

# Nutrition Do's & Don'ts

Carbohydrate intake is important during every stage of nutrition. For each meal and snack, follow these Do's and Don'ts listed on this and the next page for wise food choices during training.

	Do	Don't
<b>Breakfast</b>	<p>Eat hot cereals like oatmeal or oat bran.            Select whole-grain or high fiber cold cereals.            Eat breads, including muffins, biscuits and bagels.            Try milk, skim or lowfat is best.            Choose fruit, including fresh, canned and fruit juices.            Drink hot beverages such as hot chocolate and hot apple cider.            Eat pancakes, waffles and 32hines toast.            Chooses eggs up to two or three times weekly.            Choose fat-free toppings like syrups and jams as an alternative to butter.</p>	<p>Eat sausage, ham or bacon more than once or twice weekly            Opt for eggs every day            Choose sugary children's cereals            Choose fast food breakfast sandwiches and fat-laden croissants every day.            Use too much margarine or butter.            Eat doughnuts or pastries daily.            Skip breakfast.</p>
<b>Lunch</b>	<p>Pack a lunch when possible.            Choose whole-grain breads.            Choose lean meats like turkey over salami or bologna.            Use mustard and ketchup as condiments.            Choose a hamburger over hot dogs.            Choose a baked potato over 32hines fries.            Eat pasta as much as you like, but choose tomato sauces rather than cream sauces. Try pizza without fatty meat toppings.            Eat hearty soups and stews.</p>	<p>Eat fast-food meals too frequently.            Eat fried foods like fish'n'chips too frequently.            Overuse condiments like mayonnaise or salad dressings.            Eat fatty and salty luncheon meats too often.            Skip lunch.            Choose prepared salads containing excessive mayonnaise or salad dressing.</p>
<b>Dinner</b>	<p>Eat pasta dishes.            Choose pizza with vegetable and lean meat toppings.            Try 32hinese food with rice and fresh vegetables.            Select fish often. Broiled or poached is best.            Trim visible fat from meats and remove skin from poultry.            Have soups, salads and plenty of vegetables.            Eat as much bread as you like.            Include potatoes, rice or beans when available.            Choose fresh fruit, yogurt or jello for dessert.</p>	<p>Choose deep-fried meals more than twice a week.            Eat high-fat meals like hot dogs or sausages in excess.            Choose meals with heavy cream sauces or gravies.            Ruin a baked potato or bread with too much butter.            Have cakes, ice cream and pies every night.</p>
<b>Snacks and Beverages</b>	<p>Pack nutritious snacks like fruit, raisins and nuts.            Have rolls, muffins and breads when you get a break.            Snack on popcorn, pretzels and breadsticks.            Drink eight to ten glasses of fluids every day.            Drink nonfat or lowfat milk.            Drink fruit juices, sparkling waters and plain water.            Drink hot ciders, soups and hot chocolate.</p>	<p>Count on potato chips or tortilla chips as good snacks.            Eat cupcakes or cream-filled pastries to satisfy hunger.            Eat ice cream, cakes or candies in excess. Drink too many soft drinks.</p>