

2018

T-Bird Sports Nutrition Guidebook



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First and foremost: food is **FUEL**. Your performance is only as good as the food fueling it.



You are not a run down 2004 Toyota Camry or a soccer mom Minivan, you are a 2018 Ferrari!
You wouldn't put cheap gas in a Ferrari, would you? #FuelYourFerrari



Live by the **80-20** rule: Make good food choices 80% of the time and enjoy less healthy foods the other 20% of the time. Your mental and emotional health are just as important as your physical health!

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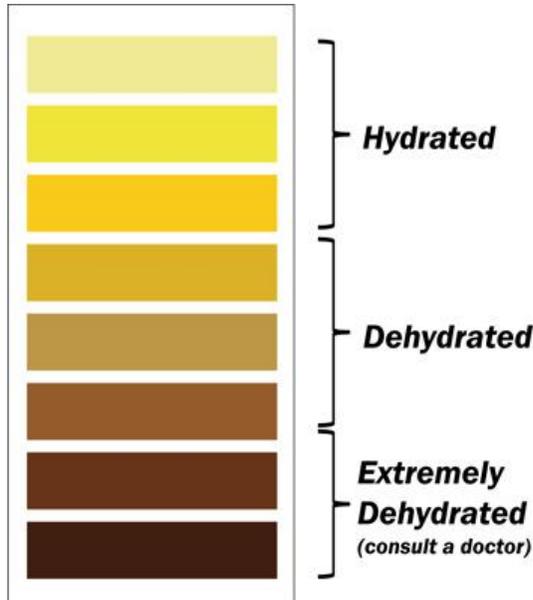
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Hydration

To stay hydrated:

- ✓ Always carry a water bottle
- ✓ Focus on fluid intake throughout the day
- ✓ Check your urine to determine your hydration status as follows:



How much do I need to drink?

⚡ MINIMUM: Women= 2.7 L/day (about 12 cups)

Men= 3.7 L/day (about 16 cups)

⚡ Athletes need **MORE** than this due to sweat lost during exercise.

- Do not wait until you are thirsty to start drinking, by then you are already dehydrated!
- Drink water before, during, and after exercise.
 - 2-3 hours before: 16-24oz (2-3 cups)
 - 10 minutes before: 8oz (1 cup)
 - During: Sip on water and/or Gatorade as you go
 - After: 24-40oz (3-5 cups) of water and/or Gatorade
- Choose drinks with electrolytes (Gatorade, Powerade, etc.) during and after exercise.

HYDRATED V.
DEHYDRATED

Hydrated:

- Increased:
 - Mental function
 - Motor control
 - Ability to recover
- Body temperature cools efficiently

Dehydrated:

- Decreased:
 - Concentration
 - Strength
 - Endurance
 - Speed
- Muscle cramping
- Fatigue
- Nausea/Vomiting
- Headaches
- Dizziness
- If bad enough:
heatstroke, coma,
and death

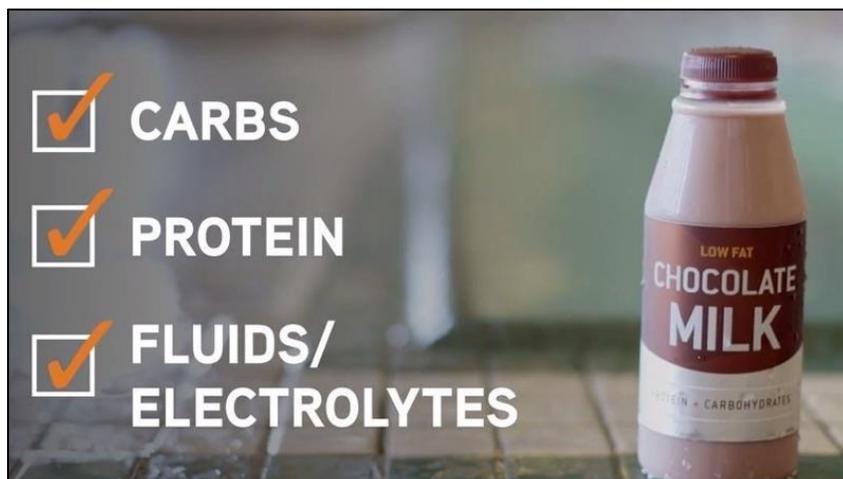
And the winner is...
staying hydrated!!



What should I drink?

Type of Drink	When to Drink it
Water	Before, during, and after exercise. Best drink for daily hydration.
Gatorade/Powerade	During exercise lasting >60 minutes. After exercise.
Milk	During the day as tolerated. Chocolate milk is a great post-exercise drink.
Fruit smoothies/100% Fruit Juice	During the day as tolerated. After exercise.
Soda/Energy Drinks	LIMITED

-Fruits and vegetables are also a great way to add fluids to your diet. Smoothies and protein shakes are a great way to improve your hydration. #SmoothieSippin'



Sleep



Feel as tired as these two?

You probably are not getting enough sleep!

Just like you make practicing hard and eating healthy a priority, sleep needs to be a priority as well. You should be getting 7 to 9 hours of sleep each night.

If you are not getting enough sleep, try following these **Top 5 Sleep Tips**:

-
1. **Create a sleep schedule and stick to it:** Go to sleep and wake up at the same time each day to regulate your body's internal clock.
 2. **Keep your bedroom completely DARK and maintain a COOL temperature in the room.**
 3. **Keep the bedroom extremely quiet:** or use a white noise generator (such as a fan).
 4. **Create a relaxing bedtime routine:** Stay away from loud noises, bright lights (including your phone), and any activity that can cause stress or anxiety.
 5. **Follow the 10-3-2-1-0 routine:**
 - 10 hours before bed:** No more caffeine/stimulants
 - 3 hours before bed:** No heavy meals
 - 2 hours before bed:** No more work
 - 1 hour before bed:** No more screen time (phone, TV, laptop)
 - 0:** the # of times you hit the snooze button in the morning
-

Carbohydrates



Nutrient-rich carbohydrates to provide sustained energy:

- **Fibrous fruit** (berries, apples, bananas)
- **Fibrous vegetables** (broccoli, asparagus, carrots, Brussel sprouts)
- **Potatoes** (regular and sweet)
- **Legumes** (beans)
- **Oatmeal/Cereal**
- **Rice**
- **Pasta**
- **Bread/Bagels**
- **Tortillas**
- **Dairy products** (milk and yogurt)

-Fibrous fruits/vegetables and whole grain products have more fiber to keep you full longer.

Functions of Carbohydrates:

- The body's primary source of energy
- Provide essential fuel for the brain and muscles
- Fuel the body during exercise over a large range of intensities

Results of not Eating Enough Carbohydrates:

- Fatigue
- Decreased work rates
- Impaired skills and concentration

Protein

During exercise muscles are broken down



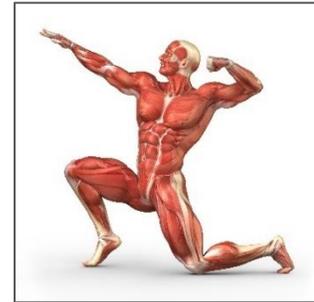
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Muscles are built when protein (along with carbohydrates) is consumed after exercise



=

By repairing the damage done during exercise, protein increases muscle mass and strength



#GainTrain

Protein can be found in many foods, including:

- **Lean meats** (chicken, turkey, lean beef, etc.)
- **Fish** (salmon, tuna, shrimp, etc.)
- **Eggs**
- **Dairy products** (milk, Greek yogurt, cheese)
- **Legumes** (beans) **with rice**
- **Nuts/Nut butters**
- **Whole grains**
- **Soy/Tofu**



Protein Supplements:

- The highest quality protein is found in whole foods
- When whole foods are not available or convenient, protein supplements can be used
- Supplements are of the greatest value when added to a balanced diet
- Consult with a Registered Dietitian before adding other supplements to your diet

Fat

Fun Fat Facts (say that 5 times quickly):

- Fat is a great source of sustained energy for long bouts of exercise.
- Fat has elements that maintain your cell membranes so they, and the rest of your body, function properly.
- Fats are needed to absorb important fat-soluble vitamins (Vitamin A, D, E, K) that increase your performance and overall health.



The MVP of all Fats: **Omega-3 Fatty Acids**

Omega-3's function to:

- Decrease inflammation
- Increase brain function
- Promote heart health

Sources of **Omega-3's**:

- Fatty fish (salmon, tuna, cod, etc.)
-Eat fish at least twice per week!
#FishFriday #SalmonSunday #TunaThursday
- Walnuts
- Chia seeds
- Flaxseed

Healthy Fat Options:

- **Fatty fish** (salmon, tuna, cod, etc.)
- **Avocado**
- **Nuts** (walnuts, almonds, cashews, etc.)
- **Nut butters** (peanut butter, almond butter, etc.)
- **Oils** (olive, canola, etc.)
- **Eggs**
- **Cheese**
- **Chia seeds/Flaxseeds**



Putting Together a Plate

Bad news:

There is no “universal plate” for athletes to model because each person has different needs.



Good news:

Whatever the athlete’s sport, gender, or body weight, there is a general guideline to follow when putting together a plate at meal-time.

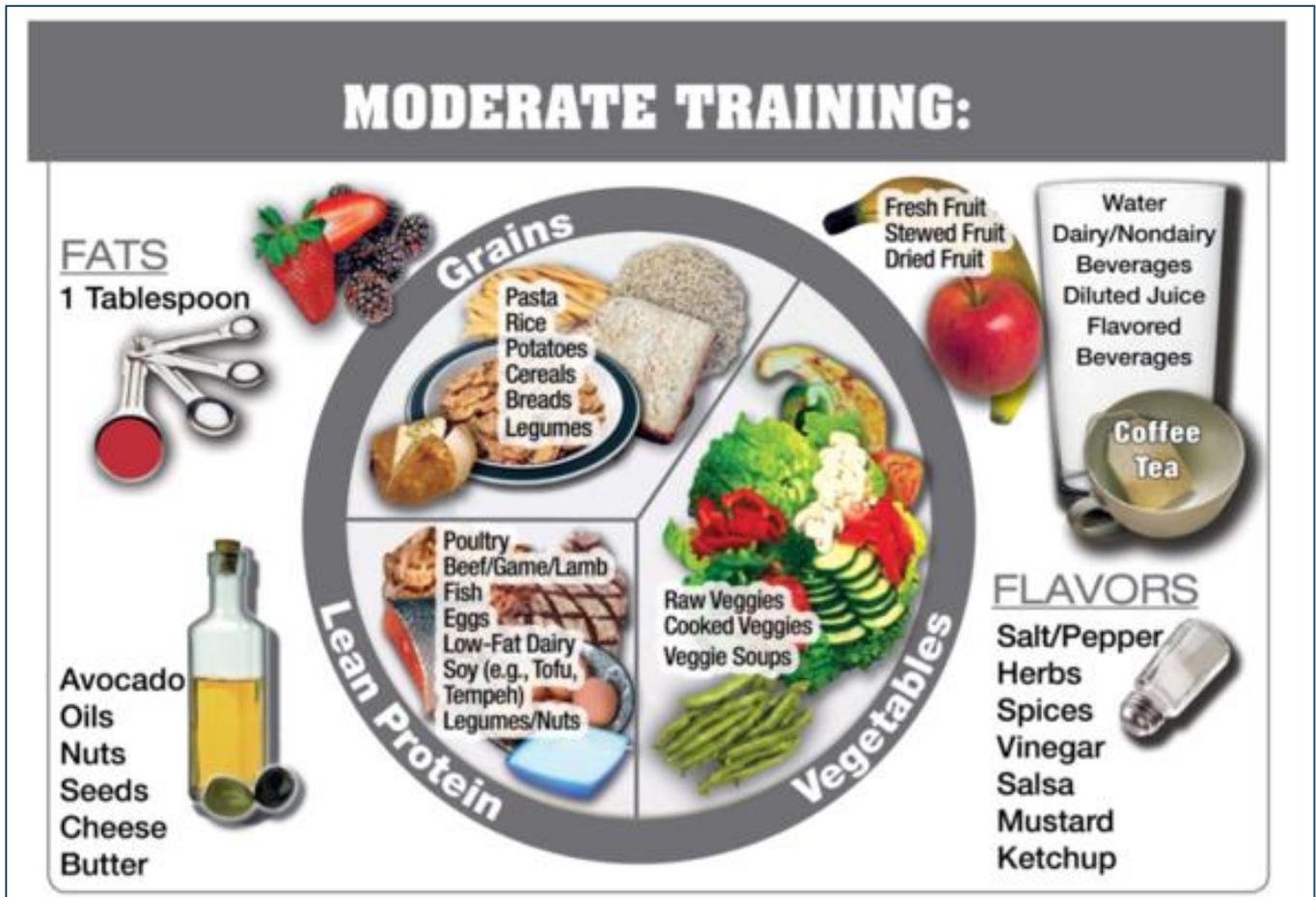


The following plates have been created by the U.S. Olympic Committee Sports Dietitians along with the University of Colorado (UCCS) Sport Nutrition Graduate Program.

Easy/Light Day: This includes recovery days or light training days. This plate can also be used to support the increase in lean muscle mass.



Moderate Day: This is your average training day. This can include training more than once a day if one training is light or technically skilled while another focuses on endurance.



- A moderate training day will require a larger amount of grains and fruits/vegetables than a light day.
- These foods will provide you with carbohydrates needed to support your exercise.

Hard Day: This day includes “two-a-days” where both sessions are intense. A hard day also includes competition day (game, race, match, etc.)



- Just like a moderate day requires more carbohydrates than a light day, a hard day requires more carbohydrates to fuel your body than a moderate day.
- A hard day also requires additional healthy fats to provide your body with sustained energy.

To Summarize:

- Every meal includes fibrous fruits and vegetables, lean protein, grains (preferably whole), healthy fats, dairy, and water (or other liquids), in varying amounts depending on the type of training day. #PerfectPlate

Meal Ideas

Breakfast Ideas:

1. **Omelet** (or a scramble if you aren't up for the challenge)

-In addition to the eggs, add ingredients such as avocado, cheese, fibrous vegetables, meat, etc. Pair with a glass of milk and fruit.

2. **Breakfast sandwich/burrito**

-Add the same ingredients of a scramble to two pieces of toast or a tortilla. Pair with a glass of milk and fruit.

3. **Oatmeal**

-Use add-ins such as milk, nuts, peanut butter, chia seeds, flaxseed, fruit (fresh or dried), etc.

4. **Smoothie/Protein Shake**

-Use milk, Greek yogurt, nuts/nut butter, fibrous fruits and vegetables, protein powder, oats, chia/flaxseed, cinnamon, etc.



No time for breakfast? Choose an on-the-go option:

- Make overnight oats at night to enjoy in the morning
- Grab Greek yogurt and top it with trail mix/granola
- Bring a protein bar and a piece of fruit
- Make a PB&J at night and place it in the fridge for the next morning

*See the Recipes section for step-by-step instructions for meals

BREAKFAST FACTS

- Breakfast was named because it is the meal that BREAKs the overnight FAST while you slept.
- Breakfast is used to fill up your empty tank.
- Breakfast starts your metabolism and gives you energy throughout the day.

Tips for Breakfast:

- Do NOT skip it
- Eat it within 1 hour of waking up
- Choose foods that will give you lasting energy

Top 10 Lunch/Dinner Ideas:

1. Stir-Fry

-Sauté fibrous vegetables along with chicken, steak, or fish. You can also add rice or noodles.

2. Tacos/Burritos/Fajitas

-Users choice! Add a lean protein, beans, rice, vegetables, avocado, salsa, etc. #TacoTuesday #FajitaFriday

3. Enchiladas

-Bake in bulk to last you a few days.

4. Chicken and Rice Bowl

-Use different seasonings and dressings. Add vegetables.

5. Power Salad

-Add lean protein, avocado, cheese, nuts, fibrous fruits and vegetables, etc. Top with a dressing of your choice.



6. Sandwich/Wrap

-Get creative! Peanut butter and banana, tuna salad, turkey and cheese, steak and vegetables, etc.

7. Roasted Vegetables

-Season your favorite vegetables and roast them. Pair with a protein.

8. Pasta

-From good old spaghetti, to baked ziti and chicken parmesan.

9. Loaded Potatoes

-Use regular or sweet potatoes and fill them to the top with healthy fats, protein, and vegetables.

10. Baked Chicken Fingers and Fries

-A healthy alternative to a classic favorite. Simple and easy.

*See the Recipes section for step-by-step instructions for meals

Snack-bag Swag

Hungry in class? No time to go home before practice? No problem.

Keeping some “Snack-bag Swag” in your backpack will make sure that you stay fueled wherever you are! #SnackbagSwag



Sandwich (PB&J)

Nuts

Almonds

Cashews

Kiwi

Beef Jerky

Apple

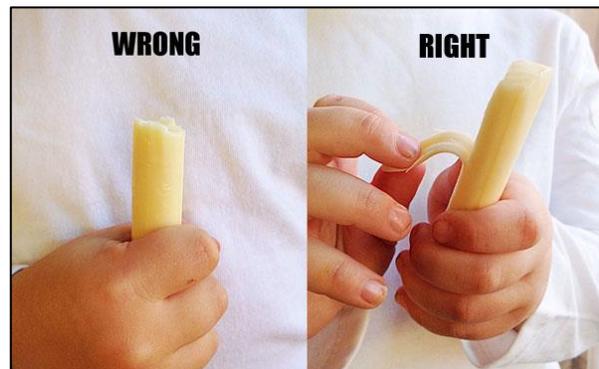
Granola/Protein bar

String cheese

Walnuts

Any fibrous fruit or vegetable

Great value trail mix (Walmart’s finest!)



Cooking Basics

Cooking Meat:

Cooking Method with Temperature and Time

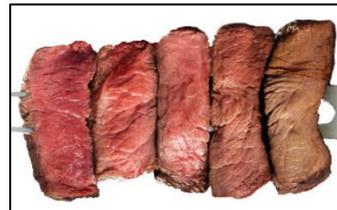
Type of Meat		<u>Bake:</u> Line a baking sheet with tin-foil and spray with cooking spray. Cook in oven.	<u>Pan-Fry:</u> Add oil to a pan and cook the meat over medium heat until done.	<u>Grill:</u> Place meat on a heated grill. Flip over half-way through cooking time.
	<u>Chicken</u>	375°F 20-30 minutes	8-10 minutes per side	10-15 minutes per side
	<u>Steak</u>	<u>Not Advised</u>	3-8 minutes per side based on desired wellness	5-10 minutes per side based on desired wellness
	<u>Ground Beef/Turkey</u>	<u>Not Advised</u>	About 8-10 minutes	5-6 minutes per side (burgers)
	<u>Fish</u>	400°F 15-20 minutes	4-5 minutes per side	About 5 minutes per side

When is my meat done cooking?

Chicken: The inside is WHITE with NO PINK.



Steak: This is a personal choice. Can be anywhere from rare (pink inside) to well-done (no pink inside).



Ground Beef/Turkey:
No pink inside.



Fish: Flaky when cut with a fork. "Opaque": not able to be seen through.



Cooking Grains:

3 Options for Rice:

1. Use a rice-cooker and follow the label's instructions.
2. Microwave: Add 1 cup of instant-rice and 2 cups of water to a microwave-safe bowl. Microwave on high for about 10 minutes.
3. Stove-top: For every 1 cup of dry rice use 1 $\frac{3}{4}$ cup water. Boil water. Add rice, cover with a lid, turn to low heat, simmer for about 18-20 minutes depending on label's instructions. Remove from heat, let cool for 5 minutes, fluff with fork.



Pasta:

1. Boil water (enough to cover the pasta) in a large pot. Add pasta to boiling water and stir. Cook until pasta is desired texture. Usually about 8-12 minutes. Drain the pasta and let it cool.

*Cooked pasta will stick to the wall when it is thrown at it.
(Only try one noodle at a time)



Recipes

Breakfast:

1. Omelet/Scramble

Ingredients:

- Eggs
- Milk
- Cooked Protein (chicken, ham, etc.)
- Cheese (shredded)
- Vegetables (onions, mushrooms, spinach, asparagus, tomatoes, etc.)

Pair with toast, fruit, yogurt, milk, etc.

Instructions:

1. Slice protein and vegetables
2. In a bowl whisk together eggs and milk
3. Spray pan with cooking spray or coat with oil
4. Sautee vegetables and protein for about 1 minute
5. Pour egg/milk mixture into pan with protein and vegetables
6. Stir for another minute (or flip for omelet)
7. Sprinkle in cheese. Top with sliced avocado.
8. Tweet us a picture and enjoy!
#OmeletGameStrong #IStickToScrambles

2. Breakfast Sandwich/Burrito

Ingredients:

- Same as the **omelet/scramble**

Instructions:

1. Same as the **omelet/scramble**
2. Add to two pieces of toast to make a sandwich, or into a cooked tortilla for a burrito.

3. Oatmeal

Ingredients:

- Oats
- Milk
- Toppings: Nut butter, nuts, fresh/dried fruit, chia seeds, flaxseed, etc.

Microwave Instructions:

1. Pour ½ cup oats into a microwave safe bowl
2. Add ½ to 1 cup of milk (less milk makes thicker oatmeal, more makes it runny)
3. Cook for 2 minutes
4. Add any toppings. Make it your own!

4. Smoothie/Protein Shake

Ingredients:

- Ice
- Milk
- Fruit (fresh or frozen)
- Vegetables (spinach, kale, etc.)
- Oats
- Nuts/Nut butters
- Avocado
- Protein Powder
- Chia/Flaxseed
- Cinnamon

Instructions:

1. Add all of the ingredients that you want into the blender
2. Blend until desired consistency
3. Give it a cool name
4. Start sippin'!

*****BONUS RECIPE*****

5. Overnight Oats

Ingredients:

- Oats
- Milk
- Protein Powder
- Chia seeds/Flaxseed
- Brown Sugar
- Honey
- Cinnamon
- Nuts/Nut butters
- Fruit

Also needed: Tupperware or a Mason Jar

Instructions:

1. Add ½ cup oats to Tupperware or Mason Jar
2. Add ½-¾ cup milk
3. Add any add-ins you want! (Check resources section for recipe ideas)
4. Place the Tupperware or Mason Jar in the fridge to sit overnight
5. Wake up and enjoy your easy overnight oats!



Lunch/Dinner:

1. Stir-Fry

Ingredients:

- Olive oil
- Vegetables (fresh or frozen)
- Protein (chicken, steak, fish, tofu, etc.)
- Rice/noodles
- Teriyaki sauce

Instructions:

1. Add oil to pan
2. Cook protein until done
3. Remove meat from pan
4. Add oil to a new pan
5. Sauté vegetables until soft
6. Add cooked meat and teriyaki sauce
7. Stir for about 1 minute
8. Either stir in cooked rice/noodles, or pour the meat/veggies over cooked rice/noodles.

2. Tacos/Burritos/Fajitas

Ingredients:

- Protein (chicken, lean beef, steak, tofu, etc.)
- Beans
- Fajita vegetables (bell peppers, onions)
- Corn
- Avocado
- Salsa

Instructions:

1. Add olive oil to pan
2. Cook protein until done and remove from pan
3. Add oil to another pan and cook vegetables until done
4. Drain can of beans and place in a microwave safe bowl. Cook about 1-2 minutes. Repeat for can of corn.
5. Slice the avocado
6. Heat up tortillas on the stovetop or microwave and load them up with any ingredients that you want
7. Invite your friends over and enjoy your taco/burrito bar!



3. Enchiladas

Ingredients:

- Tortillas
- Protein (chicken, lean beef)
- Cheese (shredded)
- Enchilada sauce or salsa
- Vegetables (onions, corn, peppers, etc.)

-Bake in large batches to save and enjoy throughout the week!

Instructions:

1. Preheat the oven to 350°F
2. Cook protein in a pan with olive oil
3. Drain meat once cooked and set aside
4. Add oil to a new pan and cook the vegetables until they are soft
5. Spray a baking dish with cooking spray
6. Add enchilada sauce or salsa to the baking dish
7. Add the meat, vegetables, and shredded cheese to tortillas and roll them
8. Add the rolled enchiladas seal side down into the baking dish
9. Sprinkle the top with more cheese and sauce/salsa if desired.
10. Bake for 15-20 minutes until cheese is browned. Let cool and enjoy!

4. Chicken and Rice Bowl

Ingredients:

- Chicken (boneless, skinless, breast or tenderloins)
- Rice
- The possibilities are endless! Mix in all kinds of veggies, beans, cheese, avocado, nuts, sauces, etc.



Instructions:

1. Season chicken. Options:
 - Marinate: Place chicken in a zip lock bag and pour in sauce being used to marinate. Let it sit in the refrigerator for a couple of hours or overnight.
 - Season: Add any spices or seasonings directly to the chicken and pat it on.
2. Cook chicken
3. Cook rice
4. Make your bowl! Add any fresh or cooked vegetables and additional toppings that you want. Save extra for leftovers.

5. Power Salad

Ingredients:

- Lettuce, spinach, kale, etc. OR Buy pre-packaged chopped salad kit.
- Vegetables (the more the better!)
- Fruit (add some color to the salad)
- Other toppings: nuts, cheese, avocado, meat, dressing, etc.

Instructions:

1. Chop up the lettuce (or get out the pre-chopped salad kit) and place in a large bowl
2. Add in all the toppings you want. Load it up!
3. Pour in dressing and stir it all together.
4. Send your family or coach a picture of you eating salad to make them proud.

6. Sandwich/Wrap

Ingredients:

- 2 slices of 100% whole wheat bread OR a large tortilla
- Any fillings you want (PB&J, PB&Honey with banana, tuna/chicken salad, meat and vegetables with cheese, etc.)

Instructions:

I think you all have this one down. Make sure to pair this meal with extra fruit or vegetables on the side and a glass of milk.

For tuna/chicken salad: drain the can and mix the meat with low-fat mayo, relish, mustard, chopped vegetables, nuts, raisins, etc.

7. Roasted Vegetables

Ingredients:

- Any vegetables you want: potatoes (regular or sweet), Brussel sprouts, onions, yellow squash, zucchini squash, mushrooms, asparagus, broccoli, bell peppers, carrots, etc.
- Olive oil
- Seasonings (basil, thyme, oregano, salt, pepper, etc.)

Instructions:

1. Chop up your vegetables into bite-size pieces
2. Place vegetables in a bowl and add 1-3 tablespoons of olive oil depending on how many vegetables you have.
3. Sprinkle seasonings on and mix well
4. Place tin-foil on a baking sheet and spray with cooking spray. Add vegetables.
5. Bake at 425°F until soft and golden brown (about 30-40 minutes)
6. Pair with a protein and enjoy!

8. Pasta

Ingredients:

- Pasta (whatever size or shape you desire)
- Spaghetti sauce (red)
- Protein (chicken, ground turkey/beef, meatballs, etc.)
- Cheese

Instructions:

1. Turn on the Italian Dinner Party station on Pandora or Spotify
2. Cook pasta
3. Get your Italian on and make the pasta your own! Add any cooked meat, vegetables, and sauce you desire.

9. Loaded Potatoes

Ingredients:

- Potatoes (Russet or sweet)
- Toppings: Protein (chicken, ham), vegetables, beans, avocado, cheese, etc.

Instructions:

1. Bake the potatoes: Wrap the potatoes in tin-foil and bake in the oven at 425°F for 50-60 minutes or until soft. Flip half-way through. Remove and cool.
2. Slice potato in half and load it up. Enjoy!

10. Baked Chicken Fingers and Fries

Ingredients:

Chicken Fingers:

- Flour
- Egg
- Water
- Bread crumbs
- Parmesan cheese
- Boneless, skinless, chicken tenders

Fries:

- Potatoes (Russet or sweet)
- Olive oil
- Salt/Pepper

Instructions:

Chicken Fingers:

1. Line a baking sheet with tin-foil and spray with cooking spray
2. Add flour to one dish and in another dish, beat eggs and water. In a third dish mix the bread crumbs and parmesan cheese.
3. Coat chicken with flour, dip into egg/water mixture, and then coat with the bread crumb/cheese mixture.
4. Place on the baking sheet
5. Bake at 425 °F for 15-20 minutes or until no longer pink inside
6. Let cool before eating



Fries:

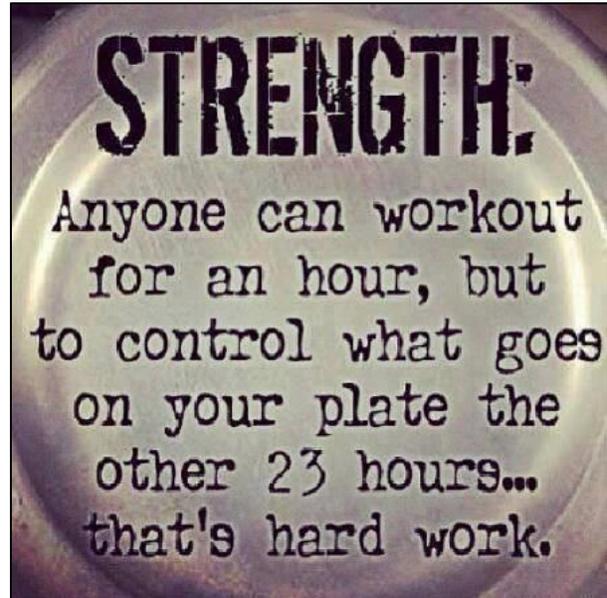
1. Slice potatoes into desired thickness
2. Place in a bowl and coat with olive oil (1 to 2 tablespoons) and sprinkle with salt/pepper as desired.
3. Place on a baking sheet lined with tin-foil and sprayed with cooking spray.
4. Cook at 425°F for 40-50 minutes or until golden brown. Let cool.
5. Have a flashback to your childhood and enjoy this healthy alternative to your childhood (or current) favorite meal.

-For more meal ideas check the Resources section.

- ❖ Looking for delicious meals that take hardly any effort? Invest in a **crock-pot!**
- ❖ Simply add the ingredients to the crock pot, turn it on, and come back at the end of the day to a warm, home-cooked meal.
- ❖ Cook meals in large amounts to have leftovers during the week.
- ❖ Check the Resources section for recipe links.



Meal-Prep Hacks



Too tired after practice to cook? No time to make lunch in-between classes? Invest a few hours a week to meal-prepare to make sure that you have healthy meals available.

HACK #1: Be organized

Plan your lunch/dinner for the week before it starts. Make a grocery list and get all the foods needed to be able to make these meals.

HACK #2: Be prepared

Buy meats in bulk, slice them, place them in freezer-safe zip lock bags, and freeze them to have them available to thaw and use at any time.

HACK #3: Tag-team prep

To avoid getting sick of the same meal, get a group together and have each person prep a different meal. Switch meals within the group so that you have different meals during the week.

HACK #4: Spice it up

Try new foods! Add new spices. Find new recipes. Don't let yourself get bored of the same old meals.

Grocery Shopping Guide

Healthy Shopping List

Chicken
Lean Ground Beef
Canned Tuna
Eggs
Milk
Greek Yogurt
Cheese
Can of Beans
Peanut Butter
Pretzels
Trail Mix/Nuts
Olive Oil
Hummus/Avocado
Strawberries
Natural Applesauce
Corn on the Cob
Broccoli
Frozen Stir-Fry Vegetables
Potatoes
Oats
Rice
Whole Wheat Bread
Whole Wheat Tortillas

Less Healthy Shopping List

Frozen Chicken Fingers
Frozen Meatballs
Hot Pockets
Bacon
Soda
Ice Cream
Mayonnaise
Canned Ravioli
Nutella
Chips
Oreos
Vegetable Oil
Ranch
Strawberry Pop-Tarts
Apple Juice
Canned Cream Corn
Canned Green Peas
Frozen Tater Tots
Instant Potatoes
Crunch Berry Cereal
Top Ramen
White Bread
Flour Tortillas

Don't know what to get at the grocery store?

PLAN AHEAD!

1. Plan your meals for the week
2. Make a list with the ingredients you will need
3. Stick to your list. Keep your eye on the prize!



Tips to Keep in Mind During Shopping:

- Buy things in **bulk** that will last over time: frozen meat, frozen vegetables/fruit, canned tuna/salmon, beans, oatmeal, pasta, rice, nuts/nut butter, etc.
- Don't buy more than you can eat. Be aware of how much fresh produce you buy.
- Shop for weakly deals (on healthy items).

Your house is a **Safe Zone**: YOU control what food is available. Make good choices.

#SafeZone #ProtectTheHouse

SAFE ZONE ARSENAL:

- ✓ LEAN MEATS
- ✓ FRESH AND FROZEN VEGETABLES/FRUIT
- ✓ HEALTHY FATS
- ✓ WHOLE GRAINS
- ✓ MILK/YOGURT

Benefits of having a solid Safe Zone arsenal:

1. You will SAVE MONEY by eating at home



Unhealthy meal	Healthy Meal (at home)
Panda Express Fried rice (2 cups) Orange chicken (6 oz.)	Instant rice: \$0.36 per cup Frozen stir-fry vegetables: \$0.83 per cup Chicken: \$0.13 per oz. Teriyaki sauce: \$0.28 per 2 tbsp.
Total Cost: \$7.48	Total Cost: \$2.25

2. Post workout hunger will not get the best of you. You will always have food available to put a quick, healthy meal together to avoid going to McDonald's looking like Patrick:



3. It will be easy to make healthy choices. If you have healthy food in your house you will eat healthy food. Just ask Kevin Durant.



On-the-Road Nutrition

Just like you take time preparing for your athletic performance on the road, you need to prepare for your nutritional performance on the road.



Tips to stay prepared:

- **Always pack familiar foods.** If you know what you like for a pre-, mid-, or post-game snack, PACK IT! Remember your “Snackbag Swag.” Examples:
 - Granola/protein bars, dried fruit, applesauce, cereal, beef jerky, trail mix, etc.
 - Lucky for you, you already get awesome Honey Stinger game day bags!
- **Stay hydrated!** Always have a water bottle with you and fill it up whenever you can.
- **Do your research.** Choose restaurants near where you are staying ahead of time and assess their menus for the healthiest options. Nutrition information can be found on restaurants’ websites, so use your resources to your advantage.
- **Be selective.** Choose lean meats (chicken, fish, turkey, lean beef/pork), whole grains (whole wheat bread/pasta, brown rice, oatmeal), healthy sides (salad, vegetables, fruit, baked potatoes), and low-sugar drinks (water, milk, light lemonade).
 - Choose baked, broiled, roasted, or steamed options. Avoid fried foods.
- **Stick to your routine.** Try eating the same foods you consume while playing at home to maintain consistency in your diet and performance.
 - If you want a special treat (yeah, I’m talking about the Voodoo doughnuts at Portland State) or a new food, consume it AFTER rather than before a game.

Dining Out

Dining out does not always have to mean eating unhealthy. There are healthy options everywhere.

Choosing healthy options can even help you save money!

Unhealthy meal

McDonalds
Double Quarter Pounder with Cheese Meal: **\$7.36**
Burger (780 kcal)
Medium fry (340 kcal)
Medium Coke (220 kcal)
Regular McFlurry (520 kcal): **\$2.63**
Total: **\$9.99** (1,860 kcal)



Healthier meal

McDonalds
Artisan Grilled Chicken Sandwich Meal: **\$7.03**
Sandwich (380 kcal)
Side salad with vinaigrette (50 kcal)
Water or Milk (0-100 kcal)
Fruit parfait (150 kcal): **\$1.00**
Total: **\$8.03** (580-680 kcal)



Dining Out

Every once and a while it is OKAY to enjoy your favorite, and less healthy, foods.

However,

There are always healthy alternatives available.

Remember the **80-20 rule**.

Make goals to:

- Substitute sides. Ex: Instead of fries get a side salad, fruit, a parfait, etc.
- Avoid sugary drinks such as soda and sweet tea. Instead, order water, light lemonade, milk, etc.
- Limit creamy sauces/dressings such as alfredo sauce, gravy, ranch, etc.
- Eat meats that are baked, roasted, or grilled instead of fried.

Every meal can make a difference on your road to becoming a champion, so make good choices.

#ChampionsChoice

Champions' choices are available wherever you go:



Entrees:

- Grilled Chicken Sandwich
- Grilled Market Salad
- Grilled Chicken Cool Wrap

Sides:

- Greek Yogurt Parfait
- Side Salad
- Fruit Cup

Drinks:

- Diet Lemonade
- Unsweetened Tea



#TeamCafe or #TeamCosta ?

Entrees:

- Salad with Cilantro Lime Vinaigrette (Tip: Eat the salad portion, save some of the insides, and roll it like a burrito to enjoy later for meal #2)
- Tacos or burrito (add lettuce, guacamole, and Pico de Gallo)
- Choose chicken, salmon, or steak.



Breakfast:

- Egg McMuffin
- Oatmeal
- Parfait

Lunch:

- Artisan Grilled Chicken Sandwich
- Southwest Grilled Chicken Salad
- Grilled Chicken Snack wraps

Sides/Desserts:

- Parfait
- Apple Slices
- Side Salad
- Small Ice Cream Cone



Entrees:

- Choose a meat plate, sandwich, or salad.
- Meats: Chicken, turkey, beef brisket.

Sides:

- Coleslaw
- Mashed Potatoes
- Baked Beans
- Side Salad
- Potato Salad
- Collard Greens



Entrees:

- Choose entrees labeled as “Wok Smart” (green image on the right) such as:
 - ✓ Kung Pao Chicken
 - ✓ Beef and Broccoli
 - ✓ Teriyaki Chicken

Sides:

- Mixed Vegetables
- Brown or White Steamed Rice



Tips:

- Add extra vegetables (lettuce, tomato, onion, etc.)
- Add avocado spread instead of mayonnaise
- Choose wheat bread for extra fiber
- Skip the chips and choose a Jumbo Dill Pickle
- Get a free water cup



Tips:

- Add extra vegetables (bell peppers, onions, tomatoes, etc.)
- Go with a friend and split a pizza and a salad!

*Raspberry Pecan Salad is highly recommended



Food:

- Wraps
- Sandwiches
- Flatbreads
- Salads
- Get fruit instead of chips as a side

Smoothies:

- Try the "Superfood Smoothies" and "Supercharged Smoothies" for extra nutrition benefits
- Add protein
- Add spinach/kale
- Add almonds
- Ask for Splenda in your smoothie instead of the sugar that they usually use

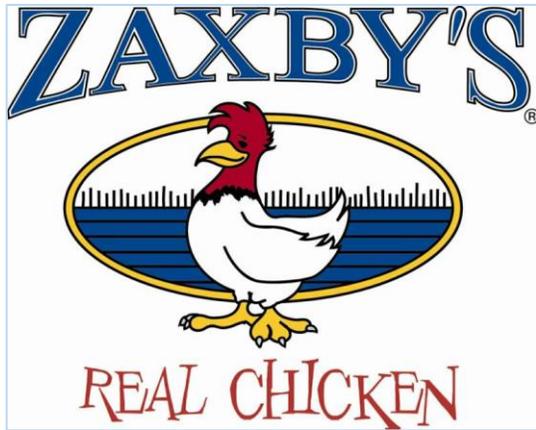


Entrees:

- All "Lighter Choices" Options
- "Make it a Combo": Choose Lean Proteins and Vegetables
- Caribbean Salad
- California Turkey Club Toasted Sandwich
- Fajitas
- Fresh Mex Bowls
- Grilled Smoked Chicken Burrito
- Tacos
- Sirloin Steak with a Side of Vegetables

Sides:

- Vegetables
- Mashed Potatoes
- Black Beans
- Corn on the Cob



Tip:

- Avoid/limit fried chicken. Go for GRILLED.
- Limit the usage of dipping sauces
- Choose unsweetened tea or milk

Entrees:

- Salads with Grilled Chicken
- Grilled Chicken Sandwich
- Cajun Club Sandwich

Sides:

- Side salad, celery, coleslaw

Breakfast Entrees:

Choose ham or chicken for the protein

- Bagel Sandwich
- Breakfast Burrito
- Omelet (can be made with egg white)
- Value Meal: eggs, ham, and potatoes

Breakfast Sides:

- Cottage cheese, applesauce, fruit

Lunch/Dinner Entrees:

- Turkey or Ham Sub
- Grilled Chicken Sandwich
- Chef or Grilled Chicken Salad
- All wraps (choose grilled chicken)
- Sirloin Steak
- Grilled Tilapia

Lunch/Dinner Sides:

- Salad, mashed potatoes, baked potato, coleslaw, rice pilaf, veggies

Pre-Exercise Fueling

Pre-exercise fueling is entirely up to **you**.

Every person is unique and responds to foods differently.



When to eat before exercise:

3-4 hours before exercise have LARGE meals

2-3 hours before exercise have SMALL meals

1-2 hours before exercise have a SNACK

1 hour before exercise drink 1-2 cups of water

Use practices to find what pre-game fuel works best for **you**. Do not wait until game day to try a new pre-game meal/snack!

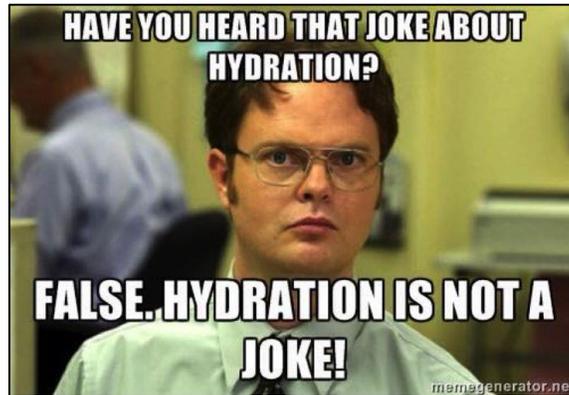
PRE-EXERCISE FUELING TIPS

Common preferences of athletes for pre-exercise fuel:

- **Low Fiber**
 - Too much fiber can often cause an upset stomach during exercise.
- **Low/Moderate Fat**
 - Too much fat can take a long time to digest. Plan meal times accordingly.
- **Complex Carbohydrates** (grains, vegetables, etc.)
 - Too many simple sugars (candy, juice, etc.) can cause undesired “crashes” during exercise.
- **Moderate Protein**
 - Lean proteins will help stimulate muscle growth.

Post-Exercise Fueling

First things first, **REHYDRATE!** Drink 1-2 cups of fluid (water, sports drinks, chocolate milk, a smoothie, etc.) immediately after exercise.



If you are not ready to eat a full meal after exercise, pair snacks with protein and carbohydrates such as trail mix, PB&Js, protein bars, etc., with your drink.

THE GOLDEN HOUR

Within **1 hour** of finishing exercise you should consume a meal that includes lean protein, healthy fats, and complex carbohydrates (whole grains, vegetables, etc.)

This meal will help repair and build your muscles, refuel your energy stores, and reduce soreness. #TheGoldenHour



Salmon with vegetables and rice



Chicken burrito with beans, salsa, vegetables, and guacamole



Turkey sandwich with a side salad and fruit

Alcohol, Caffeine, and Supplements

Alcohol:



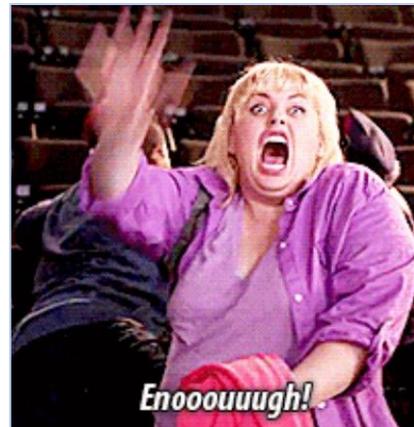
Negatives:

- Decrease in strength, endurance, coordination, balance, and reaction time
- Can cause dehydration
- Slower recovery times
- Increases chances of cancer and heart disease

Caffeine:

Negatives:

- Excessive caffeine is banned by the NCAA
- Increases blood pressure
- Causes upset stomach, diarrhea, irritability, headaches, and loss of sleep
- Can lead to dependence



Supplements:



Recommendations:

- Utilize the benefits of a healthy diet instead. Food first!
- Use the protein in the nutrition center
- Check with the strength coaches or Yaya before buying
- Look for these labels for safe supplements:



- ✓ Check ncaa.org and informed-choice.org for approved and banned substances.

Resources

- Additional Recipes:
 - <http://www.stack.com/a/healthy-10-minute-dinners>
 - <http://endurancezone.com/recipes-for-athletes/>
- Crockpot Recipes:
 - <http://thefrugalgirls.com/easy-crockpot-recipes>
 - <http://www.bettycrocker.com/recipes/preparation/slow-cooker-recipes>
 - <http://allrecipes.com/recipes/253/everyday-cooking/slow-cooker/>
- Overnight Oats Recipes:
 - <http://www.quakeroats.com/cooking-and-recipes/overnightoats>
 - <http://blog.foodnetwork.com/healthyeats/2015/05/13/overnight-oats-for-breakfast/>
- Additional Websites:
 - eatright.org
 - scandpg.org
- To find out your exact calorie needs see a Registered Dietitian. This website offers a good estimate that you can use. To gain weight, eat an additional 500 calories per day. To lose weight, eat 500 less calories per day.
 - <http://www.active.com/fitness/calculators/calories>

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