



Breakfast

Search & Deliver Tips to
Maximize Athletic Performance

KHS

Search for

- Carbs that are NOT WHITE to restore glycogen - fuel in muscles
- Protein for muscle repair / building (whey, egg, white meats, milk)
- Fats to carry essential vitamins/ process glycogen / cell health
- 4:1 carbs to protein

SEARCH: WHOLE GRAIN CARBS

SEARCH FOR THESE LABELS on PRODUCTS



1/2 serving of whole grain



1 serving of whole grain

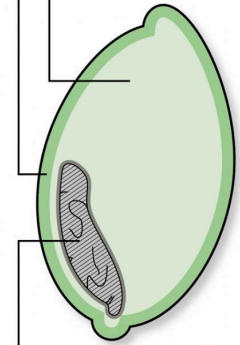
Whole grain kernel

Bran

"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B vitamins

DELIVER (examples)

Snacks: (within 15 - 45 minutes after morning exercise)

Start with: water

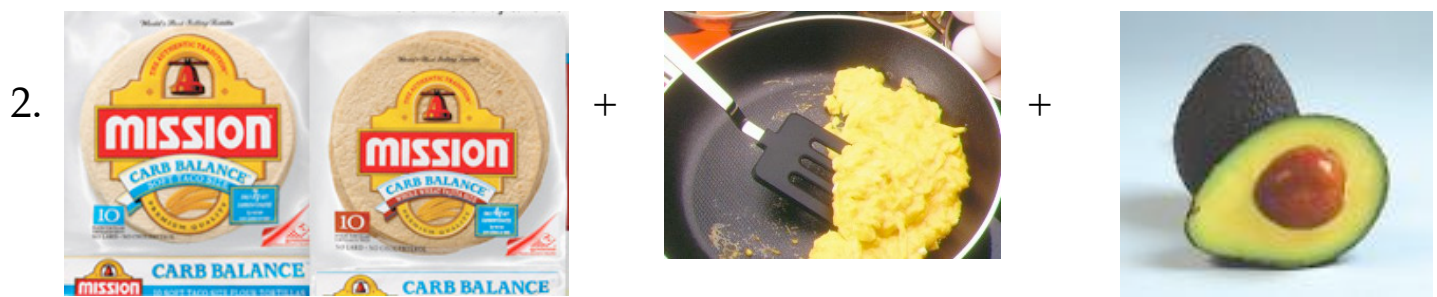
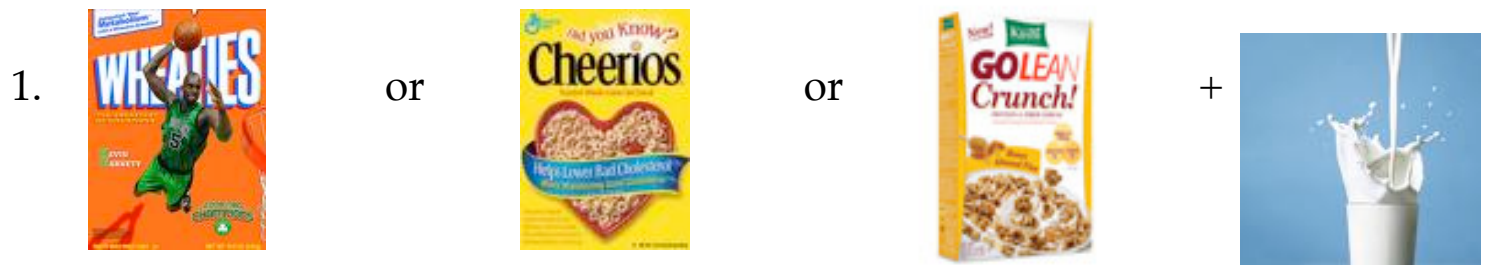
1. fruit/ fruit juice (6oz) or low-fat chocolate milk
2. Banana + almond/peanut butter



+



Breakfast:



3. Whole wheat pita sandwich with turkey / veggies / pretzels + lowfat milk

4. Peanut butter + honey on whole grain toast



5. Oatmeal (5 minute) with brown sugar + almonds + banana



<http://sportsmedicine.about.com/od/sportsnutrition/tp/SimpleSportsNutrition.htm>
www.scandpg.org

Worst Breakfast Cereals (trans fat and or 10 grams of sugar per serving)

1. Honey Smacks (Kellogg's)
2. Corn Pops (Kellogg's)
3. Apple Jacks (Kellogg's)
4. Franken Berry (General Mills)
5. Trix (General Mills)
6. Eggo Cereal Maple Syrup (Kellogg's)
7. Basic 4 (General Mills)
8. Smorz (Kellogg's)
9. Oreo O's (Post)
10. Froot Loops (Kellogg's)
11. Cocoa Puffs (General Mills)
12. Count Chocula (General Mills)
13. Waffle Crisp (Post)
14. Reese's Puffs (General Mills)
15. Mini-Swirlz Cinnamon Bun (Kellogg's)
16. Frosted Krispies (Kellogg's)
17. Cocoa Pebbles (Post)
18. Fruity Pebbles (Post)
19. Cookie Crisp (General Mills)
20. Frosted Flakes (Kellogg's)
21. Golden Grahams (General Mills)
22. Lucky Charms (General Mills)
23. Rice Krispies Treats Cereal (Kellogg's)

AND POPTARTS / WHITE BAGELS



PreWorkout / Competition:

Search & Deliver Tips to
Maximize Athletic Performance

KHS

SEARCH for

- Food that doesn't make you "full"
 - Easily digestible – light / liquid
 - Water
 - Experiment what works for YOU
-

DELIVER:

For a hard 30 minute workout:

WATER +

1. Fruit or vegetable juice such as orange, tomato, or V-8, and/or
2. Fresh fruit such as apples, watermelon, peaches, grapes, or oranges and/or
3. Up to 1 1/2 cups of a sports drink.
4. Energy bar – 1/2
5. Large banana
6. Few graham crackers
7. Fig bars
8. Pretzels



For a hard 60 minute + workout (to sustain energy)

WATER + Energy drink

1. Pasta – whole grained
2. Fruits
3. Breads – whole grained + jam
4. Energy bars (whole)
5. Trail mix

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Dinner / Post Evening Workout:

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- Carbs that are NOT WHITE to restore glycogen - fuel in muscles
 - Protein for muscle repair / building (whey, egg, white meats, milk)
 - Fats to carry essential vitamins / process glycogen / cell health
 - Carbs to protein at a 4:1 ratio for maximum recovery
 - How much: approx. 55% carbs / 25% protein / 20% fats
-

SEARCH: WHOLE GRAIN CARBS

SEARCH FOR THESE LABELS on PRODUCTS



_ serving of whole grain



1 serving of whole grain

REPLACE

- Potatoes with yams
- White rice with brown / wild rice / quinoa
- White or enriched flour with whole grain breads or tortillas

DELIVER

WATER +

Within 15 minutes: fruit or fruit juice (6 oz) / chocolate milk

Within 2 hours: 100-200 g of carbs

- about 5 pieces of bread + fruit + vegetables
- 1 _ cups rice + fruit/vegetables
- 1 _ cups of pasta + fruits + vegetables

1. BROWN Rice bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla

2. + chicken + avocado +



3. Sports drink: make sure the carb:protein ratio is 4:1

4. Whole wheat pita sandwich with turkey and veggies + pretzels + low-fat milk



5. Stir fry with lean steak, broccoli, bell peppers, carrots + brown rice / whole - grained pasta



**Add a fruit salad at every meal: cut up bananas, apples, pears, WHAT EVER is IN season and cheap.



<http://sportsmedicine.about.com/od/sportsnutrition/tp/SimpleSportsNutrition.htm>
www.scandpg.org

EATING *before* EXERCISE

3-4 Hours Before Exercise

- Peanut butter & honey on toast + instant breakfast drink



- Oatmeal with brown sugar and almonds + skim milk + banana



- Fruit & yogurt smoothie + low-fat granola



- Low-fat cottage cheese + apple butter + crackers + fresh grapes



- Turkey and Swiss sandwich + fruit + sports drink



- Low-fat tuna melt sandwich + fruit cup + fat-free yogurt



30-60 Minutes Before Exercise

- Sports drink or water
- Sports gel, sport beans or gummies, sports bar
- Piece of fruit or jam sandwich



EATING *during* EXERCISE

- Replace sweat losses by drinking water
- Sports drinks that contain carbs/electrolytes
- Easily digestible carbs or small bites
- Fluids consumed with carbohydrate gels or carbohydrate-rich foods to speed fuel transport to muscles



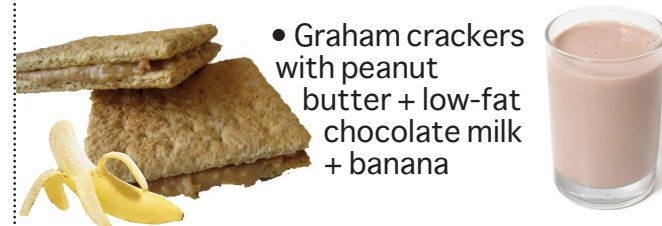
EATING FOR *recovery*

15-60 minutes:

- Sports drinks that contain carbs/electrolytes
- Replace sweat losses by drinking water

Recovery Snack Ideas

- Smoothie made with yogurt & frozen berries



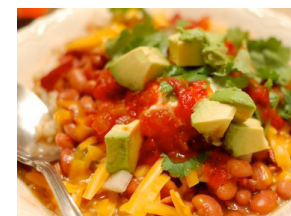
- Graham crackers with peanut butter + low-fat chocolate milk + banana

Recovery Meal Ideas

- Whole wheat pita sandwich with turkey and veggies + pretzels + low-fat milk



- Stir fry with lean steak, broccoli, bell peppers, carrots + brown rice



- Brown rice bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla

DAILY MULTIVITAMIN
PLUS EXTRA VITAMIN D
(For most people)



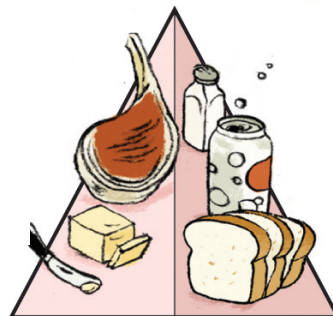
For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE .ORG

Eat, Drink, and Be Healthy

by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)

Free Press/Simon & Schuster Inc.



USE SPARINGLY:

RED MEAT & BUTTER

REFINED GRAINS: WHITE RICE, BREAD & PASTA

POTATOES

SUGARY DRINKS & SWEETS

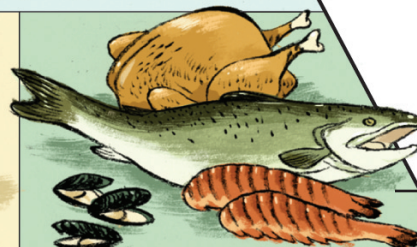
SALT



HEALTHY FATS/OILS:
OLIVE, CANOLA, SOY, CORN,
SUNFLOWER, PEANUT
& OTHER VEGETABLE OILS;
TRANS-FREE MARGARINE



NUTS, SEEDS, BEANS & TOFU



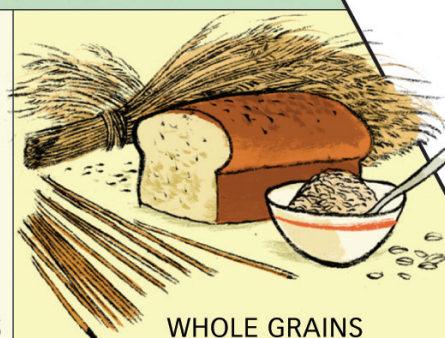
FISH, POULTRY & EGGS



VEGETABLES & FRUITS

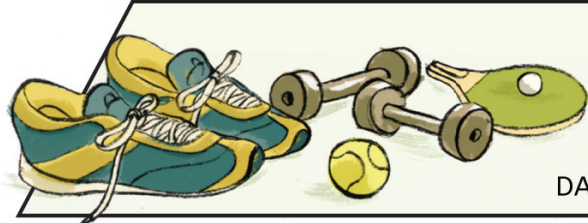


HEALTHY FATS/OILS



WHOLE GRAINS

WHOLE GRAINS: BROWN RICE,
WHOLE WHEAT PASTA, OATS, ETC.



DAILY EXERCISE & WEIGHT CONTROL

