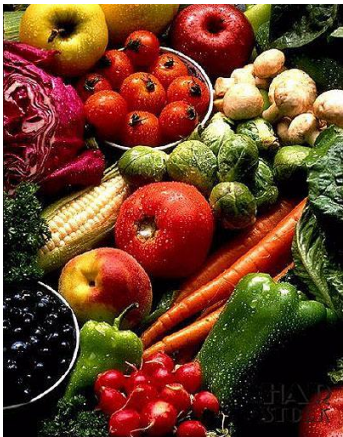




Piattoly
Sports Nutrition

Sports Nutrition Manual

*An Athlete's Guide to Maximize Health, Fuel
Performance, and Recovery.*



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About the Author

Tavis Piattoly, MS, RD, LDN is the co-founder and Director of Sports Nutrition education for **My Sports Dietitian** (www.mysportsd.com), an online sports nutrition education company that helps athletes of all levels improve their eating habits to enhance performance, recovery, and health through the guidance of a Licensed Sports Dietitian.

He is also the Education Program Manager for the **Taylor Hooton Foundation** where he has the opportunity to speak to High School, Colleges, and at Major League Ballparks on the dangers of Performance Enhancing Drugs and Dietary Supplements as well as how to incorporate good nutrition to fuel health and performance.

Sports Nutrition Work

He serves as the Sports Dietitian/Nutrition Consultant for the Tulane Institute of Sports Medicine's NFLPA Brain and Body program, Fairchild Sports Performance (Houston), Custom Wellness Solutions (Baltimore), North Oaks Sports Medicine, Pelican Athletic Club, Louisiana Athletic Care, and Covington Orthopedic. He was the Sports Dietitian for the New Orleans Saints (2006-2013), New Orleans Hornets/Pelicans (2008-2013), and Tulane University Athletics (2002-2016). He also served as a Sports Nutrition Consultant for LSU Athletics from 2009-2011. He has been fortunate to have had the opportunity to design the nutrition programs for boxing champions Bernard Hopkins and Roy Jones Jr. along with working with a long list of current Olympic, NFL, MLB, and NBA athletes to various college and high school programs.

As a 15-year veteran Sports Dietitian he has worked with Dietary supplement companies on product formulation and education. He is a regular presenter and lecturer at local, state, and national conferences and Universities on the topics of Dietary Supplement Use in Young Athletes, Dietary Supplement Safety for High School, College and Professional Athletes, and Sports Nutrition Principles for Athletes.

Piattoly graduated from Louisiana State University with a Master's of Science in Kinesiology and Bachelor of Science in Nutrition and Dietetics. He is a registered and licensed Dietitian. He is a member of the Collegiate and Professional Sports Dietitians Association (CPSDA), Academy of Nutrition and Dietetics (AND), Sports, Cardiovascular, and Wellness Nutritionist (SCAN) groups. He also serves as the Sports Dietitian for the Louisiana High School Athletic Association's Sports Medicine Advisory Board and is on Science Advisory Board for Examine.com and Nordic Naturals.

ROLE OF SPORTS NUTRITION ON PERFORMANCE

Good Nutrition



Improved Health, Energy, and Recovery



Improve Strength, Conditioning, Training, Performance and Body Weight Goals



Improved Game Day Performance



SUCCESSFUL PERFORMANCE

Everything starts with good nutritional habits. A good diet will improve all aspects of your training, performance, and recovery. A poor diet will do the opposite and slow your chances of reaching your performance goals.

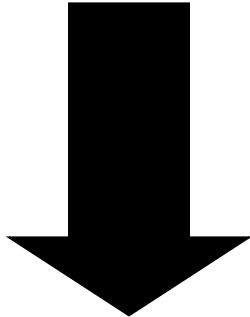
This “**Nutrition Manual**” will not only teach you the importance of good nutrition, but also how to prepare and plan to eat well for performance and most importantly life. Your primary goal with nutrition should be improving your quality of life, which will translate to the playing field.

NUTRITION GOALS & PURPOSE OF FOOD

Goal 1

Fruits, Veggies, Nuts/Seeds

Facilitates Healing and Recovery
Boost Immune System



Have at All Meals
Best after Workouts/Practice
6-10 servings of Fruits/Veggies

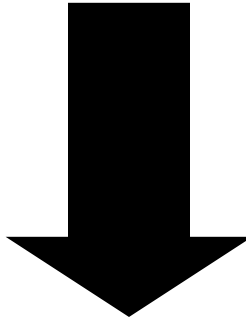
Functions

- Reduces Soreness
- Facilitates Healing
- Reduces Inflammation
- Reduces Illness
- Add as much color and variety with fruits and veggies to your diet as possible.
- These foods have the greatest nutritional value with the least amount of calories.
- Have a 1-2 cups of veggies with Dinner

Goal 2

Fiber Rich Carbohydrates

Sustained Energy



Best Pre and Post Workout
Reduce Late at Night

Functions

- Stabilizes Blood Sugar
- Energy to Active Muscles

Choose High Fiber Options

Quinoa
Oatmeal
Whole Wheat Pasta
100% Whole Grain Bread
Brown Rice
Whole Grain Cereal
Sweet Potato
Fresh Fruit
Vegetables
Beans (Red, White, Black, Pinto)

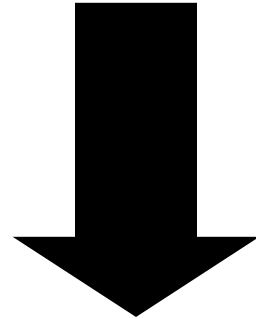
Cut back on meals heavy in starch after 6:00 pm unless you're active later in the day.

Cut back on meals heavy in starch on any off days or during rehab/healing process.

Goal 3

Lean Protein Foods

Muscle Recovery and Growth



Have at all Meals

Functions

- Repairs Muscle after Workouts
- Promotes Healthy Body Fat
- Keeps you full longer
- Increases Metabolism
- Boost Growth Hormone and Testosterone Levels

See Grocery List (pg. 14 for Leanest Protein Options)

SPORTS NUTRITION GUIDELINES FOR ATHLETES

- **Eat every 3-4 hours** to maintain a high level of energy, improve recovery, and maximize performance goals.
- **Breakfast every Morning** – Skipping breakfast will cause your body to burn **Muscle** for energy, increase hunger late at night and increase body fat.
- **Protein/Carbohydrates within 30 minutes after you lift** – consuming a protein and carbohydrates immediately after your workout increases muscle recovery by 300%.
- **Have a Plan to Eat Well and Often**
 - Use an off day to meal prep snacks and/or meals
 - Pack snacks to eat between your main meals
 - Portion out Snacks or Meals the night before
- **Healthy Snacks between Meals** – between meal snacks keep the gas tank full, blood sugar under control, and minimizes your risk for over-eating later at night. Mix lean protein with high fiber carbs and healthy fats to create a filling snack.

Most Important Habit

Examples:

- Peanut Butter and Honey Sandwich on Wheat, piece of fresh fruit
- Protein Shake with Oats, Nuts, Low Fat Milk or Almond Milk
- Handful of Almonds and an Apple
- Triscuit Crackers with low fat cheese and fresh fruit
- Yogurt (has 15 g of protein per 6 oz) with berries (Siggis is a good brand)
- Lean Beef Jerky with a handful of nuts and fresh fruit
- 2 Handfuls of Sunflower Seeds with a piece of fruit
- Apple or Banana with Peanut Butter, Glass of low fat milk
- Turkey or Lean Ham Sandwich on Wheat or a High Fiber Wrap (i.e. LaTortilla)
- Protein Bar (any with 15-20 grams of protein and less than 8-10 g of Sugar) – examples are Think Thin, Power Crunch, Pure Protein
- Nutrition Bar (Clif, Clif Builders, The Perfect Bar, Pro Bar)
- **Take a Multivitamin every day** - it will act as an Insurance Policy if you are not eating 6-10 servings of Fruits/Veggies per day. My favorite is by **Thorne Research Daily Nutrients** or **Thorne Research AM/PM**. Both are NSF for Sport Certified.
- **Take an Omega 3 Fish Oil** - Fish Oil is a natural anti-inflammatory and facilitates recovery to protect your Health. **Ultimate Omega for Sport** by Nordic Naturals is triglyceride based Fish Oil for optimal absorption and bioavailability and is NSF tested for Banned Substances to ensure you stay clean and in the game.

FUNCTION OF NUTRIENTS

Carbohydrates

As mentioned previously, Carbohydrates are your best source of energy, especially with the amount of energy you burn lifting weights, practicing, and training. The body can break carbohydrates down into a usable source of energy quickly. Think of your body as a car and CARBOHYDRATES as the gasoline. You put bad gasoline in your tank, your car runs poorly. The same goes with your body. You put the wrong types of food in it, it will perform poorly. Without carbohydrates, you will run out of gas.

NOTE: Low Carb weight loss diets (ATKINS AND SOUTHBEACH DIET) market quick weight loss. Research has demonstrated that a LOW CARB diet is effective for losing weight BUT, it has also demonstrated a decrease in performance, especially sports that require power. **REMEMBER:** Without good carbohydrates, your body will run out of gas.

Quality Carbohydrate Sources

The role of quality carbohydrates is to provide a consistent source of energy throughout the body by maintaining adequate blood sugar levels. Although a Mardi Gras King Cake or Ice Cream taste good, your blood sugar will rise quickly and fall within 30-45 minutes making you weak, fatigued, and hungry again. This is why high sugar foods are not considered quality carbohydrates.

Good sources of carbohydrates include

100% whole wheat bread, Sprouted Grain Bread
Whole grain hot cereals (Oatmeal, barley, cream of wheat)
Whole Grain Waffles/pancakes (ex. Eggo Nutrigrain, Kashi Waffles)
Whole Grain Pasta
Beans (Red, White, Navy, Pinto, Black)
Quinoa
Sweet Potatoes
Brown Rice
Fresh Fruits
Fresh or Frozen Vegetables,
Starchy Vegetables: Peas, corn, and beans (good source of protein)

Poor Quality Carbohydrate Sources

Poor sources of carbohydrates include cakes, pies, cookies, chips, pastries, candy, fruit punches (ex. Hi-C) and non-fruit juices (ex. Sunny Delight), and sodas (Ex. Coke, Sprite, Dr. Pepper, etc.).

These particular foods are high in fat and/or sugar, which will cause an increase in blood sugar levels followed by a rise in insulin levels and then an immediate decrease in blood sugar. Circulating insulin levels lead to "FAT STORAGE" and low blood sugar leads to fatigue and poor performance.

CARBOHYDRATES

Carbohydrates provide fuel for your body to perform at the highest level. The quality of fuel you choose to put in your body may determine how well you perform.

State Championship Carbohydrates

75-80% of your carbohydrates

Fresh Fruit	Whole Wheat Bread	Whole Grain Wraps	
Vegetables	Whole Wheat Bagels	Whole Grain Pancakes (i.e. Kodiak Cakes)	
Sweet Potatoes	Baked Potatoes	Oatmeal	
Rice	Whole Grain Cereal	Quinoa	Corn
Brown Rice	Beans/Lentils/Legums	Beans (all types)	Green Peas
Whole Grain Pasta	Whole Grain Chex	Amaranth	
Whole Grain Waffles	Whole Grain Muffins	Barley	
Sourdough Bread	Whole Grain Granola	Whole Grain Crackers (i.e. Triscuits, AK Mak)	

District Championship Carbohydrates

Limit to 10-15% of the carbohydrates

White Bread	Granola Bars	Cereal Bars
White Pasta	Ramen noodles	White tortillas Flour Tortillas
Crackers	Most Flavored Yogurts	Rice Cakes
Waffles	Pizza (Contains Fat)	Nutrigrain Bars
Pretzels	Fiber One Bars	

Miss the Playoffs Carbohydrates

Limit to 10% of your carbohydrates

Sodas (i.e. Coke, Sprite, Dr. Pepper)	Pies
Punch/Processed Fruit Juice	Cakes
Donuts	Most Desserts
Honey Buns	Ice Cream
Candy	Potato Chips
Pastries	Pudding
Cookies	Sugary Cereals
Frozen Yogurt	Sports Drinks

FATS

There are good FATS our body needs to help increase the absorption of Vitamins A, D, E, and K. In addition, certain types of fats reduce inflammation (i.e. Omega 3).

State Championship Fats

Natural Peanut Butter	Brazil Nuts	Coconuts
Almond Butter	Pistachios	Coconut Oil
Sunbutter	Macadamia Nuts	Coconut Butter
Cashew Butter	Peanuts	Butter
Almonds	Extra Virgin Olive Oil	Walnut Oil
Cashews	Avocados	Fish Oil Supplements
Walnuts	Avocado Oil	Sunflower Seeds
Pecans	Dark Chocolate (> 72% Cocoa)	Olive Oil Salad Dressings
Flax Seed	Flax Seed Oil	Chia Seeds
Salmon (good protein)	Sardines (good protein)	Anchovies (good protein)
Halibut (good protein)	Mackerel (good protein)	Trout (good protein)
Center Cut Bacon (good protein)	Turkey Bacon (good protein)	Turkey Sausage (good)

District Championship Fats

Canola Oil	Cream
Canola Oil Mayo	Olive Oil Mayo (also contains soybean oil)
Safflower Oil	Olive Oil butter (also contains soybean oil)
Regular Peanut Butter	High Fat Ground Beef (i.e. 80% lean)

Miss the Post Season Fats

French Fries	Fried Foods
Vegetable Oil	Sunflower Oil
Shortening	Corn Oil
Margarine	Cottonseed Oil
Soybean Oil	Peanut Oil
Soybean Oil based butters (i.e. Smart Balance)	Bologna
Soybean Oil based Salad Dressings	Salami
Partially Hydrogenated Oils (found in baked goods, pie crust)	Bologna
Processed Meats (i.e. Pepperoni, Sausage, etc) – also contain protein	

Contain poor quality sources of Dietary Fat. Takes longer to digest making you feel sluggish and may impair performance if consumed prior to a game, match, or event.

PROTEIN

The right balance of protein is critical for muscle recovery, a healthy metabolism, and a good performance body fat.

State Championship Protein

Choose grilled, baked, or broiled protein choices as much as possible

Chicken Breast

Turkey Breast

Deli Ham, Turkey, or Roast Beef

Lean Ground Beef (90% or higher)

Beef (Sirloin, Filet, Eye of Round)

All Grilled Fish (Salmon, Trout)

Low fat Cottage Cheese

Light Tofu

Eggs

Egg Whites

Turkey Sausage

Turkey Bacon

Center Cut Bacon

Whey or Casein Protein

Non-fat Plain Yogurt

Soy Milk

Center Cut Pork Chops

Lean Veggie Burgers

Greek Yogurt

P3 Snacks

Protein Bar (i.e. Think Thin)

Low Fat Milk

Wild Game (i.e. Deer)

Low Fat Cheese

District Championship Protein

Ribeye Steak

Dark Meat Chicken

Regular Ground Beef (80% lean)

Regular Bacon

Hot Dogs

Full Fat Cheese

Ribs (all types)

Regular Sausage

These foods take a little longer to digest and may make you feel sluggish

Miss the Post-Season Protein

Fast Food Hamburgers

Fast Food Fried Chicken

Fried Foods (Chicken, Fish, etc)

Fast Food Beef

Fried Chicken Wings or Cheese Sticks

Sausage, Cheese, and Pepperoni Pizza

Bologna

Salami

Contain poor quality sources of Dietary Fat. Takes longer to digest making you feel sluggish and may impair performance if consumed prior to a game, match, or event.

HYDRATION

Drinking enough fluids is essential for top athletic performance. Lack of adequate fluids leads to early fatigue and may affect your performance. If you sweat heavily and lose too much fluid, you reduce your ability to provide adequate circulation to both the muscle and body surface.

By using the following tips, you can keep your body well hydrated:

FLUID NEEDS DURING TRAINING

Make sure you drink enough fluid on a daily basis. You can easily determine if you have had enough to drink by monitoring the volume and color of your urine.

1. You should urinate every 2 to 4 hours throughout the day. The color of your urine should be clear and in significant quantity. If your urine is dark, concentrated, or scanty, you need to consume more water and 100% juice. Save sports drinks to hydrate during practice. Note: if you are taking Vitamins, especially a high dose **B-Vitamin** ~ your urine may be a dark color. Monitor by the quantity and darkness of color.
2. To be aware of sweat losses during exercise, weigh yourself before and after practice, training, or conditioning. Each pound lost = 16 ounces of sweat. For every pound you lose, you should drink at least 16-24 ounces of fluid. Remember, you also lose electrolytes such as sodium and potassium, so choose foods high in potassium post exercise (**i.e. bananas, potatoes, dried apricots, avocado, cantaloupe, raisins, orange juice, low fat yogurt, beans (all), and green vegetables**) as they are essential for adequate replacement of these nutrients. Lack of potassium and sodium in the body could lead to cramping.
3. Drink 8-10 ounces of fluid every 15-20 minutes of intense activity.
4. If you struggle with cramping, increase the sodium intake in your diet by adding a little salt to your food. Cramping is correlated with low blood sodium levels.
5. **NOTE:** Alcoholic beverages have a dehydrating effect: They cause you to urinate and lose fluids. See the chapter on Alcohol and their effects on performance.

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

NUTRITIONAL STRATEGIES FOR WEIGHT LOSS

Weight loss is a complicated issue for many individuals, especially athletes. In order to lose weight and keep it off for a respected amount of time, a change in your dietary habits must occur. There are SAFE strategies to lose weight that will not jeopardize your strength and performance goals.

On the other-hand, athletes who are overweight for their specific position may go through extreme measures to lose weight (i.e. skipping meals, fad diets, etc), especially if they risk being fined per pound. Use the strategies below to meet your specific weight goals.

Healthy Strategies to Lose Weight

- Eat 5 – 6 smaller meals and snacks throughout the day.
- Have lean protein at every meal – protein speeds up your metabolism and your body
- Limit your intake of FAST FOOD. Most fast food choices are extremely high in calories and Fat (See “Smart Choices in Fast Food Handout)
- Avoid sugary beverages/drinks – Sodas, Punch (Hawaiian, Hi-C), Juice
- Limit alcoholic beverages. Use water, club soda, or diet drinks with mixers
- Eat more vegetables after 5pm. Make ½ your plate vegetables, and ¼ of your plate starch.
- Avoid or Limit Fried Foods – have your meat grilled, baked, stir-fried, or roasted
- Make **Smart** Choices when dining out
- Avoid Empty Calorie foods – these are foods that will provide a lot of calories but very little nutritional value (ex. Doughnuts, Cake, Honey Buns, Potato Chips, candy, and other pastries).

Un-Healthy Strategies to Lose Weight

- **Skipping meals or snacks**
Skipping meals throughout the day will cause your body to burn muscle tissue for energy. This will decrease your strength and performance and slow your metabolism which could lead to long-term weight gain.
- **Use of Stimulants or Weight loss supplements**
This is a strategy NOT recommended to assist in weight loss. Not only do you risk the potential of taking a substance prohibited by the NFL, but you also risk your life. Most so-called Weight loss supplements contain a variety of stimulants that pack an extra punch. Combine this with 300 mg of caffeine (2 cups of coffee) and you have a recipe for disaster. Almost ALL of the claimed weight loss supplements do not contain any substances that will help promote weight loss. They will elevate heart rate and blood pressure causing you to feel jittery, nervous, anxious, and unable to perform task effectively. Combine this when practicing in the heat with pads and you risk dehydration, heat stroke, and possibly death.
- **Eliminating Carbs** – by restricting carbs, your gas tank remains empty and you run out of fuel quickly during training/practice. You also risk sacrificing muscle tissue. There is a place to reduce your carbohydrates when trying to drop fat but it is usually 6 hours after your last active session. You can choose carbohydrates that are more effective at keep your blood sugar stable and keeping you full while being lower in calories (i.e. Fruits and Vegetables).

NUTRITIONAL STRATEGIES FOR WEIGHT GAIN

Adding weight is a little less complicated than trying to lose 10 or 15 lbs but it's important to focus your attention on adding quality weight, specifically muscle tissue. The process of gaining weight usually comes with adding calories to your diet. Remember, in order to gain weight, you must eat more than your body is currently burning so Calories In > Calories Out.

One myth is that taking nutritional supplements can help an athlete gain weight. With proper timing and a precise amount, specific supplements can facilitate muscle growth and recovery. Unless your supplement contains calories, it will not cause an increase in weight.

Weight gain must also accompany the right type and timing of calories. Drinking alcohol and eating fast food and fried food on a regular basis could easily pack on 10-15 lbs in a month. On the other, your body fat would also increase. Use these strategies and foods to help gain lean muscle mass.

Healthy Strategies to Gain Weight

- Eat 6-7 meals and snacks throughout the day
- Add a healthy snack (300-500 calories) between your 3 main meals
- Consume a protein/carbohydrate drink before and immediately after your workout (ex. Gatorade Shake, 2 chocolate Milks) to assist in muscle recovery
- Add extra healthy fat to your meal (2 tablespoons of Olive oil on your salad, 2 tablespoons of Peanut Butter to your shake, 2 handfuls of nuts (peanuts, almonds, cashews, pecans, walnuts) to your snack or salad
- Have an extra sandwich at lunch
- Have a healthy late night snack
 - Protein Shake with low fat milk and peanut butter (**flax seed or coconut oil optional**)
 - Large Turkey Sandwich with a handful of nuts
 - 2 Handfuls of nuts with fresh fruit
 - Peanut butter and Jelly Sandwich (Try Polaner All Fruit Jelly) and low fat milk

Unhealthy Strategies to Gain Weight (these could increase body fat)

- Eating Fast or Fried Food on a regular basis
- Skipping breakfast or lunch and eating double portions at Dinner
- Eating high fat meals late at night when you are less active
- Choosing meals high in fat when dining out (See your Restaurant Guide on pg. 19)
- Eating 2-3 larger meals instead of 5-7 smaller more frequent meals

EFFECTS OF ALCOHOL ON PERFORMANCE

After a win, especially a big win, it's time to celebrate. Some athletes who are old enough to drink celebrate by consuming alcohol and this is not uncommon at the collegiate and professional level. What you need to know are the negative effects alcohol may have on your performance, not just by the way you may feel the next day, but on muscle gains in the future.

How does alcohol affect the athlete?

Alcohol is detrimental to the athlete because it interferes with many of the processes that are important for success. Performance, recovery, strength, awareness/focus, balance, vision, and memory are all affected. The effects of alcohol can linger for several days making it even more dangerous to over-consume. Athletic performance may be impacted for nearly 48 hours if you drink too much.

As little as two to three standard drinks can:

- ❖ Decrease Strength
- ❖ Impair motor skills, reaction time, coordination (eye/hand), balance
- ❖ Increases fatigue as liver function is significantly impacted
- ❖ Interferes with body temperature regulation
- ❖ Lowers circulating FREE TESTOSTERONE and increases estrogen. Decreasing natural testosterone is not a goal for you if you're goal is to improve strength and performance.
- ❖ Increases FAT STORAGE: Alcohol contains 7 empty calories per gram which can lead to significant fat storage.
- ❖ Causes DEHYDRATION: Alcohol will have a negative impact on your kidney's which interferes with the regulation of electrolytes and fluids in the body. Excess water reserve from the body is filtered by the kidney causing dehydration which will negatively impact your performance.
- ❖ Protein Metabolism is negatively impacted. Bottom line: Muscle recovery time is much slower when you drink limited strength gains.
- ❖ Disrupting sleep patterns: Alcohol consumption interferes with restful sleep. You may fall asleep easier but the quality of sleep (Rapid Eye Movement) will be disturbed.
- ❖ Impacts the cardiovascular system. Alcohol raises blood pressure making the heart work harder to pump blood throughout the body.

- ❖ **Causes Vitamin and Mineral depletion or loss:** Vitamins and minerals are necessary for an athlete's health, muscle growth, and performance. The B Vitamins, which are important for carbohydrate metabolism and metabolic functions, are significantly impacted by alcohol consumption.
- ❖ **Cognitive Impairment:** One of the most important aspects of your game is concentration and focus. Alcohol consumption increases the disruption of thought processes and brain damage. In addition, sleep disturbances on top of the brain damage lead to further damage.

Caloric Value of Alcohol and What is a serving Size?

As previously mentioned, alcohol contains 7 empty calories per gram. In addition, it is important to know what is equivalent to 1 drink.

Beer – 12 oz light beer = **90-110 calories (light beer) 120-200 calories (dark beer)**

Wine – 5 ounces = **90-120 calories**

Liquor – 1 ½ oz = **100-120 calories (most drinks are 2-3 ounces each)**

Imagine drinking 8-10 beers (800-1000 calories), 6-7 mixed drinks (bourbon and coke) with approximately 2 ounces per serving = 1200-1400 calories, or 5 glasses of wine = 450-600 calories.

On the otherhand, if you are planning to drink, here are lower calorie options.

- ❖ Vodka mixed with a calorie free beverage such as: Water, Club Soda, or a Diet Soda
- ❖ Light beer of 100 calories or less – Miller Light, Michelob Ultra, Corona light
- ❖ Red wine – Cabernet, Merlot, Shiraz, Pinot Noir, Syrah, Sangiovese

Other Suggestions:

- ❖ Stay hydrated throughout the night – drink a glass of water after each drink
- ❖ Eat frequently throughout the day before having alcohol
- ❖ Take a multivitamin that contains B Vitamins to prevent depletion

ATHLETE'S GROCERY LIST

The following Grocery List will consist of foods from each food group along with the brand we recommend as being the best option available. The majority of these foods should be found at your local major grocery store (i.e. Wal-Mart, Winn-Dixie, etc.). Some products may not be available depending on the store in your area.

Breads

Nature's Own 100% Whole Wheat Bread
Nature's Own 100% Whole Wheat Bagel
Nature's Own 100% Whole Wheat Bagel Thins
Nature's Own English Muffin
Orowheat Sandwich Thins 100% Whole Wheat
Orowheat Whole Grain 100% Whole Wheat Hamburger Buns
Orowheat 100% Whole Wheat Bread
Orowheat 100% Whole Wheat English Muffins
Sara Lee 100% Multigrain Bread
Sara Lee Classic 100% Whole Wheat Bread
Nature's Pride 100% Whole Wheat
Natural Grain 100% Whole Wheat Bread
Pepperidge Farm Whole Grain English Muffin
Pepperidge Farm Whole Grain Oatmeal Bread
Pepperidge Farm Whole Grain 100% Whole Wheat Bagel
Wonder Whole Grain White Bread
Wonder White Wheat Bread

Tortillas/Wraps

Mission Carb Balance Whole Grain Tortillas
Mission Multi-Grain Flour Tortillas
Mission 96% Fat-Free Whole Wheat Tortillas
LaTortilla Whole Grain Tortillas
Flat Out Light Wraps: All flavors and varieties

Rice, Beans, Pasta, Grains

Brown Rice: All brands
Basmati Rice: All brands
Hodgson Mills Whole Whole Wheat Pasta (All types)
Ronzoni Healthy Harvest Whole Grain (All types)
Barilla Plus Pasta (Penne, Noodles, Spaghetti)
Heartland's 100% Whole Wheat Spaghetti
Dried Bean (kidney, navy, pinto, lima, black-eyed, etc.)

Cold Cereals

Kashi Go Lean Crunch Cereal
Kashi Heart to Heart
Kashi Cinnamon Harvest
Kashi Honey Sunshine
Kashi Honey Almond Flax
Kellogs Special K Protein Plus
Post Shredded Wheat
General Mills Wheat Chex
Total Whole Grain
All Bran Cereal Original
Fiber One Original
General Mills Cheerios
General Mills Multigrain Cheerios
General Mills Wheaties

Hot Cereals

Quaker Old Fashioned Oats
Quaker Weight Control Oatmeal
McCann's Irish Oatmeal
Quaker Low Sugar Oatmeal
Quaker Instant Oatmeal
Steel Cut Oats – any brand
Kashi Go Lean Hot Cereal

Baking Items

Quaker Oatmeal Pancake Mix
Buckwheat Pancake Mix
Aunt Jemimah Whole Wheat Pancake Mix
Hodgson Mill Insta-Bake Whole Wheat Mix
Hodgson Mill Milled Flax Seed and Wheatgerm
Splenda
Truvia Sweet Leaf Sweetener
Log Cabin/Northwoods Sugar Free Syrup

Produce

All Fresh Fruits and Vegetables in the produce section are acceptable options to be included in your meal plan

Lean Beef

Extra Lean Ground Beef (96% Lean/4% Fat)
Lean Ground Beef (93% Lean/7% Fat)
Beef Tenderloin
Eye of Round Steak
Eye of Round Roast
Beef Flank Steak
Top Sirloin Steak
Top Loin Steak
Tenderloin Roast
T-Bone Steak
Beef Bottom Round Roast

Poultry and Eggs

Egg-Lands Best Eggs
Just Whites – Egg Whites
Egg Beaters – Original
Boneless Skinless Chicken Breast
Tyson Mesquite Chicken Breast (fully-cooked)
Sanderson Farms 100% Natural Chicken Breast
Honeysuckle White Extra Lean Ground Turkey (99% lean)
Honeysuckle White 93/7 Ground Turkey
Honeysuckle White Boneless Skinless Turkey Breast
Honeysuckle Lean Turkey Italian Sausage
Honeysuckle White Turkey Breast Tenderloin
Oscar Meyer Turkey Sausage (66% less fat)
Hormel Turkey Pepperoni
Jennie-O-Franks

Deli Meats/Prepared Foods

Oscar Meyer (Ham, Roast Beef, Turkey, Chicken Breast)
Sara Lee (Ham, Roast Beef, Turkey, and Chicken Breast)
Butterball: (Ham, Roast Beef, Turkey, and Chicken Breast)
Tyson Fajita chicken breast strips
Tyson Seasoned Steak Strips

Seafood

All Fish and Shellfish (not stuffed or fried)
Fresh Salmon
Catfish
Sea Scallops
Fresh Tuna
Yellow Fin Tuna
Perch Fillets
White Fish
Tilapia
Crab Meat
Louisiana Oysters
Lobster or Lobster Tails
Smoked Salmon

Pork

Pork Tenderloin
Swift Premium Seasoned Pork Tenderloin
Center Cut Pork Chops
Oscar Meyer Center Cut Bacon
Oscar Meyer 50% less fat turkey bacon

Deli Meat

Boar's Head Deli Meat:

Ovengold Roast Breast of Turkey
All Low Sodium Turkey Breast Options
Mesquite Wood Smoked Turkey Breast
Tuscan Brand Turkey Breast
Cracked Pepper Mill Turkey Breast
Hickory Smoked Black Forest Turkey Breast
Chicken Breast Deli Meat (all options)
Ham Deluxe Low Sodium

Nutrition Bars

Kashi Go Lean Crunchy Bar
Kashi TLC bar – Crunchy or Chewy
South Beach Living High Protein Cereal Bar
EAS Advantage Edge Carb Control Nutrition Bar
Powerbar Protein Plus
Think Thin Protein Bar
Zone Bars
Balance Bars
Clif Bar

Nutrition Shakes (Ready to Mix)

Generation UCAN Chocolate
Generation UCAN Vanilla

Fruits and Nuts

Planters Nuts: All
Blue Diamond Nuts
Sun Maid Dried Mission Figs
Fresh Fruit: All Options
World Table Nuts: All
Sun Maid Dried Raisins
Sun Maid Dried Apricots
Sun Maid Dried Prunes
Sun Maid Dried Raisins

Butters and Spreads

Brummel and Brown Natural Yogurt Spread
Daisy Light Sour Cream
Kraft Mayo with Olive Oil
Kraft Lite Mayo
Hellman's Lite Mayonnaise
Hellman's Mayonnaise
Hummus (all brands)
Smart Balance Light Butter Spread
Smart Balance Spray Butter
Smart Balance Organic Butter Spread
Smart Balance Whipped Butter Spread
Smart Balance Omega Butter Spread
Smart Balance Heart Right Light Spread
I Can't Believe It's Not Butter Light
Promise Light Spread

Chips /Crackers/Popcorn

Sun Chips (All varieties)
Multigrain Tostitos
Nabisco Triscuits and Thin Crisp
Kellogg's All Bran Crackers
Akmak Sesame Crackers
Wasa Whole Grain Crackers
Genisoy Soy Crisps
Special K Multigrain Crackers
Wheat Thins Multigrain
Quaker True Delights Multigrain Crisps
Orville Redenbacher's Smart Pop!
Orville Redenbacher Natural Popcorn
Orville Redenbacher 100 Calorie Pop
Stacy's Multigrain Pita Chips
Kangaroo Multigrain Pita Chips
Athenos Baked Pita Chips

Beef Jerky

Jack's Lean Beef 97% Fat Free (All)
Oberto Beef Jerky (Original)

Peanut Butter and Jelly

Smart Balance Creamy Peanut Butter
Smart Balance Chunky Peanut Butter
Smucker's Natural Creamy
Smucker's Natural Chunky
Almond Butter – any brand, plain
School Safe Soy Butter
Simply JIF Creamy
Smucker's No Sugar Preserves
Smucker's Simply Fruit Jelly
Polaner All Fruit Jelly

Condiments/Sauces

Newman's Own Marinara Sauce: All
Prego Heart Smart
Classico Pasta Sauce: All Flavors
Tabasco Sauce
Mrs. Dash Salt Free Marinade
Mustard (any brand)
Heinz Reduced Sugar Ketchup
Creole Mustard (any brand)

Canned Goods

Blue Runner Creole Cream Style Red Beans
Blue Runner Creole Cream Style Navy Beans
Blue Runner New Orleans Spicy Cream style Red Beans
Canned Sweet Peas (No Salt Added) – Any Brand
Corn (No Salt Added) – Any Brand
Green Beans (No Salt Added) – Any Brand
The Allen’s Popeye Spinach
Delmonte Fresh Cut Whole Leaf Spinach
Delmonte Fresh Cut Sliced Beets
Fresh Cut Sliced Carrots - Any Brand
StarKist Chunk Lite Tuna in Water
StarKist Yellowfin Tuna Fillets (Pouches)
Chicken of the Sea Pink Salmon
Libby’s 100% Pure Pumpkin
Old El Paso Traditional ReFried Beans
Hormel Breast of Chicken in Water
Tomato Paste (No Salt Added)
Bush’s Best Black Beans
Campbell’s 98% Fat Free Cream of Mushroom
Campbell’s 98% Fat Free Cream of Celery
Campbell’s Healthy Request: Tomato, Vegetable
Progresso Green Split Pea Soup
Progresso Lite Soups
Progresso Hearty Black Bean Soup

Ice Cream, Frozen Yogurt, Ice Cream Bars

Great Value No Sugar Added Ice Cream Bars
Blue Bunny 100 calorie ice cream bars: All Flavors
Blue Bunny Fat-Free, No Sugar Added Ice Cream
Edy’s No Sugar Added Fruit Bars
Edy’s Slow Churned, No Sugar Added Ice Cream
Weight Watchers pre-portioned ice cream cups
Weight Watchers ice cream sandwiches
Weight Watchers Sherbet and Ice Cream Bars
The Skinny Cow Ice Cream Sandwiches
The Skinny Cow Bars
Kemp’s Fat Free Frozen Yogurt
Blue Bell No Sugar Added Ice Cream
Haagen-Daz Sorbet
Ben & Jerry’s Low Fat Frozen Yogurt
Sugar Free Popsicles
No Sugar Added Fudgsicles
Klondike Slim-a-Bear 100 Calorie Sandwiches

Frozen Foods

Boca All American Meatless Burger
Boca All American Meatloaf Burger
Kashi Frozen Meals (All Options)
Morningstar Grillers Original Burger
Morningstar Garden Veggie Burger
Morningstar Sausage Links
Morningstar Sausage Patties
Morningstar Farms Meal Starters
Morningstar Farms Italian Sausage
Morningstar Farms Bacon Strips
Healthy Choice Cafe Steamers
Lean Pockets (any option)
Healthy Choice Cafe Steamers
Smart Ones, Chicken Sante Fe
Smart Ones, Ham & Cheese Scramble
Smart Ones, Canadian Bacon Muffin
Smart Ones, Cheesy Scramble
Kashi Go Lean Waffles

Frozen Vegetables/Fruits

Green Giant: All options without sauce
Birds Eye: All Options without sauce
Store Brand: All Options without sauce
Edamame
Frozen Berries (any option)

Yogurt

Fage Greek Yogurt: 0%, 2%
Chobani Greek Yogurt: 0%, 2%
Dannon Light N Fit
StonyField Farm Organic Fat Free Plain
Yoplait Fat Free Plain Yogurt
Best Yet Non-Fat Plain Yogurt
Activa Plain Yogurt
Dannon Low-Fat or Non-Fat Plain

Cream

Best Yet Half & Half
Land-O-Lake Low Fat Half and Half
Nestle Coffee-Mate: Sugar Free Flavors

Healthy Fats/Cooking Oils

Extra Virgin Olive Oil/Avocado Oil

Milk

Skim Milk or 1% Milk (any brand)
Blue Diamond Unsweetened Vanilla Almond Milk
Blue Diamond Unsweetened Almond Milk
Silk Pure Almond (Unsweetened)
Silk Soy Milk Natural
8th Continent Light Soy Milk – Original
8th Continent Light Soy Milk – Chocolate
8th Continent Light Soy Milk – Vanilla
Westsoy Plain Soy Milk
Horizon Organic Milk (Skim or 1%)
Horizon Fat Free Milk plus DHA
Horizon Low Fat Chocolate Milk plus DHA
Hood Calorie Countdown Low Carb Chocolate Milk
Borden Organic Fat Free Milk
Borden Organic 1% Low Fat Milk
Lactaid: Skim or 1%

Salad Dressings

All Balsamic Vinegars

Kraft Light: Light Balsamic Vinaigrette, Light House Italian, Light Ranch, and Light Blue Cheese

Newman's Own Salad Dressings: Lighten Up Honey Mustard, Lighten Up Italian, Lighten Up Caesar, Lighten Up Red Wine and Olive Oil, Lighten Up Sundried Tomato, Lighten Up Low-Fat Sesame Ginger

Wishbone: Wishbone Salad Spritzers, Fat Free Blue Cheese, Just 2 Good Blue Cheese, Italian, and Ranch

South Beach Living: Balsamic dressing, Lite Caesar dressing, Lite Raspberry Cabernet Vinaigrette, Lite Ranch

Ken's Steakhouse: Lite Raspberry Walnut Vinaigrette, Lite Sweet Vidalia Onion, Lite Caesar, Lite Northern Italian

Ken's Healthy Option: Sweet Vidalia Onion Vinaigrette, Olive Oil and Vinegar

Beverages/Fluids

Fruit and Vegetable Juices

Tropicana Trop 50 (50% less sugar and calories) – all flavors
Tropicana 100% Pure Orange Juice
Minute Maid 100% Pure Orange Juice
Ocean Spray Cranberry 100% Juice – No Sugar Added
Hawaiian Punch Lite
Juicy Juice 100% Juice
V8 100% Vegetable Juice – Low Sodium
Diet V8 Splash Fruit Juice – 10 calories per cup

Cheese

Kraft Deli Deluxe, 2% Milk Cheese
Kraft Singles, Fat Free Cheese
Kraft Singles, 2%: All Flavors
Lactaid Cottage Cheese, 1% Milk Fat
Light N Lively Low Fat Cottage Cheese
Light N Lively Fat Free Cottage Cheese
Sargento Light Ricotta Cheese
Sargento Reduced Fat Pepperjack
Sargento Reduced Fat Sharp Cheddar
Borden Reduced Fat Sliced Cheese
Borden 2% Cheese Singles: All Flavors
Laughing Cow Wedges: Original Swiss
Laughing Cow Light Wedges: All flavors
Babybell Light Cheese
Kraft Light String Cheese
Sargento Light String Cheese
Philadelphia Fat Free Cream Cheese
Athena Reduce Fat Feta Cheese

Low Calorie Drinks

Crystal Light – all flavors
Sprite Zero
Fresca
Arizona Diet Green Tea
Honest Tea: Just Green Tea, Unsweet
Fuze Slenderize
Zico Coconut Water
Metromint Zero Sugar, flavored water
Zevia – stevia sweetened soft drink
Calorie Free Flavored Water: All brands
Steaz – zero-sugar, all natural tea

HEALTHY TIPS WHEN DINING OUT AT RESTAURANTS

- Always ask for salad dressing and dressings for your potato on the side.
- Ask Waiter/Waitress how meats/vegetables are prepared-although it is grilled, baked, or steamed, it may be in butter/hollandaise/bordelaise/cream sauce-these are high in fat
- Most appetizers are fried or high in fat-have soup or salad instead
- Ask for the “Light-side” of the menu if trying to lose weight
- Drink Plenty of water
- If trying to lose or maintain your weight ~ eat ½ of your entrée
- Watch out for entrées that indicate ~ creamy, deep fried, pan fried, alfredo sauce, hollandaise, rich ~ all words that indicate meal is high in fat

HEALTHY TIPS WHEN DINING ON THE ROAD

Eating on the road may be a challenge for some athletes if they are in a habit of eating at a specific time of the day and accustomed to eating at a specific place. The challenge of eating away from home may be what restaurant I am going to and/or what should I have.

The same concept of eating frequently applies to when you travel for road games. See “Pre-Game” Meals on the next page for game day meal preparation. On the otherhand, on Saturday, I recommend you bring a few snack items with you for the plane so you can fuel your body before Sunday’s game. Saturday’s eating pattern is just as important as Sunday’s pre-game meal.

Snacks can be extremely effective in helping you eating a lighter meal if needed or to provide you with the energy needed before dinner.

DIETARY SUPPLEMENTS AND SUPPLEMENT SAFETY

Athletes are always looking to gain a competitive edge and may turn to Dietary Supplements as a means to boost performance. Athletes use supplements to build strength, enhance recovery, reduce soreness, and/or reduce body fat. With over 50,000 supplements on the market and the industry being un-regulated, it is very difficult to determine which products are safe and effective.

As a high school, collegiate or professional athlete, you should ask yourself the following questions before taking a Dietary Supplement.

1) Has this product been tested by a 3rd party testing agency to ensure it is free of contaminants and will not cause me to test positive on a drug test?

The majority of the dietary supplements on the market today are not tested by a 3rd party testing agency. This puts you at risk for taking a product that could become adulterated during the manufacturing process. I have numerous parents, strength coaches, and athletic trainers that find products their athletes are taking that contain banned substances. Many are sold to them by the supplement store staff who are not educated in supplement safety and efficacy. Currently, there are 3 testing agencies that are available for companies to use to test their products. They are:

NSF – www.nsf sport.com

Informed Choice – www.informed-choice.org

Banned Substance Control Group (BSCG) – www.bscg.org

2) Are the claims being made about the product sound too good to be true.

The primary concern for most supplement companies is the sale of their products. Many will make false claims (i.e. boost testosterone and growth hormone, burn fat, build lean muscle, etc) if only 1 research study out of 100 demonstrates a benefit. Don't hesitate to call or email me if you have any questions regarding the safety of a dietary supplement

Safe and Potentially Beneficial Supplements based on the Scientific Data

- Beta-Alanine
- Caffeine (in moderation)
- Creatine
- Omega 3 Fish Oil
- Whey and Casein Protein
- Vitamin D

If you have questions about using a dietary supplement, please email or call me before taking a dietary supplement.

PRE-GAME MEALS

One of most critical components for preparing for the big game, match, or event is what type of meal you've had to fuel your body. What you eat prior to the game can directly impact your performance by affecting your level of energy in a negative or positive way depending on the types of food you chose.

Goal of the Pre-Game Meal: Provide your body with the proper fuel to get you through 4 quarters of football

- Eat your Pre-game meal 3-4 hours prior to the start of the contest (eat at 3 or 4pm if your game is at 7 pm). For an 12 pm game, breakfast should be consumed around 7:30 or 8 am)
- Limit foods high in fat as they take much longer to absorb and digest increasing your risk of feeling sluggish.
 - Fried Foods (seafood, chicken, french fries, onion rings, etc)
 - High Fat Meats (Ribs, Bacon, Sausage, Regular Ground Beef, Chicken Fried Steak, certain cuts of Steak (i.e. ribeye, fast food beef)
 - Meals with a heavy cream or cheese sauce (Lasagna, Fettuccini Alfredo, Cheese based soups,
 - Foods prepared with butter or heavy cream (i.e. macaroni and cheese, mashed potatoes and gravy, lasagna)
 - Avoid foods very high in fiber as they will increase gas and bloating, may cause stomach discomfort, and poor performance
- **Gas forming Vegetables** (Broccoli, Cauliflower, Onions, Brussel Sprouts, Cabbage)
- **High Fiber Starches:** Beans (any kind) or High Fiber Cereal (i.e. Kashi)

Sample Pre-Game Meals (Evening Competition)

- Grilled Chicken Breast (6 oz), bowl of pasta with a light red sauce, peas or corn, Water
- Grilled Chicken Sandwich (light on mayo), hold the cheese, fresh fruit, vegetables
- Roasted Chicken, Lean Turkey or Ham Sub (6 or 12 inches depends on calorie needs).
 - Hold the onions but all other veggies are fine. Light on mayo, mustard is fine.
 - Side of Fresh Fruit. Water or Low Sugar Sports Drink (i.e. G2) to hydrate.
- Center Cut Pork Chop, brown rice or baked potato (light sour cream and light cheese), peas/corn.

Breakfast Options (Morning Competition)

- Egg White or Egg Beaters Omelet, 2 slices of wheat toast or small bagel with peanut butter, fresh fruit
- Turkey and Egg White Bagel, low fat cheese, fresh fruit, 100% Juice, and Water
- Protein Shake – Can use if you don't tolerate solid food well before a game
 - 1 scoop Protein Powder, ½ cup Oats, 1 cup Fruit, 1 spoon Peanut Butter, 1 cup Almond Milk or Milk

SAMPLE 3500 CALORIE DIET

This is just a sample menu to give you an idea of how an athlete's nutrition schedule should look like. Calorie needs will vary depending on your weight, level of activity, and specific goals you are trying to reach (ex. Weight loss, Weight gain, etc.). Times and meal planning will change depending on practice and lifting schedules. The plan below is based on if you train from 9:30-11:30 am. Rule of thumb is to eat every 3-4 hours.

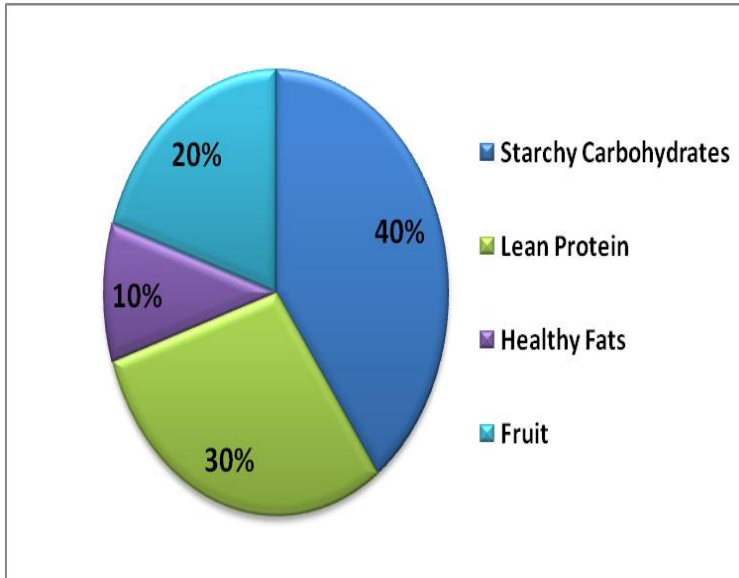
7:30/8:00 am Breakfast	1 cup oatmeal (can flavor with Cinnamon and Splenda) or 3 slices wheat toast 2 Whole Omega 3 Eggs with 4 Egg Whites + 3-4 pieces of turkey 1 cup of Fresh Fruit & Water to Hydrate
9:30-11:30 am Workout	Workout
10:30 am - Workout Recovery	Options are: Clif Bar 1 packet of Generation UCAN with 12 oz of water 1-1.5 Scoops of Surge Recovery with 16-20 oz of water 1 Scoop of Plain Whey Protein with 12 oz of Gatorade
11:30 am Post Workout Recovery	20-25 grams of Whey Protein (1 scoop) 12 oz of low fat milk or almond Milk 1 Banana or 1 cup Blueberries 1 tbsp Peanut Butter
12:30 pm Lunch	6 oz of Lean Protein (Chicken Breast, Fish, etc) ½ to 1 cup of pasta with red sauce Salad with light dressing 1 cup of vegetables 1-2 slices of wheat bread with 1 tsp of butter
3:30/4:00 pm Snack	Peanut Butter Sandwich or Turkey Sandwich on Wheat 1 cup of Fresh Fruit
7:00 pm Dinner	8 oz of Filet or Sirloin Small Sweet Potato or ½ cup of brown rice (size of Fist) 2 cups of veggies (broccoli, cauliflower, asparagus) – Your Choice Salad with light dressing
10:00 pm Snack	1 scoop of Casein Protein with 8 oz of Low Fat Milk or Almond Milk

THE ATHLETE'S PLATE

Below is a description of what your plate should look like at each meal. Portion sizes will vary depending on when you train but this is a general guideline. This does not include snacks or shakes between meals.

Fat Loss/Muscle Growth (Morning or Afternoon Workout Sessions)

Breakfast and Lunch Breakdown



The amount of carbohydrates, protein, and fat will vary depending on your weight and level of activity.

Rule of Thumb:

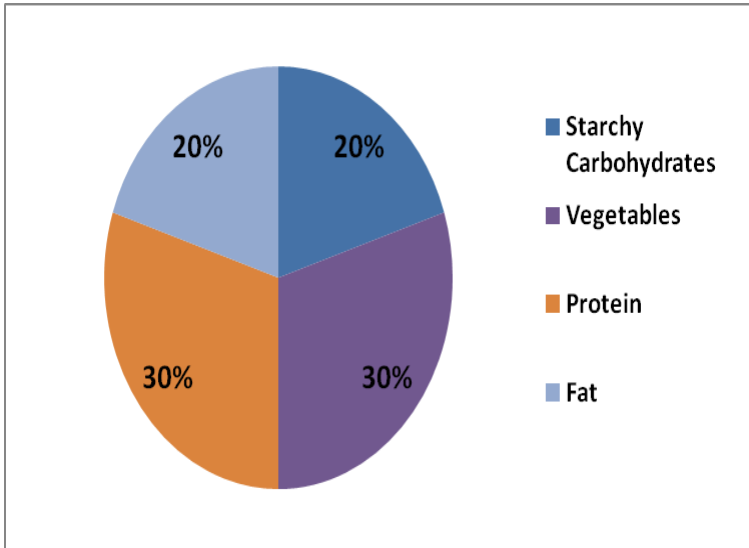
- **Protein:** 30-40 grams per meal or 6 oz which = 2 decks of cards. More protein is not beneficial.
- **Starchy Carbs:** 1 serving the size of your fist
- **Fruit:** 1 serving (medium piece – size of a baseball or 1 cup)
- **Fat:** 1 tbsp of Olive or Coconut Oil, 1 oz of Nuts, or 1 tbsp of Peanut Butter
- **Non-Starchy Veggies:** (Breakfast or Lunch): 2 Fists

Dinner Breakdown

Cut back on starchy carbohydrates at dinner since you are less active and your goal is fat loss.

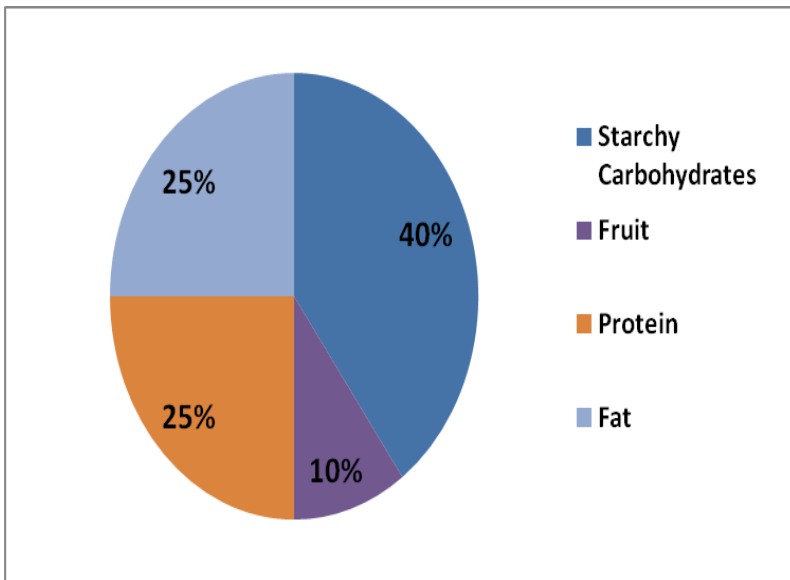
Rule of Thumb:

- **Protein:** 45-60 grams or 6-8 oz which = 2 decks of cards. More protein is not beneficial.
- **Starchy Carbs:** 1/2 serving the size of your fist
- **Fat:** 1 tbsp of Olive or Coconut Oil, 1 oz of Nuts, or 1 tbsp of Peanut Butter
- **Non-Starchy Veggies:** (Breakfast or Lunch): 3 Fists



Weight Gain/Muscle Growth

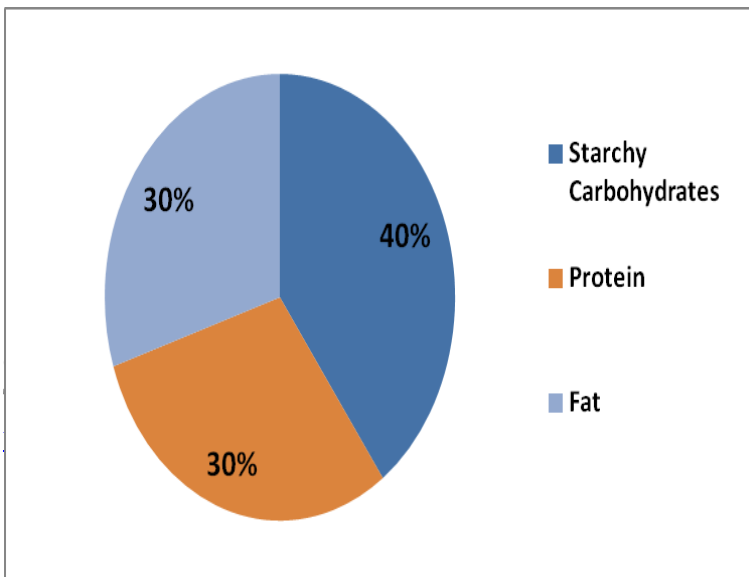
Breakfast and Lunch Breakdown



The amount of carbohydrates, protein, and fat will vary depending on your weight and level of activity.

Rule of Thumb:

- **Protein:** 30-40 grams per meal or 6 oz which = 2 decks of cards. More protein is not beneficial.
- **Starchy Carbs:** 1 ½-2 serving the size of your fist or 4 slices of bread
- **Fruit:** 1 serving (medium piece – size of a baseball or 1 cup)
- **Fat:** 1-2 tbsps of Olive or Coconut Oil, 2 oz of Nuts, or 2 tbsps of Peanut Butter
- **Non-Starchy Veggies:** (Breakfast or Lunch): 1 Fists



Dinner Breakdown

The amount of carbohydrates, protein, and fat will vary depending on your weight and level of activity.

Rule of Thumb:

- **Protein:** 45-60 grams or 6-8 oz which = 2 decks of cards. More protein is not beneficial.
- **Starchy Carbs:** 1 ½-2 serving the

NUTRITION FOR HEALING OF INJURIES/RECOVERY

Most athletes may not realize the significance nutrition plays on the healing of an injury or recovery after an intense workout. The right combination of nutrients along with strategic supplementation may allow your muscles, bones, joints, tendons, etc to heal faster after injury (i.e. Shoulder or Knee Surgery, Broken Bones, etc) or after soreness and inflammation.

At the same time, there are also foods that can slow your recovery and healing when consumed on a regular basis. Below is a list of foods to consume and avoid to

Anti-Inflammatory – Healing Foods

Fruits Rich in Vitamins A & C

Mangos, Oranges, Strawberries, Grapefruit, Papaya, Cantaloupe, Pineapple

Vegetables Rich in Vitamins A & C

Carrots, Sweet Potatoes, Spinach, Red Bell Peppers, Broccoli, Cabbage, Sweet Potato, Tomatoes

Protein Rich in Zinc:

Beef, Seafood, Sunflower Seeds, and Almonds

Fatty Fish high in Omega 3 – Salmon, Tuna, Trout, Halibut, Mackerel, Anchovies, Sardines

Fish Oil Supplements

Spices: Basil, Oregano, Curry, Cinnamon, Cloves, Garlic Powder

Other: Un-sweet Cocoa Powder, Turmeric, Bromelain (found in pineapples) Green Tea, Blueberries

Pro-Inflammatory Foods – Slows Healing

Sugary Foods/Drinks

Sodas, Punch, Sports Drinks, Sweets (candy, donuts, cake, pastries, cookies, etc), hard candies (i.e. starburst, jolly ranchers, etc).

Refined Carbohydrates

White Bread, White Flour, Sugary Cereals, Baking Products,

High Fat Meals

Fast Food, Fried Foods, High Fat/Greasy Meats (i.e. Dark Meat Poultry, Ribeye Steak, Ribs)

Limit these foods to 1-2 times per week. If you have to eat Fast Food, especially a burger, skip the fries and soda and get a salad or fruit with water or unsweet tea.