee shop after your meal and get a fruit cup
- Quesadillas can be an okay option. However, go easy on the cheese it can be a fatty filler.
- On your tacos watch the amount sour cream and guac you use. Also, stay away from the ground beef and stick with leaner meats such as steak, chicken, pork, shredded beef or shrimp.
- Pack in the veggies! This will give you a higher nutritional value and help keep you full longer. Tomatoes, lettuce, salsa, onions, grilled veggies, and jalapenos are great!



# Internet Café

Sites to help build a better diet

Stack online

<http://magazine.stack.com/Sport/98/Fuel.aspx>

Meal Plan site

<http://www.mealplansite.com/sports.aspx>

Pregame Meal planner

<http://urbanext.illinois.edu/hsnut/hsathletes2.html>

Teens Health

[http://kidshealth.org/teen/food\\_fitness/sports/eatnrun.html](http://kidshealth.org/teen/food_fitness/sports/eatnrun.html)