

# Team Charlottes "How To" Nutrition Guide

1. This is a guide, not a "Make these changes today or else". Learning how to have a balanced meal now with help them BEFORE they jump into the adult world
2. The goal is not to eat until you are full. If I get too much of my hair cut off, I can't put it back on. Get it cut and then revisit and adjust. For your athletes, you should be having them eat a normal plate proportion and then go back for more if they are really hungry. The goal is to fuel for practice and races, not to be stuffed at every meal.
3. The "Eat #" guideline is only to help get the ball rolling.
4. To help bridge the gap between school and practice then practice and home for dinner have them pick out a snack to eat. A banana, pear, apple, orange, or nuts can bridge the gap and can be a for sure way to get a nutritional implementation right from the start. The goal is to make sure that it is something that can fill the nutritional needs, not the "am I full meter"
5. Most athletes only think in terms of a SNACK or a FOOD CATEGORY but that's not what will make them excited to eat healthy. I would go crazy if every time I wanted to snack on an apple I had to eat only apples until I was nutritionally ready to eat. Instead, try a handful or two of 2 different foods [or three] to keep things mixed up. [Bagel with peanut butter when I get in the car for practice, a banana when I'm walking into practice and an Orange when I'm getting in the car.]
6. Ask them to pick. It will make your life so much easier in helping them become healthy if you say "Pick 3 or 4 for the week". If individuality is the key to moving this bus, bare minimum choices are going to be our guard rails. Goldfish, pretzels, cheese its are foods that provide no nutritional value. If they are having a hard time figuring out what to eat or combo to try PLEASE ASK
7. The snack list on the last page is an approved list of snacks that the athletes should bring to the meet. I recommend that you pick two for the first day, and sub on our for all following race days.
8. When a snack is needed, aim towards fruits that have skins to help get the switch to nutrition going for the bigger meals. The Lunches are the number one way to poor practice performance.

<b>Carbs</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cereal [not sugary based]							
Bagels							
Bread [white]							
Bread [whole grain]							
Corn							
Croutons							
English Muffin [whole grain]							
Naan Bread							
Pita Bread							
Potatoes							
Rice [cooked]							
Roti, Whole Wheat							
Soup [Thick type]							
Sweet Potatoes [Mashed]							
Pasta [Red Sauce not White]							

<b>Training</b>	Eat 1 a day. Pick 2-3 different ones for the week
<b>Leading up to Meet</b>	Eat 2 a day. Pick 2-3 different ones for the week
<b>During Meet</b>	Eat 3 things a day. Pick 1-2 different ones for the meet

*\*\*Remember that this is a recommended minimum and only a guideline to help find a comfortable nutrition model to stick to*

<b>Proteins [Meats and Subs]</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ground Beef							
Chicken [not fried]							
Fish [Salmon]							
Beef							
Pork							
Ham							
Mahi-Mahi							
Turkey							
Scallops							
Venison							

<b>Training</b>	Eat 1 a day. Pick 3-4 different ones for the week
<b>Leading up to Meet</b>	Eat 1 a day. Pick 2-3 different ones for the week
<b>During Meet</b>	Eat 2 things a day. Pick 1-2 different ones for the meet. Mix with Carb for breakfast

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<b>Protein Alternatives</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cheese, Skim							
Cheese, Light							
Cheese Regular							
Eggs							
Hummus							
Legumes							

<b>Fruit</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apple [whole or sauce]							
Bananas							
Black Berries							
Cherries							
Fruit [canned in Juice]							
Grape Fruit							
Grapes							
Kiwi							
Mango							
Melon							
Orange							
Pear							
Pineapple							
Plum							
Raspberry							
Strawberries							

<b>Training</b>	Eat 2 a day. Pick 3-4 different ones for the week
<b>Leading up to Meet</b>	Eat 2 a day. Pick 3-4 different ones for the week
<b>During Meet</b>	Eat 2 a day. Pick 2 different ones for the weekend. Snack on Fruits, Veggies, or nuts

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<b>Veggies</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Asparagus							
Beans, yellow or green							
Beets							
Broccoli							
Cabbage							
Carrots							
Cauliflower							
Celery							
Okra							
Peas							
Tomatoes							
Peppers							
Turnips							
Leeks							
Mushrooms							
Parsnips							

<b>Training</b>	Eat 2 a day. Pick 3-4 different ones for the week
<b>Leading up to Meet</b>	Eat 2 a day. Pick 3-4 different ones for the week
<b>During Meet</b>	Eat 2 a day. Pick 2 different ones for the weekend. Snack on Fruits, Veggies, or nuts

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**Milk and Alternatives**

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Chocolate Milk							
Regular milk [1% not 2%]							
Yogurt, nonfat							
Yogurt, skim							

One Per Day

Yogurt for breakfast and preparative snack. Milk for Breakfast or Dinner. Water for Lunch

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**Fats**

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Avocado							
Bacon [go easy]							
Butter [go easier]							
<b>Nuts</b>							
Oil [canola or olive]							
Salad dressing [regular]							
Seeds							
Tahini							

Main piece is the Nuts. Nuts help regrowth. Everything else please use or serve sparingly

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### Appropriate Snacks Foods

Vegetable	Carrots, peppers, cucumber and celery
Fruit	Apples, oranges, bananas, grapes, plums, pears
Bars	Power Bars, Cliff Bars, Nature Valley Bars, Cereal Bars, Fruit Bars. Be able to see the food.
Dried fruit	Raisins, Apricots, Mango
Drinks	Water, diluted fruit juice with a pinch of salt or a sports drink
Grains	Whole Grain Cereal, Sesame snaps. Crackers and rice cakes with bananas and/or honey
Sandwiches	Chicken, tuna, cheese with salad, banana, peanut butter
Unsalted Nuts	Peanut & Cashews [ <b>helps recovery</b> ], Cucumbers