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Nutrition & Consulting, LLC

Building a Balanced Plate, When Dining Out

The elements of *The Athlete's Plate* include Grains (carbohydrate), Lean Protein, Fluids, Healthy Fats, and the ever-so-powerful *antioxidants* (vegetables). Picture "The Athlete's Plate" (as below). Ask yourself "What are my choices providing my body?" - Carbohydrate? Protein? Fluid? Antioxidants (vegetables)? The following are recommendations to build winning meals at popular restaurants.

Café (ie. Panera)

Best Choices: Sandwiches, Salads, Soups, Pasta

Carbohydrate: Whole Wheat Bagels, Bread, and Pasta

Protein: Turkey, Ham, Eggs, Turkey Sausage

Fluid: Water, Non-Fat/Low-Fat Milk, Broth-Based Soup

Healthy Fats: Avocado, Cheese (Small Amount or lite),
Vinegar-Based or Lite Dressing (On The Side)

Antioxidants: Veggies In Pasta, Spinach, Tomato,
Apple, Fruit Cups

Caution Cues: Croissant, Scone, 'Flaky', 'Creamy'

Coffee Shop (ie. Starbucks)

Best Choices: Pasta, Salad, Soups

Carbohydrate: Whole Grain Bread, Fruit, Yogurt

Protein: Egg, Ham, Turkey, Yogurt, nuts

Fluid: Water, Sugar-Free, Decaffeinated Coffee & Tea,
Non-Fat /Low-Fat Milk

Healthy Fats: Hummus, Nuts

Antioxidants: Salad, Veggies, and Fruit.

Caution Cues: Coffee Flavorings, Full-Fat Milk

Chinese/Asian-Style Restaurant

Carbohydrate: Steamed Rice, Brown Rice

Protein: Boiled, Broiled, Steamed, or Grilled Pork,
Chicken, Steak, Fish/Seafood, Tofu

Fluid: Water, Broth Soup (Wonton or Hot & Sour)

Healthy Fats: Request Stir-Fry using Broth or Less Oil

Antioxidants: Salad, Steamed Veggies.

Caution Cues: Tempura, Crispy, Fried

Mexican/Latin (ie. Chipotle)

Best Choices: Burrito, 'Bowl', Salad (Add a Carb)

Carbohydrate: Corn Tortillas, Brown Rice, Whole
Beans

Protein: Chicken, Steak, Pork, Tofu

Fluid: Water Or Fat-Free/Low-Fat Milk

Healthy Fats: Guacamole, Cheese (Small Amount)

Antioxidants: Fajita Vegetables, Salsa/Pico De Gallo,
Romaine Lettuce

Caution Cues: Sour Cream Sauce

Pasta/Noodle-Restaurants

Carbohydrate: Whole Grain Noodles, Pasta Primavera,
Thai Curry Soup, Chicken Noodle

Protein: Chicken, Steak, Pork, Fish/Seafood, Tofu

Fluid: Water, Broth Soup

Healthy Fats: Non-Cream Based Sauces, Dressing

Antioxidants: Salad, Add Veggies to Pasta

Caution Cues: Creamy, Rich





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Fuel Your Performance, to Perform Your Best

Just as one would fill the car's gas tank with high-octane fuel before a road trip, it's important to make sure your body has the best quality fuel for top-quality performance. Follow these simple pre-fuel guidelines for optimal fueling:

Fuel:

- Choose carbohydrates as the primary fuel before a performance.
- If *fueling 3–4 hours before performance*, include a small amount of protein with your carbohydrate foods. Consider any of these easily to tolerate food combinations:
 - Peanut butter & honey on toast + instant breakfast drink
 - Fruit and yogurt smoothie + low-fat granola
 - Oatmeal with brown sugar and almonds + skim milk + banana
 - Low-fat cottage cheese + apple butter + crackers + fresh grapes
 - Turkey and Swiss sandwich + fruit + sports drink
 - Low-fat tuna melt sandwich + fruit cup + fat-free yogurt
 - Liquid meal replacements may be easier on a nervous stomach.
- As you get closer to performance time, stick with easily digested carbohydrates. 30–60 minutes before performance try:
 - Piece of fruit or jam sandwich
 - Sports gel, sport beans, gummies, or sports drink

Fluids:

- Hydrate! Adequate hydration is necessary for your body to work most efficiently.
- 1-2 hours before a workout, drink 15-20 ounces of liquid (water or sports drink)
- 15 minutes before beginning activity, drink another 8 to 10 ounces
- Don't forget to hydrate throughout your workout!

Timing is everything:

- As fueling time is closer to activity, intensity increases, or , choose smaller portions and foods softer in texture, for easier digestion.

Don't try anything new on the big day.

Test drive your fueling plan!



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Refill Your Fuel Tank

Recovery is an all-day process! It can take as much as 2 days to fully replace your body's fuel stores if they've been completely depleted. Recovery nutrition and hydration are particularly important if you have 2 workouts or performances/day or your next session is within 8 hours. Begin refueling *as soon as possible* after a workout by eating a post-workout snack. This snack should have carbohydrates, protein and fluids.

- **Carbohydrates** help your body to *replenish* the glycogen (stored fuels) it lost during training. Choose colorful and anti-oxidant rich foods (e.g. fruits, veggies, whole grains, fish, nuts, olive oil). Eat at least 2 cups of fruit and 3 cups of veggies daily.
- **Protein** foods provide the building blocks to *rebuild* and *repair* tired muscles.
- Don't forget the **fluids!** Rehydrate based on sweat loss in training (3 cups fluid/lb. change in body weight (pre- minus post-workout body weight)). Use urine color as a hydration guide pre-training.

To begin refueling ASAP, try one of these Duffle Bag Snacks*:

- Smoothie made with low-fat milk or Greek yogurt + spinach or kale + frozen fruit
- Graham crackers with peanut butter + low-fat chocolate milk + banana
- Whole wheat pita chips + hummus + 100% juice
- Greek yogurt + berries + whole grain cereal + water
- Dried fruit & salted mixed nuts + water
- Carbohydrate-electrolyte sports drink + sport bar containing carbohydrate & protein

* *Duffle Bag Snacks can be kept cold with a simple 99¢ block of 'Blue Ice'*

Eat a well-balanced *meal* within 3-4 hours after a workout. Use *The Athlete's Plate* designed by the dietitians of the USOC to build this meal, to continue recovering for your next bout of activity. Choose your *Plate* according to the duration or intensity of the workout.

Try one of these well-balanced meals:

- Sandwich wrap with turkey & spinach + fruit cup + low-fat milk
- Chicken fajita bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla
- Grilled, lean protein + California blend vegetables + roasted sweet potatoes
- Stir-fried tofu & veggies + quinoa + bowl of soup
- Veggie omelet + whole wheat toast + apple slices

