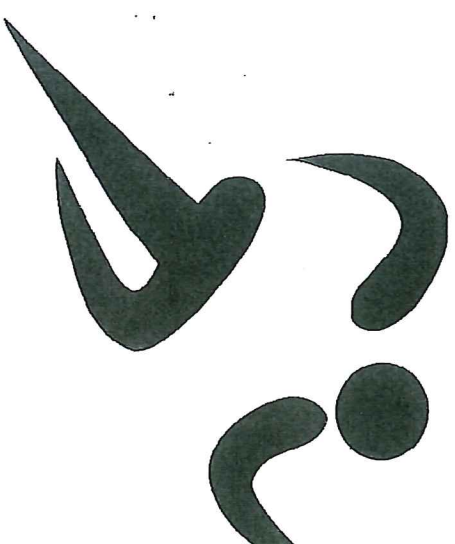


Practical

Performance Nutrition

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Sports Nutritionist



1. High Performance Foods Know Your Options!

Performance Foods Most Athletes are Willing to Eat or at Least Try!

GRAINS/STARCHES		PROTEINS	VEGETABLES	FRUITS	FATS
Cold Cereals 3/4 cup Cheerios 1/2 cup Frosted Mini Wheats 1/2 cup Kashi Go Lean Cereal 1/2 cup Raisin Bran 1/2 cup Total Cereal Hot Cereals 1/2 Packet Instant Oatmeal Breads/Tortillas/Rolls 1 slice Whole Wheat Bread 1/4 Whole Wheat Bagel 1/2 English Muffin 1/2 6 inch Sub Bread Pasta/Rice 1/3 cup Brown Rice (cooked) 1/2 cup Cooked Wheat Pasta 1/3cup Quinoa	Veggies, Beans, Potatoes 1/2 cup Soy Beans or Edamame (cooked) 1/2 cup Peas (cooked) 1/2 cup Pinto Beans (cooked/canned) 1/2 cup Black Beans (cooked/canned) 1/2 cup Kidney Beans (cooked/canned) 1/2 cup Black Eyed Peas(cooked/canned) 1/2 cup Corn (fresh or frozen, cooked) 1/2 cup Sweet Potato (cooked) 1 small Baked Potato (computer mouse+) Crackers/Granola Bars 1 Kashi Granola Bar 1 Bar Nature Valley Granola Bar 3/4 cup Pretzels 2 Rice Cakes (4" diameter each) 5 Reduced Fat Triscuits	3oz Salmon 3oz Tuna (canned in water) 3oz Chicken Breast 3oz Ground Turkey (cooked) 3oz Deli Turkey, Ham 3oz Beef (95% lean ground chuck) 1.5oz Beef Jerky 3oz Beef Tenderloin Steak 3oz Pork Chop (grilled) 16oz 1% Milk 1/2 cup Greek Yogurt 1/2c 1%low-fat Cottage Cheese 2 2% String Cheese 2 Eggs 4 Egg Whites 2 tbsp Peanut Butter 1/2 cup Tolu	Raw Vegetables 1 cup Celery 1 cup Cucumber 1 cup Green Veggie Salad 1 cup Spinach 1/2 cup Lettuce 1 cup Carrots 1 cup Bell Peppers 1/2 cup Tomato Cooked Vegetables 1/2 cup Asparagus 1/2 cup Broccoli 1/2 cup Green Beans 1/2 cup Stir Fry Vegetables 1/2 cup Steamed Vegetables 1/2 cup Tomato Sauce (Canned) 6 oz Vegetable Juice	1 small Apple 1/2 cup Applesauce (unsweetened) 1.25 cup Strawberries 1/4 cup Watermelon 1/2 med Grapefruit 1 med Orange 1/2 Large Banana 3/4c Pineapple chunks (own juice) 1 cup Blackberries 3/4 cup Blueberries 14 Grapes 2 tbsp Dried Fruit (raisins etc...) 1 small Kiwi 1/2 cup Fruit Cocktail (own juice) 1 cup Mixed Berries (fresh/frozen) 1tbsp Fruit Jam (assorted)	Choose Often 1tbsp Peanut Butter 11 Almonds 7 Walnut Halves 8 Pecan Halves 2tbsp Flax Seeds 1/4 med Avocado 3tbsp Guacamole 10 Large Black Olives 2tbsp Sunflower Seeds 1.5tsp Olive Oil 2tbsp Vinaigrette salad dressing Choose Less Often 1tbsp Butter (whipped) 1 slice Cheese slice 3tbsp reduced fat cream cheese 4tbsp Reduced fat Sour Cream



Better Grain/Starches

GRAINS/STARCHES	PROTEINS	VEGETABLES	FRUITS	FATS
Cold Cereals 1/2 cup Cheerios 1/2 cup Frosted Mini Wheats 1/2 cup Kashi Go Lean Cereal 1/2 cup Kashi Bran 1/2 cup Total Cereal Hot Cereals 1/2 cup Instant Oatmeal Breads/Tortillas/Rolls 1 slice Whole Wheat Bread 1/4 Whole Wheat Bagel 1/2 English Muffin 1/2 6 Inch Sub Bread Pasta/Rice 1/2 cup Brown Rice (cooked) 1/2 cup Cooked Wheat Pasta 1/3 cup Cous-Cous	Vegetables, Beans, Potatoes 1/2 cup Soy Beans or Edamame (cooked) 1/2 cup Peas (cooked) 1/2 cup Pinto Beans (cooked/canned) 1/2 cup Black Beans (cooked/canned) 1/2 cup Kidney Beans (cooked/canned) 1/2 cup Black Eyed Peas (cooked/canned) 1/2 cup Corn (fresh or frozen, cooked) 1/2 cup Sweet Potato (cooked) 1 small Baked Potato (computer mouse) Crackers/Granola Bars 1 Kashi Granola Bar 1 Bar Nature Valley Granola Bar 3/4 cup Pretzels 2 Rice Cakes (4" diameter each) 5 Reduced Fat Triscuits	Raw Vegetables 1 cup Cherry 1 cup Cucumber 1 cup Green/Yellow Bell Pepper 1 cup Spinach 1/2 cup Lettuce 1 cup Carrots 1 cup Bell Peppers 1/2 cup Tomatoes Cooked Vegetables 1/2 cup Asparagus 1/2 cup Broccoli 1/2 cup Green Beans 1/2 cup Spinach 1/2 cup Stewed Tomatoes 1/2 cup Tomato Sauce (cooked) 1/2 cup Vegetable Juice	Fruits 1/2 cup Apple (sliced) 1/2 cup Apricots 1/2 cup Bananas 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1/2 cup Tangerines 1/2 cup Watermelon 1/2 cup Apples (sliced) 1/2 cup Apricots 1/2 cup Bananas 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1/2 cup Tangerines 1/2 cup Watermelon	Choose Often 1/2 cup Olive Oil 1/2 cup Canola Oil 1/2 cup Peanut Oil 1/2 cup Sesame Oil 1/2 cup Sunflower Oil 1/2 cup Walnut Oil Choose Less Often 1/2 cup Butter 1/2 cup Margarine 1/2 cup Lard 1/2 cup Shortening

GRAINS/STARCHES

Cold Cereals

- 3/4 cup Cheerios
- 1/2 cup Frosted Mini Wheats
- 1/2 cup Kashi Go Lean Cereal
- 1/2 cup Kashi Bran
- 1/2 cup Total Cereal

Hot Cereals

- 1/2 cup Instant Oatmeal

Breads/Tortillas/Rolls

- 1 slice Whole Wheat Bread
- 1/4 Whole Wheat Bagel
- 1/2 English Muffin
- 1/2 6 Inch Sub Bread

Pasta/Rice

- 1/3 cup Brown Rice (cooked)
- 1/2 cup Cooked Wheat Pasta
- 1/3 cup Cous-Cous

Vegetables, Beans, Potatoes

- 1/2 cup Soy Beans or Edamame (cooked)
- 1/2 cup Peas (cooked)
- 1/2 cup Pinto Beans (cooked/canned)
- 1/2 cup Black Beans (cooked/canned)
- 1/2 cup Kidney Beans (cooked/canned)
- 1/2 cup Black Eyed Peas (cooked/canned)
- 1/2 cup Corn (fresh or frozen, cooked)
- 1/2 cup Sweet Potato (cooked)
- 1 small Baked Potato (computer mouse)

Crackers/Granola Bars

- 1 Kashi Granola Bar
- 1 Bar Nature Valley Granola Bar
- 3/4 cup Pretzels
- 2 Rice Cakes (4" diameter each)
- 5 Reduced Fat Triscuits

Better Vegetables

GRAINS/STARCHES	VEGETABLES	PROTEINS	FRUITS	FATS
Cold Cereals 3/4 cup Cornflakes 1/2 cup Mini-Wheats 1/2 cup Multigrain 1/2 cup Natural 1/2 cup Hot Cereal 1/2 cup Bar of Raisin Bran Breads/Tortillas/Flour 1 slice Whole Wheat Bread 1/2 English Muffin 1/2 6-inch Soft Roll Pasta/Rice 1/2 cup Brown Rice (cooked) 1/2 cup Cooked White Rice 1/2 cup Cous-Cous	Raw Vegetables 1 cup Celery 1 cup Cucumber 1 cup Green Veggie Salad 1 cup Spinach 1/2 cup Lettuce 1 cup Carrots 1 cup Bell Peppers 1/2 cup Tomatoes Cooked Vegetables 1/2 cup Asparagus 1/2 cup Broccoli 1/2 cup Green Beans 1/2 cup Sliced Vegetables 1/2 cup Steamed Vegetables 1/2 cup Tomato Sauce (Canned) 6 oz Vegetable Juice	Meat 1/4 lb Ground Beef 1/4 lb Ground Turkey 1/4 lb Chicken Breast 1/4 lb Pork Tenderloin 1/4 lb Pork Chops 1/4 lb Fish 1/4 lb Tofu Eggs 1 Egg 2 Egg Whites 1/2 cup Tofu Dairy 1/2 cup Milk 1/2 cup Yogurt 1/2 cup Cottage Cheese 1/2 cup Soft Cheese 1/2 cup Hard Cheese	1 small Apple 1/2 cup Applesauce (unsweetened) 1/4 cup Strawberries 1/4 cup Watermelon 1/2 med Orange 1 med Grape 1/2 Large Banana 1/4 Raspberries (frozen) 1 cup Blueberries 1/4 cup Raspberries 1/4 cup Blackberries 1/4 cup Grapes 1/2 cup Prunes (frozen) 1/2 cup Raisins 1/2 cup Dried Fruit (unsweetened)	1/2 cup Peanut Butter 1/2 cup Avocado 1/2 cup Olive Oil 1/2 cup Sesame Oil 1/2 cup Coconut Oil 1/2 cup Butter 1/2 cup Margarine 1/2 cup Shortening 1/2 cup Lard 1/2 cup Ghee 1/2 cup Tallow 1/2 cup Bacon Fat 1/2 cup Butter 1/2 cup Margarine 1/2 cup Shortening 1/2 cup Lard 1/2 cup Ghee 1/2 cup Tallow

VEGETABLES
Raw Vegetables 1 cup Celery 1 cup Cucumber 1 cup Green Veggie Salad 1 cup Spinach 1/2 cup Lettuce 1 cup Carrots 1 cup Bell Peppers 1/2 cup Tomato Cooked Vegetables 1/2 cup Asparagus 1/2 cup Broccoli 1/2 cup Green Beans 1/2 cup Sdr Fry Vegetables 1/2 cup Steamed Vegetables 1/2 cup Tomato Sauce (Canned) 6 oz Vegetable Juice

Better Fruits

GRAINS/STARCHES	PROTEINS	VEGETABLES	FRUITS	FATS		
Cold Cereals 1/2 cup Cheerios 1/2 cup Frosted Flakes 1/2 cup Multigrain Cereal 1/2 cup Bran Cereal 1/2 cup Hot Cereal Hot Cereals 1/2 cup Instant Oatmeal Biscuits/Tortillas/Rolls 1 slice whole wheat bread 1/2 English Muffin 1/2 slice low-fat bread Pastries/Pizza 1/2 cup Raisin Bran 1/2 cup Corn Meal 1/2 cup Oatmeal	Vegetables, Beans, Potatoes 1/2 cup Soft Shell of Edamame (frozen) 1/2 cup Feta (canned) 1/2 cup Potatoes (frozen/canned) 1/2 cup Black Beans (canned) 1/2 cup Kidney Beans (canned) 1/2 cup Soybean (canned) 1/2 cup Chickpeas (canned) 1/2 cup Lentils (canned) 1/2 cup Green Beans (canned) 1/2 cup Sweet Potato (canned) 1/2 cup Instant Potatoes (canned) Cardinals/Spanish Buns 1 whole Cardini 1 whole Kaiser Roll 1 whole Potato Roll 2 whole Raisin Buns 5 whole Potato Rolls 1 whole Potato Roll	Raw Vegetables 1 cup Carrot 1 cup Cauliflower 1/2 cup Green Beans 1 cup Spinach 1/2 cup Tomatoes 1 cup Corn 1 cup Red Peppers 1/2 cup Tomato Cooked Vegetables 1/2 cup Asparagus 1/2 cup Broccoli 1/2 cup Green Beans 1/2 cup Mixed Vegetables 1/2 cup Roasted Potatoes 1/2 cup Spinach	Proteins 1/2 cup Tofu 1/2 cup Lentils (canned) 1/2 cup Chickpeas (canned) 1/2 cup Kidney Beans (canned) 1/2 cup Soybean (canned) 1/2 cup Chickpeas (canned) 1/2 cup Lentils (canned) 1/2 cup Green Beans (canned) 1/2 cup Sweet Potato (canned) 1/2 cup Instant Potatoes (canned) Cardinals/Spanish Buns 1 whole Cardini 1 whole Kaiser Roll 1 whole Potato Roll 2 whole Raisin Buns 5 whole Potato Rolls 1 whole Potato Roll	Raw Vegetables 1 cup Carrot 1 cup Cauliflower 1/2 cup Green Beans 1 cup Spinach 1/2 cup Tomatoes 1 cup Corn 1 cup Red Peppers 1/2 cup Tomato Cooked Vegetables 1/2 cup Asparagus 1/2 cup Broccoli 1/2 cup Green Beans 1/2 cup Mixed Vegetables 1/2 cup Roasted Potatoes 1/2 cup Spinach	Fruits 1 med Apple 1/2 med Apricot (frozen/canned) 1/2 cup Strawberries 1/2 cup Watermelon 1/2 med Grapefruit 1/2 med Orange 1/2 med Banana 1/2 med Peach (frozen/canned) 1/2 med Raspberry 1/2 med Blueberry 1/2 med Kiwi 1/2 med Lemon 1/2 med Lime 1/2 med Mandarin Orange 1/2 med Peach (frozen/canned) 1/2 med Raspberry 1/2 med Blueberry 1/2 med Kiwi 1/2 med Lemon 1/2 med Lime 1/2 med Mandarin Orange	Fats 1/2 med Olive Oil 1/2 med Coconut Oil 1/2 med Avocado 1/2 med Peanut Butter 1/2 med Margarine 1/2 med Butter 1/2 med Shortening 1/2 med Lard 1/2 med Tallow 1/2 med Ghee 1/2 med Clarified Butter 1/2 med Coconut Oil 1/2 med Avocado 1/2 med Peanut Butter 1/2 med Margarine 1/2 med Butter 1/2 med Shortening 1/2 med Lard 1/2 med Tallow 1/2 med Ghee 1/2 med Clarified Butter

FRUITS
1 small Apple 1/2 cup Applesauce (undiluted) 1.25 cup Strawberries 1/4 cup Watermelon 1/2 med Grapefruit 1 med Orange 1/2 Large Banana 3/4c Peach/Apple chunks (own juice) 1 cup Blackberries 3/4 cup Blueberries 14 Grapes 2 tbsps Dried Fruit (raisins etc...) 1 small Kiwi 1/2 cup Fruit Cocktail (own juice) 1 cup Mixed Berries (fresh/frozen) 1 tbsps Fruit Jam (assorted)



Better Fats

GRAINS/STARCHES	VEGETABLES	PROTEINS	FRUITS	FATS	
Cold Cereals 1/4 cup Oatmeal 1/2 cup Bran Flakes 1/2 cup Rice Cakes 1/2 cup Quinoa 1/2 cup Hot Cereals 1/2 cup Protein Cereals Grains/Tortillas/Breads 1 slice Whole Wheat Bread 1/2 English Muffin 1/2 cup Multigrain Pasta 1/2 cup Corn Cakes	Veggies, Beans, Potatoes 1/2 cup Broccoli (cooked) 1/2 cup Potatoes 1/2 cup Spinach (cooked) 1/2 cup Kidney Beans (cooked) 1/2 cup Lentils (cooked) 1/2 cup Chickpeas (cooked) 1/2 cup Sweet Potatoes (cooked) 1/2 cup Corn (cooked) Grains/Garden Bars 1 1/2 cups Oatmeal 1/2 cup Protein 1/2 cup Peanut Butter 1/2 cup Raisins 1/2 cup Flax Seeds	1/2 cup Soybeans 1/2 cup Chicken Breast 1/2 cup Turkey Breast 1/2 cup Beef (lean) 1/2 cup Pork (lean) 1/2 cup Tofu 1/2 cup Eggs 1/2 cup Cottage Cheese 1/2 cup Greek Yogurt 1/2 cup Milk 1/2 cup Cheese	Raw Vegetables 1 cup Carrots 1 cup Green Beans 1 cup Spinach 1/2 cup Lettuce 1 cup Cucumber 1 cup Bell Peppers 1/2 cup Tomatoes Cooked Vegetables 1/2 cup Asparagus 1/2 cup Broccoli 1/2 cup Green Beans 1/2 cup Spinach 1/2 cup Sweet Potatoes 1/2 cup Squash 1/2 cup Carrots 1/2 cup Potatoes	1/2 cup Apples 1/2 cup Strawberries 1/2 cup Watermelon 1/2 cup Cantaloupe 1/2 cup Oranges 1/2 cup Lemons 1/2 cup Kiwis 1/2 cup Peaches 1/2 cup Plums 1/2 cup Pears 1/2 cup Mangoes 1/2 cup Pineapples 1/2 cup Grapes 1/2 cup Raisins 1/2 cup Dried Fruits 1/2 cup Nuts 1/2 cup Seeds	Choose Often 1 tsp Peanut Butter 1/2 med. Avocado 1/2 cup Sunflower Seeds 1/2 cup Flax Seeds 1/2 cup Walnuts 1/2 cup Pecans 1/2 cup Chia Seeds 1/2 cup Hemp Seeds 1/2 cup Pumpkin Seeds 1/2 cup Sesame Seeds 1/2 cup Sunflower Oil 1/2 cup Olive Oil Choose Less Often 1/2 cup Butter 1/2 cup Cheese 1/2 cup Cream 1/2 cup Sour Cream 1/2 cup Mayonnaise

FATS

Choose Often

- 1 tbsp Peanut Butter
- 11 Almonds
- 7 Walnut Halves
- 8 Pecan Halves
- 2 tbsp Flax Seeds
- 1/4 med. Avocado
- 3 tbsp Guacamole
- 10 Large Black Olives
- 2 tbsp Sunflower Seeds
- 1.5 tsp Olive Oil
- 2 tbsp Vinaigrette salad dressing

Choose Less Often

- 1 tbsp Butter (whipped)
- 1 slice Cheese slice
- 3 tbsp reduced-fat cream cheese
- 4 tbsp Reduced-fat Sour Cream

Performance Nutrition

Grocery List

PRODUCE

- € Sweet Potatoes
- € Oranges
- € Potatoes
- € Baby Carrots
- € Grapes
- € Bell Peppers (All Colors)
- € Bananas
- € Apples
- € Avocado
- € Spinach
- € _____
- € _____
- € _____
- € _____

MEAT/DELI

- € 1-2lbs Deli Meat
- € (Roast Beef, Turkey or Ham)
- € 97/3 Ground Turkey or Beef
- € Sirloin, Flank, or Strip Steak
- € Pork Chop or Tenderloin
- € Boneless-Skinless Chicken Breast
- € _____
- € _____
- € _____

DAIRY

- € 1% or Skim Milk
- € Low Fat (1%) Cottage Cheese
- € Reduced Fat Shredded Cheese
- € Greek Yogurt
- € Eggs
- € Low Fat String Cheese
- € Low Fat/Fat Free Yogurt
- € _____
- € _____
- € _____

FREEZER

- € Frozen Chicken Breast
- € Frozen Tilapia Filets
- € Frozen Strawberries
- € Frozen Broccoli
- € Frozen Green Beans
- € Frozen Stirfry Veggies
- € _____
- € _____
- € _____

GRAINS

- € Whole Wheat Pasta Noodles
- € Minute Brown Rice
- € Whole Grain Cereal
- € (Cheerios, Kashii, Mini Wheats, Special K, or Raisin Bran)
- € Oatmeal
- € 6 inch Whole Wheat Tortilla
- € Whole Wheat Bread
- € _____
- € _____
- € _____

OTHER

- € 94% Fat Free Microwave Popcorn
- € Jelly
- € Fat Free Ranch/Salad Dressing
- € Canned Beans (black, kidney)
- € Non-Fat Cooking Spray
- € Red Spaghetti Sauce
- € Canned Tuna or Chicken
- € Lite or Sugar Free Syrup
- € Sandwich Bags
- € _____
- € _____
- € _____
- € _____

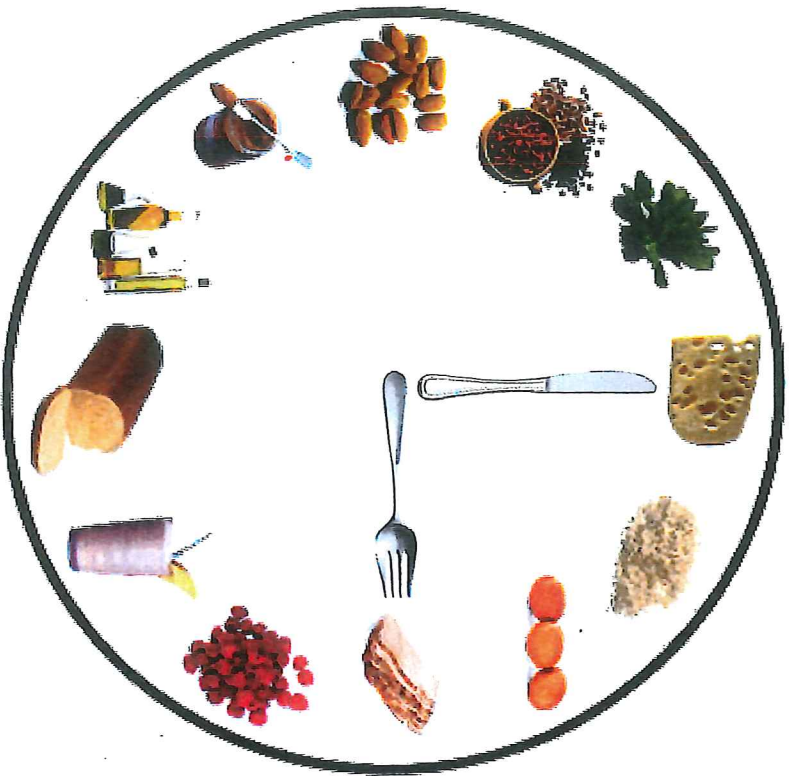
FATS

- € Peanut Butter
- € Raw Nuts
- € (Almonds, Walnuts, Pistachios)
- € Olive Oil
- € Mayo w/ Olive Oil
- € _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

2. Timing it Right




Putting Performance Foods into Action!








Timing it Right Hydration



Practice or Training:	Fluid Ounces of Water or Sports Drink:	Equivalent to:
2 hr - 3 hr Before	16-24 fl oz	 OR  OR 
30 minutes Before	5-10 fl oz	 OR  OR 
Every 15-20 min During Practice or Training Session	5 - 10 fl oz	 OR  OR 
Immediately After Practice/Training Session	17 - 20 fl oz per pound lost	 OR  PER Pound Lost

	1
	2 Hydrated
	3

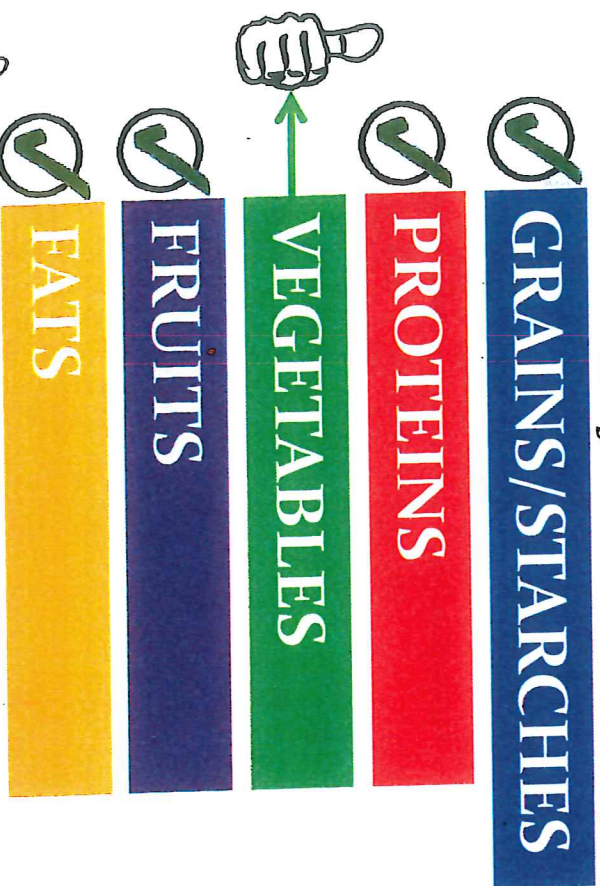
	4
	5 Dehydrated
	6

	7
	8 Severely Dehydrated

* Daily Hydration Goal - 1/2 Body Weight in fl oz of low calorie fluids (i.e. Water!).

Timing it Right Breakfast

General Framework of a Performance Breakfast:



= encouraged depending upon training/energy needs

= essential

Better Breakfast Food

Examples

Oatmeal, Kashi Cereal, Cheerios (Any Flavor)
Whole Wheat Bread or English Muffin

Eggs, Cottage Cheese, Greek Yogurt, Low-fat
Milk, Ham Steak

Fresh Salsa, *Omelet Add-Ons* - Spinach,
Tomato, Onion, or Bell Pepper

Fresh Berries, Cantaloupe, Pineapple,
Grapefruit, Orange, Kiwi, Apple, or Banana

Walnuts, Pecans, Almond Slivers, Nut Butter,
Avocado, Flax Seeds

Protein Powered Pancakes Recipe

Protein Powered Pancakes

1 serving, 3 - 4" pancakes (A Short Stack)

Prep Time: 5 minutes

Cook Time: 10 minutes

Equipment Needed

- Blender
- Non-stick pan
- Measuring Spoons and Cups
- Spatula



Foods Included to Meet Breakfast Framework

Old Fashion Oats

Eggs, Cottage Cheese

Add-Fresh Berries

Top w/ Peanut Butter, Not Syrup

Ingredients

- ½ cup of fat free or low fat cottage cheese
- 2 large eggs
- ½ cup of old fashioned oats
- 1 tsp of vanilla extract

Preparation

1. Put all ingredients in blender (put wet ingredients in 1st for easier mixing). Blend until combined into a batter.
2. Spray a non-stick cooking spray to pan. Heat non-stick pan over medium heat.
3. Pour onto skillet a slightly larger baseball sized pancake. Allow to cook until small bubbles form. Then flip and allow to cook for the same amount of time on other side.
4. Serve with sugar free or lite maple syrup.

Nutrition

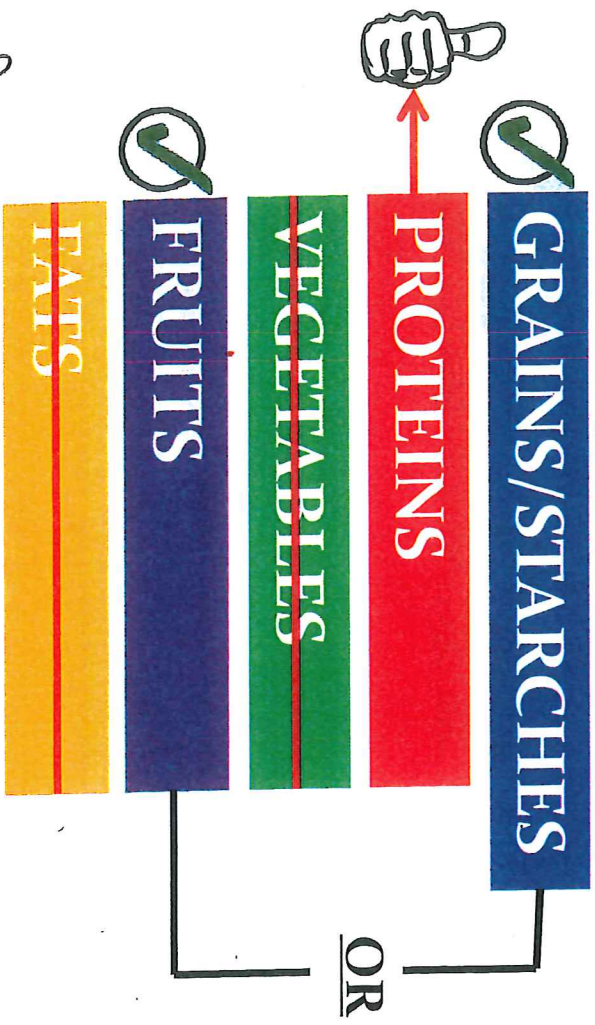
Per serving (3 - 4" pancakes): 382 calories; 16 g fat; 30 g carbohydrates; 33 g protein; 4 g fiber.

Nutrition Bonus: Add fresh berries or fruit to boost flavor and nutrient density.

Timing it Right

Pre-Workout Nutrition – 1 Hour or Less

General Framework of a Pre-Workout Snack.



= encouraged depending upon training/energy needs

= essential

Better Pre-Workout Food Examples

Oatmeal, Granola Bar, Toast, Graham Cracker, Pretzels, Dry Cereal (ex. Cheerios, Total)

Greek Yogurt, String Cheese, Chocolate Milk (8oz)

VEGETABLES

Banana, Apple, Applesauce, Orange, Raisins, Assorted Fruit Cups (in 100% Juice)

FATS

Timing it Right

Recovery Nutrition – Within 30-60min after exercise

General Recovery Nutrition

Framework.

 **GRAINS/STARCHES**

 **PROTEINS**

~~**VEGETABLES**~~

 **FRUITS**

 **FATS**

 = encouraged depending upon training/energy needs

 = essential

Better Recovery Food Examples

Granola Bar, Pretzels, Whole Wheat Bagel, Kashi Go Lean Cereal, Cheerios

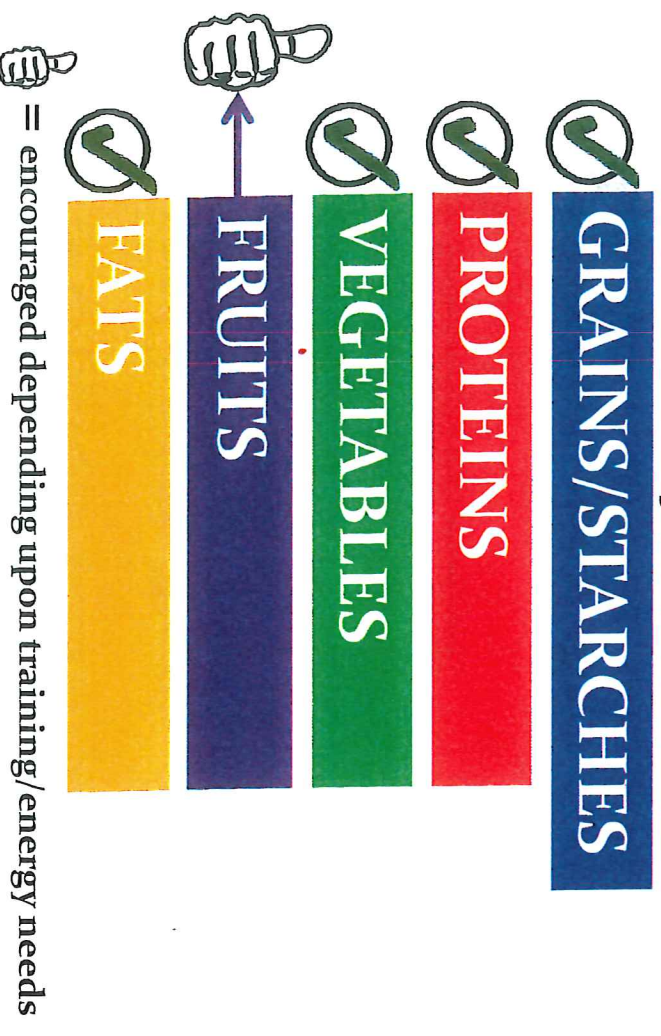
Greek Yogurt, String Cheese, Chocolate Milk, Chocolate Soy Milk, Protein Powder

Banana, Apple, Applesauce, Orange, Raisins, Assorted Fruit Cups (in 100% Juice)

Peanut Butter, Almond Butter, Almonds, Walnuts, Pecans, Raw Nut Mix, Flax Seed Oil

Timing it Right Lunch

General Framework of a Performance Lunch.



Better Lunch Food Examples

- Brown Rice, Peas, Beans, Corn, Triscuits, Baked Sweet Potato, Wheat Bread or Pasta
- Chicken Breast, Deli Turkey/Ham/Roast Beef, Eggs, Lean Ground Turkey or Beef, Tuna
- Raw-Baby Carrots, Bell Pepper, Spinach Salad
Cooked-Frozen Steamed Veggies, Stir Fry Veggies
- Fresh Berries, Grapes, Pineapple, Grapfruit, Orange, Kiwi, Apple, Banana, or Dried Fruit
- Almonds, Walnuts, Pecans, Pistachios, Avocado, Olives, Olive Oil, Vinaigrette Dressing, Cheese

Lunch Option Examples

Juarez Chicken Wrap

Whole Wheat Tortilla

Grilled Chicken Breast

Lettuce, Tomato, Onion

Avocado, Cilantro-Lime
Vinaigrette

Tuscan Turkey Wrap

Tomato Basil Tortilla

Deli Turkey Breast

Lettuce, Tomato, Onion,
Roasted Red Pepper

Balsamic Vinaigrette

Timing it Right

Snacks – Bedtime Included



General Framework of a

Performance Snack.



GRAINS/STARCHES



PROTEINS



VEGETABLES



FRUITS



FATS



= encouraged depending upon training/energy needs



= essential

Better Snack Food Examples

Triscuits, Oatmeal, Whole Grain Cereal, Whole Wheat Bread, Granola Bar, Rice Cakes

Greek Yogurt, Deli Meat, Eggs, String Cheese, Cottage Cheese, Low-fat Milk, Tuna Pouch, Jerky

Celery, Baby Carrots, Bell Pepper Strips, Cucumber, V8 Original Vegetable Juice

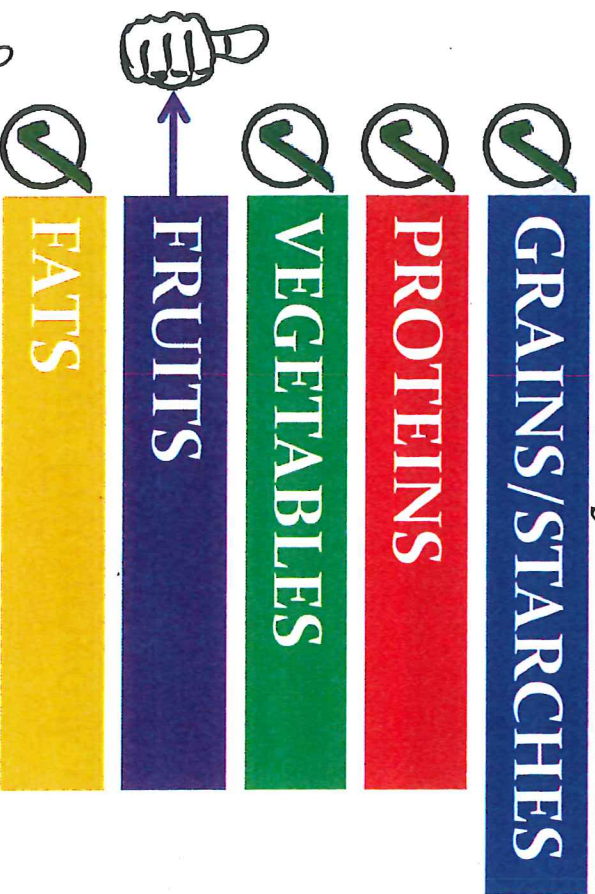
Banana, Apple, Grapes, Dried Fruit, Pineapple, Unsweetened Applesauce, Orange, Kiwi, Berries

Almonds, Walnuts, Pecans, Pistachios, Peanut Butter, Almond Butter

Timing it Right Dinner



General Framework of a Performance Dinner.



= encouraged depending upon training/energy needs

= essential

Better Dinner Food Examples

Brown Rice, Corn, Beans, Peas, Sweet Potato, Baked Potato, Quinoa, Whole Wheat Pasta

Salmon, Tilapia, Chicken Breast, Beef Tenderloin, Lean Ground Turkey/Beef, Pork Loin

Raw-Baby Carrots, Bell Pepper, Spinach Salad
Cooked-Steamed Veggies, Stir Fry Veggies

Fresh Berries, Grapes, Pineapple, Grapefruit, Orange, Kiwi, Apple, Banana, Watermelon

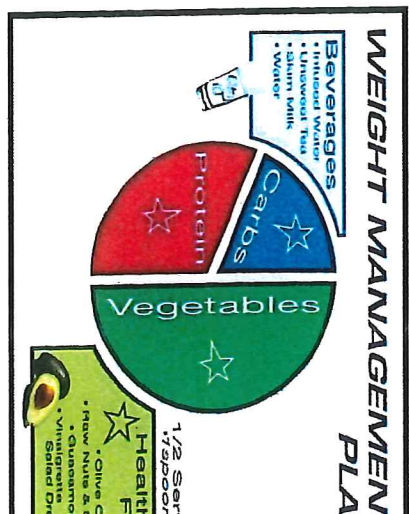
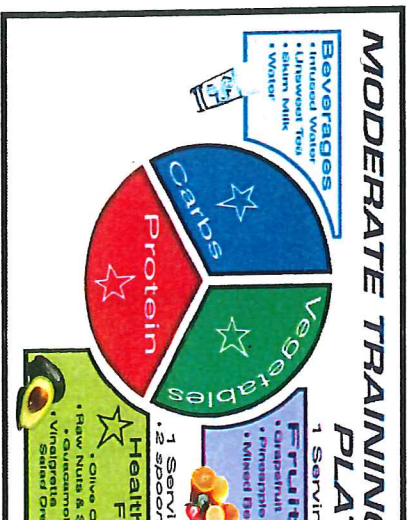
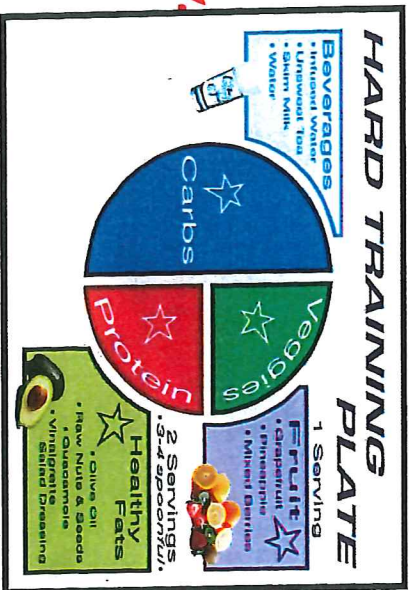
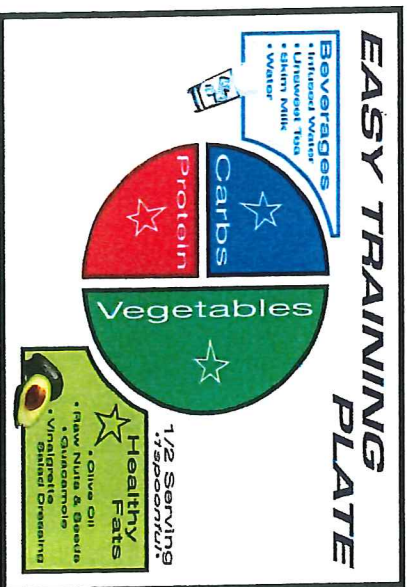
Vinaigrette Dressing, Sunflower Seeds, Walnuts, Pecans, Almond Slivers, Guacamole, Olives



Performance Plates

* Designed to Keep Fueling Strategies Simple and Practical.

Simply Fuel According to Training Day.



EASY TRAINING PLATE

Beverages

- Infused Water
- Unsweet Tea
- Skim Milk
- Water



Carbs



Protein



Vegetables



1/2 Serving
• 1 spoonful.

Healthy
Fats



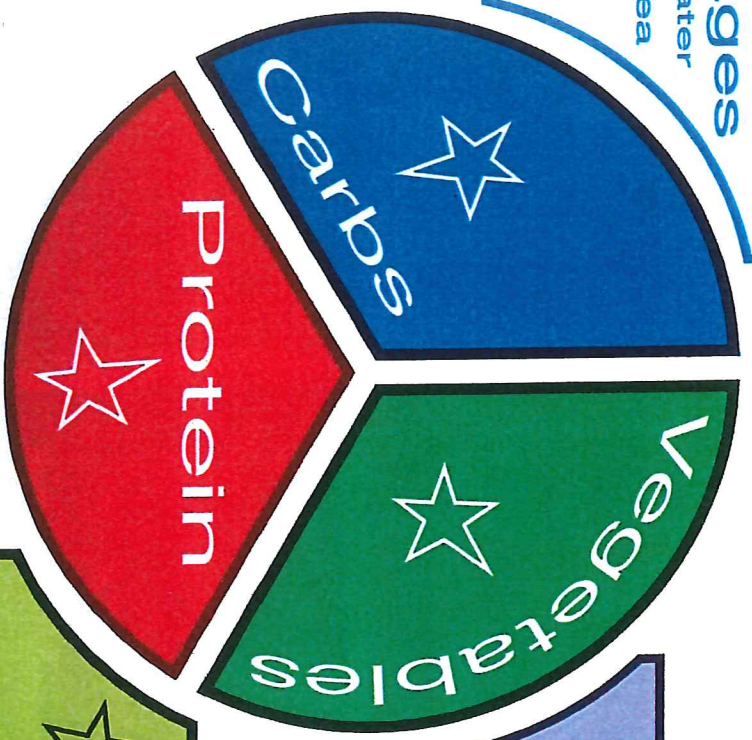
- Olive Oil
- Raw Nuts & Seeds
- Guacamole
- Vinaigrette Salad Dressing



MODERATE TRAINING PLATE

Beverages

- Infused Water
- Unsweet Tea
- Skim Milk
- Water



1 Serving

Fruit

- Grapefruit
- Pineapple
- Mixed Berries



1 Serving
• 2 spoonful.

Healthy Fats

- Olive Oil
- Raw Nuts & Seeds
- Guacamole
- Vinaigrette
- Salad Dressing



HARD TRAINING PLATE

Beverages

- Infused Water
- Unsweet Tea
- Skim Milk
- Water



Carbs



Protein



Veggies



1 Serving

Fruit

- Grapefruit
- Pineapple
- Mixed Berries



2 Servings
• 3-4 spoonful.

Healthy Fats

- Olive Oil
- Raw Nuts & Seeds
- Guacamole
- Vinaigrette
- Salad Dressing



3. Performance Specific Nutrition Goals

Typical Performance Specific Nutrition Goals

In a Perfect World...Sigh...

- **Optimize Performance**

- **Lean Out**
 - Lose body fat and either maintain or gain muscle weight.

- More athletes take the initiative to learn proper fueling strategies for optimum performance.
- Not just view nutrition changes necessary for leaning out or gaining weight.

- **Weight Gain**

- Add muscle weight and on occasion body fat to increase total body weight.

Performance Specific Goals

Lean Out

Lean Out Fundamentals

- **Lay off the Sugar!**
 - Drop processed food products. Need to choose bulk of foods from performance foods list.
 - Eliminate sugar-laden fluids
 - Better monitor dessert/treat consumption
- **Increase Protein and vegetables consumption**
 - Increase feeling of fullness and reduce energy intake.
- **Strictly limit Alcohol intake**
 - Cancels out lean out goals.
- **Get More Sleep!**
 - Goal: 7 – 9 hours each night.

Lean Out Performance Plates

Still hungry? Simply rinse and repeat the plate only.

EASY TRAINING PLATE

Beverages

- Infused Water
- Unsweet Tea
- Skim Milk
- Water

Carbs

Protein

Vegetables

Healthy Fats

1/2 Serving
1 spoonful.

- Olive Oil
- Raw Nuts & Seeds
- Guacamole
- Vinaigrette
- Salad Dressing

Recovery Days

MODERATE TRAINING PLATE

Beverages

- Infused Water
- Unsweet Tea
- Skim Milk
- Water

Carbs

Protein

Vegetables

Fruit

1 Serving

- Grapefruit
- Pineapple
- Mixed Berries

Healthy Fats

1 Serving
2 spoonful.

- Olive Oil
- Raw Nuts & Seeds
- Guacamole
- Vinaigrette
- Salad Dressing

Training Days

Performance Specific Goals

Weight Gain

Weight Gain Fundamentals

- **Increase Meal Frequency**
 - Eat 5 – 7 meals/snack each day
- **Increase Intake of Healthy Fats**
 - Simple way to add the desired calories and boost recovery
 - Ex. Olive Oil to Pasta, Trail Mix
- **Add Calories from Fluids**
 - 2% or Whole Milk
 - 100% Juice
 - Sports Drink
- **Get Your Sleep!**
 - Goal: 7 – 9 hours each night.
- **Increase portions of complex grains/starches and protein**
 - Look to slowly increase portions each week.
- **Be Consistent!**



Weight Gain Performance Plate

Still hungry? Simply rinse and repeat the entire plate.

MODERATE TRAINING PLATE

Beverages

- Infused Water
- Unsweet Tea
- Skim Milk
- Water

Carbs

Protein

Vegetables

Fruit
1 Serving

- Grapefruit
- Pineapple
- Mixed Berries

Healthy Fats
1 Serving, 2 spoonful.

- Olive Oil
- Raw Nuts & Seeds
- Guacamole
- Vinaigrette
- Salad Dressing

Recovery Days

HARD TRAINING PLATE

Beverages

- Infused Water
- Unsweet Tea
- Skim Milk
- Water

Carbs

Protein

Veggies

Fruit
1 Serving

- Grapefruit
- Pineapple
- Mixed Berries

Healthy Fats
2 Servings, 3-4 spoonful.

- Olive Oil
- Raw Nuts & Seeds
- Guacamole
- Vinaigrette
- Salad Dressing

Training Days

Definitely Non-Essential Supplementation

Energy Drinks

American Academy of Pediatrics

(AAP)

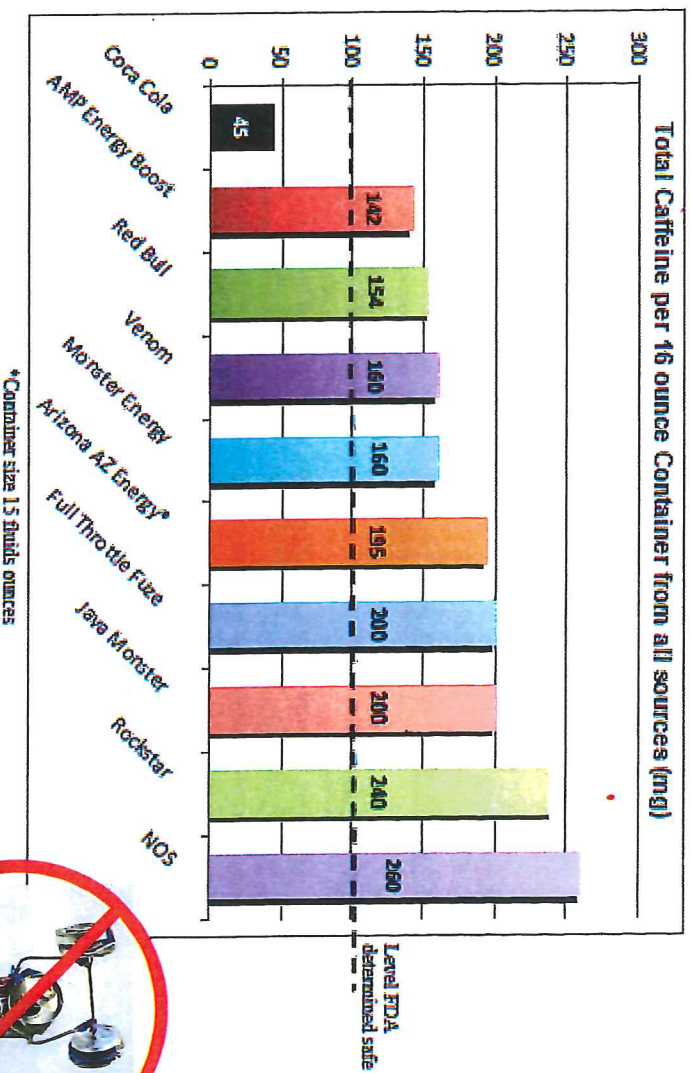
“Caffeine can produce harmful health effects in adolescents, including cardiovascular problems, anxiety, insomnia, digestive problems, dehydration, and others.”

“Rigorous review and analysis of the literature reveal that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents.”

National Collegiate Athletic Association (NCAA) and National Federation of State High School Associations (NFHS)

State that energy drinks may pose a health and safety risk for student-athletes and are particularly worrisome if consumed before or during strenuous exercise.

FIGURE 1: Comparison of similar sized energy drink caffeine concentrations



What's all the **BUZZ** about?



Building a Performance Nutrition Mindset

Keys to Breaking Those Barriers!

Food Serves Two Purposes in Life: Function and Reward.

What do you think most athletes choose food for?

- Understand these performance nutrition strategies do not mean a “diet”. Diets don’t work and don’t last.
- Start small...Don’t look at the big picture.
- Be open to change...If it doesn’t work the first time, try, try again.

It may not be as easy as just saying “Eat This, Not That”.

- It is OK to mess up.
The key is consistency, not perfection.
- Have a positive support system.

