

## **Eat To Compete**

### A guide for athletes

Choosing nutritious foods is important for good health and **optimal athletic performance**. Your body's energy or fuel comes from what you eat.

Eating three meals plus snacks each day is recommended.

It is very important to fuel your body before and refuel your body after training.

**Planning ahead is the key.**

#### **The three basic nutrients are:**

**Carbohydrate:** The body's preferred fuel source, especially during exercise. Foods that provide carbohydrates are breads, bagels, cereal, pasta, rice, potatoes, beans, corn, yogurt, milk, and fruits.

**Protein:** Builds and maintains muscle mass and aids in muscle recovery. Milk, yogurt, cheese, nuts, peanut butter, seeds, soy, eggs, chicken, pork, fish, and beef are all good protein sources.

**Fat:** Needed for every cell in the body and is a source of energy during low-intensity activity and long duration activity. Sources of healthy fat include vegetable oils and nuts.

**One myth** is that eating more protein or taking supplements will build more muscle. **This is NOT true.** The winning formula for building muscle is a combination of foods that contain nutrient rich sources of protein (milk, yogurt, lean meat, fish, eggs, beans, nuts) and extra calories along with strength training.

**\*\*Growing teenage athletes need 0.6–0.7 grams of protein per pound of body weight/day. So a person weighing 170 pounds would need 102–120 grams of protein per day (170 x .6 or .7).**

Here are some ideas for:

#### **Breakfast: Essential for re-fueling your body. Those who eat breakfast do better in the classroom.**

1. Pancakes, margarine, syrup, scrambled eggs, OJ, Yogurt
2. Toasted bagel sandwich with eggs, ham, & cheese, chocolate milk, banana
3. Eggo waffle with peanut butter & syrup, fat free or 1% milk, & applesauce
4. Oatmeal with brown sugar, milk, raisins, bananas, walnuts and milk
5. 2 slices whole grain toast with peanut butter and honey, peaches, chocolate milk
6. If on the run:

~Left over pizza slice, banana, chocolate milk

~ Hard cooked egg, yogurt or drinkable yogurt, graham crackers, applesauce

~ Yogurt, granola bar, apple juice

~ Smoothie : Recipe for small "to go" blenders:

**Strawberry banana smoothie:** 3–5 frozen strawberries, ½ cup vanilla yogurt, 1 banana,

1–2 cups apple juice

**Chocolate/peanut butter smoothie:** 1 cup crushed ice, 1 cup chocolate milk,

2 T peanut butter, 1 banana

#### **Lunch:**

1. Deli sandwich on whole wheat with ham, turkey, or roast beef, cheese, lettuce, & tomato, baked chips, apple, cookie, chocolate milk
2. Grilled chicken sandwich, yogurt parfait, OJ, carrot sticks
3. Chicken & cheese quesadilla, salsa, smoothie
4. Peanut butter & jelly/honey on whole wheat, banana, carrots/ ranch, pretzels, milk
5. Beef or Chicken Taco with lettuce & tomato, beans, rice, milk
6. Grilled Cheese with tomato soup, apple, milk, pudding
7. Chicken wrap, smoothie, small cookie
8. Soup in bread bowl or with roll, OJ, salad
9. Bagel with cream cheese, peaches, salad bar, trail mix, milk

### **Dinner:**

1. Spaghetti with meat sauce, garlic bread, strawberries, milk
2. Chili with corn bread/honey, salad, peaches, milk
3. Lean hamburger with bun, cheese, lettuce & tomato, baked fries, applesauce, chocolate milk
4. Grilled chicken, mashed potatoes, broccoli, fruit salad, milk
5. Tacos, carrots & ranch, smoothie
6. Lasagna, garlic bread, salad, peaches, chocolate milk
7. Homemade macaroni & cheese, roll, carrots & ranch, grapes, milk
8. Pizza, salad, smoothie
9. Sirloin steak, baked potato, asparagus, milk

### **Desserts:**

Pudding, frozen yogurt, light ice cream, sorbet, sherbet, oatmeal or peanut butter cookie, rice crispy bar, smoothie, or fudgesicle

### **High performance snack ideas:**

Yogurt and granola  
String cheese and baked crackers  
Bagel, graham crackers, or pretzels with peanut butter  
Fig Newtons  
Trail mix  
Tortilla with cheese  
Cup of soup  
Smoothies  
Bananas, apples, grapes, oranges, applesauce, 100% fruit sticks  
Low-fat popcorn  
Flavored milk  
Energy bars, granola bars  
Goldfish  
Veggies & low fat dip

**\*\*Remember if you are practicing or competing after school you should plan ahead and pack food to eat.**

**1-3 hours before:** Carbohydrate + Protein (sandwich, yogurt/granola, fruit, smoothie, bagel/graham crackers with peanut butter, chocolate milk, cheese, trail mix)

**1 hour before:** Carbohydrate-Gatorade, fruit, bagel, energy/granola bar, graham crackers

**\*\*Stay hydrated.** If you are thirsty you are already dehydrated....make sure water and a sports drink (Gatorade/PowerAde) is available. Have a water bottle at school with you! Daily Fluids: 8-10 cups (1 cup=8 ounces)

**\*\*Recovery nutrition:** within 30-45 minutes after hard work out-combine carbohydrate + protein (chocolate milk or yogurt)

**NOTE: Do not drink soda, energy or fruit drinks (Hi-C, Sunny Delight, etc.) as the high sugar content can cause stomach cramps and hurt performance. Costco muffins are loaded with calories (670) and fat (36 grams)and are not a healthy choice for competition.**

- Female teenage athletes should take a multivitamin with 18 mg iron (Flinstone Complete)
- All teenage athletes should take a Vitamin D supplement of 1000 IU's daily since we are not able to get enough sun for Vitamin D production from October-March.
- All teenage athletes should get **4 servings** of dairy per day to meet calcium needs.
- (1 cup milk, 1 cup yogurt, 1 1/2 ounce of cheese, 1 cup calcium fortified orange juice)

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