

# Healthy Eating Suggestions



**"What you put into your body,  
fuels your body"**



## Eat A Variety of Foods

- Healthy foods are low in **Fats, Sodium & Sugar**
- Healthy foods are high in **Vitamins & Fiber**
- "Eating right will help you get the most out of your mind & body"

## Balanced Nutrition - 80:20 Rule

- 80% of the time eat healthy & natural foods; 20% of the time have your favorites
- The most important nutrient in your body is water
  - Aim for 4 cups of water for every 50lbs of body weight and an additional 1 cup for every 30 minutes of activity - proper hydration = optimum athletic performance.
- Always eat breakfast - it is the most important meal of the day
- Ensure that every meal has some protein, healthy fat, and healthy carbohydrates

<b>PROTEINS</b> (critical building materials for good health - start every meal with it)
<ul style="list-style-type: none"> <li>• Fish &amp; shellfish - tilapia, salmon, shrimp, etc.</li> <li>• Grilled chicken or turkey burgers</li> <li>• Lean meats - lean steaks, lean ground turkey, extra lean ground beef</li> <li>• Eggs - egg whites or half with the yoke &amp; half without yoke</li> <li>• Dairy - cottage cheese, plain yogurt, low-fat cheese</li> </ul> <p>*Nuts &amp; Seeds contain a combination of proteins, fats, and carbohydrates - great snacks!</p>
<b>FATS</b> (critical building materials for good health - add some fat to every meal)
<ul style="list-style-type: none"> <li>• Dry roasted or raw nuts &amp; seeds</li> <li>• Butters (almond, natural peanut butter)</li> <li>• Extra virgin olive oil, cold-pressed oils</li> <li>• Ground flax seeds</li> <li>• Eggs, cheese, meat, yogurt, fish, poultry</li> <li>• Avocados, guacamole, olives</li> <li>• Organic butter, non-hydrogenated mayonnaise</li> </ul>
<b>CARBOHYDRATES</b> (used primarily for energy - eat according to your activity level)
<ul style="list-style-type: none"> <li>• Vegetables, beans &amp; legumes</li> <li>• Fruits - fresh &amp; dried fruit</li> <li>• Whole grains - brown rice, oatmeal</li> <li>• Whole grain breads - rye, pumpernickel, 100% whole wheat</li> <li>• Whole grain crackers - rye vita, stoned wheat</li> <li>• Whole grain pasta - whole wheat, rice</li> <li>• Air-popped popcorn, dark chocolate, plain rice cakes</li> </ul>
<b>ALSO TRY:</b>
<ul style="list-style-type: none"> <li>- Fruit smoothies</li> <li>- Chili with vegetables, beef and turkey</li> <li>- Cheese sticks</li> <li>- Banana's and peanut butter</li> <li>- Yogurt with almonds and granola</li> <li>- Trail mix</li> </ul>

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## Suggestions for what to eat before competitions!

- 3-4 Hours Before Competition
  - Fresh fruit
  - Whole wheat breads & Pasta
  - Baked potatoes
  - Cereal w/ low-fat milk
  - Toast and peanut butter
- 2-3 Hours Before Competition
  - Fresh fruit
  - Fruit or vegetable juices (100%)
  - Whole grain breads or bagels
  - Low fat yogurt
  - Sports drinks
- 1 Hour Before Competition
  - Fruit or vegetable juices
  - Fresh fruits such as apples, watermelon, peaches, grapes, oranges, banana
  - Energy gels
  - Sports drinks and water (mixed)

FROM: <http://sportsmedicine.about.com/cs/nutrition/a/aa011201a.htm>

# Healthy Eating Suggestions



## Eating on the Go For Student - Athletes



### Nutrition and Performance - Student-Athlete

Between early morning workouts, classes, weight lifting, and practice, it is hard to take the time to prepare meals or snacks, let alone sit down and eat. No matter where you are heading, you have time to grab a nutritious snack. The key is to plan ahead and be prepared. Whether you are in a hurry to go to a meeting or just want a snack for later, here are some nutritious ideas.

### Snacks to throw in your backpack:

It's a good idea to keep a stash of some of the following items in your room or kitchen to grab on the run:

Bagel  
Whole Wheat grains  
Raw veggies  
Popcorn  
Juice box (100%)  
Nuts



Dried fruit  
Trail mix  
Low-fat cookies  
Graham crackers  
Raisin bread  
Cheese sticks



Fresh fruit  
Fig bars  
Cereal  
Granola bar  
Pretzels  
Peanut-butter crackers

### Refrigerated Snacks:

The following items should be refrigerated. If that is not possible, keep them in an insulated lunch bag with an ice pack:

Cottage Cheese and Fresh Fruit  
Bagel with Peanut-butter

Fresh Veggies  
Fruit Juice (100%)

Milk (Skim)  
Yogurt

### Vending machines:

Almost everywhere you go, you can find a vending machine. It is not always easy to find nutritious snacks here, but some are better choices than others:

Rice Krispie treats  
Cheese crackers  
Graham crackers



Zoo crackers  
Peanut-butter crackers  
Dried fruits



Chocolate milk  
Pretzels  
Juices

This information was provided by Sportwell Nutrition, at the University of Illinois, Champaign and the McKinley Health Center.

FROM the NCAA @:

[http://www1.ncaa.org/membership/ed\\_outreach/nutrition-performance/index.html](http://www1.ncaa.org/membership/ed_outreach/nutrition-performance/index.html)