

General Nutrition Guidelines for Athletes

Balanced Diet: 50%-60% Carbohydrate, 20%-30% Protein, 20% Fats

- Ideal Routine:
- Breakfast
 - Snack (mid-morning)
 - Lunch
 - Snack (mid-afternoon)
 - Workout/Practice
 - Post-workout snack
 - Dinner
 - Snack

Pre-Game Sample Menu Plan (based on 3200 – 3600 calorie need):

- Breakfast: 2 cups cereal/1cup 1% milk
1 bagel/lowfat cream cheese, or peanut butter
1 banana
2 cups orange juice (100%)
- Snack: Granola bar/energy bar/fruit
- Lunch: Turkey sandwich with 1 slice cheese
1 cup fresh red pepper slices
1 peach/fruit of equitable amount
3 oatmeal cookies + water
- Snack: Energy bar/fruit/extra fluids
- Workout: 4-6 cups (6-8oz each) Sport drink (6-8% carbohydrate)
- Post-workout: Carbohydrate drink (6-8%)/comparable snack
- Dinner: 2 cups pasta/red sauce
4 oz. grilled chicken breast
1 cup salad/veggies/regular dressing
2 cups 1% milk
- Snack: Milkshake with 1 cup ice cream, 1 cup 1% milk, 1 cup strawberries
(Susan Kundrat MS, RD, LDN Presentation 6/05)
- Pre-Game meals should be eaten 3-4 hours prior to competition.

Day of Competition Example Meals – TIMING IS EVERYTHING!:

4 hours prior	2 hours prior	1 or less hour
<u>Large Meal</u>	<u>Light Meal</u>	<u>Snack</u>
2 large bagels	2 C spaghetti	1 medium banana
2 tbsp PB	½ C tomato sauce	1 package oatmeal
2 tbsp jam	8 oz low-fat milk	8 oz low-fat milk
8 oz fruit yogurt		Granola/energy bars (200cals)
16 oz orange juice		Trail mix (200 cals)

(Source: Clark, Nancy MS, RD. Eating Before Competing. The Physician and Sportsmedicine. Vol 26; 9; Sept 98)

- *10am Game:* Wake up 6am, eat breakfast, go back to bed
 - o Cereal (healthier type-corn flakes, etc., watch fiber, familiarity)
 - o Whole wheat toast with peanut butter
 - o Fruit (1 cup/medium size)
 - o Fruit juice / milk / Gatorade

Bottom Line:

- Foods NOT to eat:
 - o Fatty foods: slow stomach emptying
 - o High-fiber foods: cause stomach cramping and bathroom breaks may be a problem
 - o Gas-forming foods: beans and onions
 - o Extremely salty foods: bloated feeling
 - o Untested foods or fluids: could result in decreased performance from unexpected reaction
 - o Caffeinated/carbonated drinks: can cause intestinal problems, muscle tremors, palpitation, headaches, nausea
- What to Eat:
 - o High carbohydrate foods (Still need to watch for ADDED sugar)
 - o Familiar foods
 - o Sports drinks: carbo-to-protein ratio of between range of 2:1 – 3:1; contain 6%-8% carbohydrates