

## NUTRITION

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Everything you do influences your performance, but your food choices have the most effect due to the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat carbohydrate, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentage of calories:

Carbohydrate	50-60%
Fat	20-30%
Protein	14-18%

This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

### **During Training**

1. Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.

### **Pre-event Nutrition**

2. The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.

### **Nutrition During Competition**

3. Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat selections.

### **Nutrition After Competition**

4. High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

### **Food Choices**

The best food choices include a well balanced, mixed diet with choices from each of the four food groups. You can get all the nutrients you need by selecting a variety of foods in the recommended serving size from each of the following food groups:

<b>Food Group</b>	<b>Selections</b>	<b>Servings</b>
<b>MILK</b>	Milk, Cheese, Yogurt, Cottage Cheese, Ice	4 or More

	Cream (Vitamins & Protein)	
<b>MEAT</b>	Meat, Fish, Poultry, Eggs, Beans, Peas, Nuts (minerals & protein)	2 or More
<b>FRUIT &amp; VEGETABLES</b>	Fresh, Frozen, Canned, Dried and Juiced Fruits and Vegetables (Vitamins and Carbohydrates)	8 or More
<b>GRAIN</b>	Cereals, Breads, Rolls, Pasta, Muffins, Pancakes (Carbohydrates and Minerals)	8 or More
<b>OTHERS</b>	Cakes, Cookies, Pies, Candy Soft Drinks, Chips (Carbohydrates and Fat)	ONLY if you need additional calories AFTER selections from above

**Fast Food Nutrition (??)**

Yes! "Fast Food" restaurants play an important role in the diets of athletes on the go. Today, these restaurants can provide a viable source of good nutrition--but the choice is yours and selection is critical. Here are some guidelines to make wiser choices:

**Menu Adjectives**

Fat content must be watched when selecting menu items. If you see one of the following words, try to make another selection:

*Fried, Crispy, Breaded, Scampi Style, Creamed, Buttery, Au Gratin, Gravy.*

Selection adjectives that are **good** include:

*Marinara, Steamed, Boiled, Broiled, Tomato Sauce, In Its Own Juice, Poached, Charbroiled.*

**Restaurant Choices**

Depending on the restaurant you go to, here are some tips when selecting foods:

**Mexican** - Choose pot beans instead of refried beans and chicken or bean burritos and tostados. Ask for baked, soft corn tortillas instead of deep fried shells. Salsa is fine, but watch your chip intake.

**Italian** - Pasta with marinara sauce is good but watch alfredo sauces. Pizza, plain or with vegetables, is a good choice. Bread is good (watch the butter). Low-fat italian ices are better than rich dessert choices.

**Chinese** - Stir fried and steamed dishes, like chicken & vegetables and rice, are good choices. Minimize fried egg roll intake or avoid all together.

**Burger Places** - Salad bars are great but watch the dressing. Look for grilled burgers, hold the mayonnaise and go light on the cheese. Watch your french fry intake (select a baked potato with a little butter if you can) and go easy on the milk shakes.

**Breakfast Cafes** - Always ask for butter on the side of pancakes, toast, muffins, etc. Select fresh fruit, juices and whole-grain breads and muffins.

**Fast Food Choices**

Listed on this page are a partial list of fast foods and their calorie & fat content. When selecting, always go with the low fat choice.

		Calories	Fat (gm)
Breakfast	Juice	80	0
	English Muffin/Butter	186	5
	Scrambled Eggs	180	13
	Ham, Chs., Mushrm		
	Omelet	290	20
	Egg McMuffin	340	20
	French Toast (2 slices)	400	20
	Sausage with Biscuit	467	35
Burgers	Hamburger	262	15
	Cheeseburger	318	20
	Quarter Pound Burger	427	25
	Quarter Pound		
	Cheese-Burger	525	35
	Big Mac	570	40
	Whopper with Cheese	760	50
Chicken	Drumstick	117	5
	Chicken Sandwich	320	10
	Chicken nuggets, 6300	23	
	Chicken Salad Sandwich	386	20
	Chicken Club Sandwich	620	35
Desserts	Soft Serve Cone	185	5
	Strawberry Sundae 320	10	
	Carmel Sundae	361	10
	Frosty (12 oz)	400	15
	Cherry Pie	260	15
		Calories	Fat(gm)
Fish	Fish Sandwich	450	30
	Seafood Platter	471	35
Pizza (3 slices of 12 inch pizza)	Cheese	510	8
	Pepperoni	430	17
Potatoes	Plain, baked	215	0
	Regular Fries	220	15
	Baked, Cheese &		
	Broccoli	541	25
	Baked with Cheese	590	40
Mexican	Taco	179	6
	Beefy Tostado	291	15
	Bean Burrito	343	15
	Taco Salad	390	20
Milk and Milk shakes	2% Milk	120	5
	Whole Milk	150	10
	Milk shake	350	10

**Nutrition Do's & Don'ts**

Carbohydrate intake is important during every stage of nutrition. For each meal and snack, follow these Do's and Don'ts listed on this and the next page for wise food choices during training.

	<b>Do</b>	<b>Don't</b>
<b>Breakfast</b>	<p>Eat hot cereals like oatmeal or oat bran.                      Select whole-grain or high fiber cold cereals.                      Eat breads, including muffins, biscuits and bagels.                      Try milk, skim or lowfat is best.                      Choose fruit, including fresh, canned and fruit juices.                      Drink hot beverages such as hot chocolate and hot apple cider.                      Eat pancakes, waffles and french toast.                      Chooses eggs up to two or three times weekly.                      Choose fat-free toppings like syrups and jams as an alternative to butter.</p>	<p>Eat sausage, ham or bacon more than once or twice weekly                      Opt for eggs every day                      Choose sugary children's cereals                      Choose fast food breakfast sandwiches and fat-laden croissants every day.                      Use too much margarine or butter.                      Eat doughnuts or pastries daily.                      Skip breakfast.</p>
<b>Lunch</b>	<p>Pack a lunch when possible.                      Choose whole-grain breads.                      Choose lean meats like turkey over salami or bologna.                      Use mustard and ketchup as condiments.                      Choose a hamburger over hot dogs.                      Choose a baked potato over french fries.                      Eat pasta as much as you like, but choose tomato sauces rather than cream sauces.                      Try pizza without fatty meat toppings.                      Eat hearty soups and stews.</p>	<p>Eat fast-food meals too frequently.                      Eat fried foods like fish'n'chips too frequently.                      Overuse condiments like mayonnaise or salad dressings.                      Eat fatty and salty luncheon meats too often.                      Skip lunch.                      Choose prepared salads containing excessive mayonnaise or salad dressing.</p>
<b>Dinner</b>	<p>Eat pasta dishes.                      Choose pizza with vegetable and lean meat toppings.                      Try chinese food with rice and fresh vegetables.                      Select fish often. Broiled or poached is best.                      Trim visible fat from meats and remove skin from poultry.                      Have soups, salads and plenty of vegetables.                      Eat as much bread as you like.                      Include potatoes, rice or beans when available.                      Choose fresh fruit, yogurt or jello for dessert.</p>	<p>Choose deep-fried meals more than twice a week.                      Eat high-fat meals like hot dogs or sausages in excess.                      Choose meals with heavy cream sauces or gravies.                      Ruin a baked potato or bread with too much butter.                      Have cakes, ice cream and pies every night.</p>
<b>Snacks and Beverages</b>	<p>Pack nutritious snacks like fruit, raisins and nuts.                      Have rolls, muffins and breads when you get a break.                      Snack on popcorn, pretzels and breadsticks.                      Drink eight to ten glasses of fluids every day.                      Drink nonfat or lowfat milk.                      Drink fruit juices, sparkling waters and plain water.                      Drink hot ciders, soups and hot chocolate.</p>	<p>Count on potato chips or tortilla chips as good snacks.                      Eat cupcakes or cream-filled pastries to satisfy hunger.                      Eat ice cream, cakes or candies in excess.                      Drink too many soft drinks.</p>