

# Eat Smart

To perform like an athlete, you need to eat like an athlete. The lists below contain solid food choices, as well as tips and points to consider when selecting them. The final list gets more specific about foods to avoid.

1. *Fruits and Veggies (serving size is 1 piece, ½ cup cooked, 1 cup raw)*

- Contain vitamins, minerals, antioxidants, etc essential to optimal health and performance
- High in fiber
- Choose locally grown and organic whenever possible
- Eat a variety of colors
- Don't ditch the skin
- Fruit drinks/juices and fruit snacks don't count

Fruit and Vegetable Examples			
Fruits		Vegetables	
Apples	Grapes	Artichokes	Kale
Bananas	Kiwi	Asparagus	Mushrooms
Berries (blue, black, red, etc)	Oranges	Broccoli	Onions
Cantaloupe	Peaches	Cabbage	Peppers (red, orange, yellow)
Cherries	Pears	Carrots	Spinach
Coconut	Pineapple	Celery	Squash
Grapefruit	Watermelon	Eggplant	Tomatoes

2. *Lean/High-quality Protein Sources (serving size is approximately 3 ounces)*

- Essential for growth of muscle, bone, etc
- Serve as enzymes and molecular transporters within the body
- Aid in recovery from exercise
- Choose organic, grass-fed, and free-range whenever possible
- Avoid farmed fish and highly-processed meats/poultry

High-Quality Protein Sources		
Eggs (free-range, omega-3)	Shellfish (clams, scallops, mussels, etc)	Whey protein
Free-range chicken/turkey	Tuna (light; in water)	Lowfat Milk
Grass-fed Beef	Sardines	Unsweetened lowfat yogurt (Greek)
Wild game (buffalo, venison, etc)	Shrimp	Lowfat cheese
Lobster	White-fleshed fish (cod, halibut, etc)	Legumes (Lentils, beans, etc)
Mackerel	Wild salmon (Alaskan)	

# TEAMWORKSFITNESS

### 3. Healthy/Essential Fats (serving size ½ avocado; 1 tsp oil; 1 oz nuts, 2 tbsp nut butter)

- Provide energy
- Insulate internal organs
- Improve nerve conduction and brain health
- Promote skin/hair health
- Improve satiety

Healthy Fat Sources	
Avocados	Natural nut butters
Coconuts/coconut oil	Nuts (Almonds, brazil nuts, cashews, pecans, walnuts, etc)
Unsweetened Dark Chocolate	Olives/extra virgin olive oil
Egg Yolk	Peanuts
Fatty Fish (salmon, tuna, mackerel, etc)	Seeds (flax, pumpkin, sesame, sunflower, etc)
Flax oil	

### 4. Whole-grain/healthy Starchy Carbohydrates (serving size approximately ½ cup cooked rice, quinoa, pasta; ½ cup beans; 1 medium potato; 1 slice of bread)

- Provide steady source of energy
- Provide several essential vitamins and minerals not found in highly refined grains
- Higher in fiber than refined grades
- Choose the least processed options

Healthy Starchy Carbohydrate Sources	
Legumes (beans, lentils, etc)	Sweet Potatoes
Long grain brown rice	Whole grain breads, (wheat, rye, multi-grain)
Oatmeal (100% rolled oats; no added sugars/flavors)	Whole grain, high fiber cereals (≥ 5 g fiber/serving)
Quinoa, Millet	Whole grain pasta

## Foods to Avoid

The following foods are notorious for wreaking havoc on one’s health and performance related goals. Limit and/or avoid them as often as possible.

Fast-Foods (i.e. Burger King, Dunkin Donuts, McDonalds, Pizza Hut, Wendy’s, etc.)
Fried Foods (i.e. battered chicken & fish, French fries, fried dough, etc.)
Fruit Drinks (i.e. Hi-C, Kool-Aid, Hawaiian Punch, etc.)
Soda (i.e. Coke, Pepsi, Mountain Dew, root beer, orange soda, grape soda, etc.)
Hydrogenated Oils; aka <i>trans</i> fats (often found in margarines; snack foods like chips, popcorn, French fries, etc.; desserts and baked goods such as cake mixes, cookies, pastries, doughnuts, frozen pies; etc.)
Processed Meats (i.e. low-grade ground beef, sausage; hot dogs; packaged cold cuts; etc.)
Pre-packaged Meals (TV dinners, frozen entrées, vending machine sandwiches, etc.)

# TEEN NUTRITION BLUEPRINT

## from the bus stop to the final bell

It is possible to eat around the clock, even with the scheduling constraints of school and practice.

### Breakfast: 7 a.m.

Getting things started right every morning with a well-rounded meal is key. Your breakfast should consist of complex carbohydrates, protein and some healthy Omega-3 fats if possible.

### Midmorning Snack Attack: 9:30 a.m.

You may have to grab a quick bite between classes, but don't wait until lunch to eat again. Otherwise, your body will start running on "glucose low" and you'll start to feel sluggish. Plan ahead and choose portable snacks that won't spoil when stored in your locker.

### Lunch: 11:30 a.m. to 12:30 p.m.

Lunch serves as the "launching" pad for building up your after-school practice or workout energy reserves. The hot-food line probably isn't your best choice as it tends to be packed with fried and processed foods. Bring your own lunch, or look for healthier alternatives such as salads.

### Midafternoon Snack Attack: 2:30 to 3 p.m.

This is often the last thing you'll eat before practice, so you want to make sure it's going to deliver an energy boost without making you feel full or uncomfortable during your activity.

### Dinner: 6 to 7 p.m.

Given that it most often follows a game or practice, your dinner is going to focus more on nutrient replenishment than on fueling your body. To get a good balance, divide your dinner plate into thirds: one-third lean protein, one-third starchy carb, and one-third fibrous carb.

### Bedtime Snack Attack: 8:30 to 10 p.m.

Eat something between 200 and 400 calories that can supply your system with some quality protein (for muscle reconstruction while you sleep) that is moderate to low in carbs and fat.

Make  
healthy  
choices

#### Breakfast

- Multigrain toast with a couple tablespoons of peanut butter, a glass of skim milk, and a couple hard-boiled eggs.

#### Daytime Snacks

- Healthy granola or protein bar
- Trail mix
- Banana
- Small bag of peanuts
- Half of a PBJ sandwich
- Cheese stick and some pretzels

#### Lunch

- Salad
- Low-fat yogurt, cheese sticks, or milk
- Turkey wrap

#### Dinner

- Grilled chicken, fish, turkey, pork chops, lean beef
- Baked potato, pasta, cous cous, rice
- Veggies

#### Pre-Bed Snacks

- Air-popped popcorn and a glass of milk
- Protein shake
- Low-sugar cereal and skim milk