University of Washington

Performance Nutrition Manual

University of Washington
Sport Nutrition Department

FOOD IS FUEL.

As a student athlete, you have the power to improve your performance through food. This manual will help guide you in making smart nutrition choices throughout your competitive year. The stress you endure through sport and school increases your nutrition needs. You must have plenty of the right food to compete at your highest level.

EATING PLENTY OF HIGH PERFORMANCE FOOD +
SPORT SPECIFIC TRAINING + REST = WINNING ATHLETES

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Nutrition can make or break your performance as an athlete.

Our sport nutrition department is here to help you make the changes necessary to help you perform at Husky level…the best!

For answers to your sport nutrition questions or for a custom eating plan call: 206-221-4626

THE BASICS- *Make your food work for you!*

If you follow these simple guidelines, you will improve your football performance.

EAT at the right times

Maximize your energy stores and your performance by taking in carbohydrate and protein foods every 3-4 hours during the day (see TIMING for more information).

EAT the right foods

Carbohydrates are your major source of fuel. They fuel your muscles for performance. Athletes need high quality carbohydrates throughout the day to maintain energy stores. Without plenty of carbohydrate, you will feel fatigued and will not be able to perform at your best on the field or in the classroom.

EAT high quality (hq) protein

Consume hq protein throughout the day like chicken, fish, turkey, egg, tofu, beans, low-fat dairy, and lean beef (top round, sirloin, filet).

DRINK plenty of fluids

Dehydration causes fatigue, cramping, and a decrease in performance. Drink water, milk, juice and sport drink at regular intervals throughout the day.

LIMIT fat intake

Fat is a necessary part of a healthy diet. However, fat takes a long time to break down and be converted to energy. So, moderating your fat intake (especially around training and competing times) will help you perform better.

Make WEIGHT CHANGES in the off season

Eating too few calories can decrease your metabolism, decrease your strength, and be detrimental to your performance. If you need to lose body fat, consult your sports nutritionist (or this manual) for an eating plan to suit your needs.

Be AWARE

Media presents a picture that the “average American” needs to cut back on food/carbs/fat. You are not “average”. As an athlete your needs are unique and exceed the needs of other non-athletes. Don’t follow the masses, take care of your needs as a student athlete, commit to fueling your body!

Use your SUPPORT

As a UW student athlete you have a lot of support around performance; coaches, team doctor, athletic trainer, strength and conditioning coach, sport nutritionist, among many others. Being a division I athlete require dedication, inspiration and a lot of hard work. Your “team” is here to help you!!

Energy Requirements

Food = Calories = ENERGY

How many calories do I need?

Calorie needs vary from athlete to athlete and from day to day. Males may need more calories than women. You may have a higher metabolism and that increases your needs. Calculating a range of calories for yourself can be helpful in meeting your goals. Caloric needs should be met with high-energy, nutrient-dense foods. An athlete engaging in high-intensity activity (basketball,swimming, running, etc.) needs 3,000-6000 more calories per day to maintain weight. A simple estimation of calorie, carb and protein needs for an athlete is as follows:

Training	Calories (Calories/lb)	Carbohydrates (Grams/lb)	Proteins (Grams/lb)	Healthy Fats
Mild (pre-season/ off-season	12-14	2.0-3.0	.45	Balance of
Moderate (in training)	15-17	2.0-3.0	.5-.75	energy for
Heavy (in training)	18-24	3.0-4.5	.7-.8	all training
Very Heavy (building)	24-29	4.5-5.5	.8-.9	levels

Example:

A 200 lb football player training in season (heavy) needs how many calories each day?

200 lb x 18 calories/lb = 3600 kcal each day (minimum)

This athlete needs to eat **AT LEAST** 3600 kcal each day to keep his body weight at 200 lbs. If he wants to gain more lean muscle mass, he must eat more food (approx. 500 calories extra). If he wants to lose body fat, he must eat less food (approx. 250-500 calories less).

MY PERSONAL ENERGY NEEDS:

My weight _____lb x _____calories for my level of training (see chart) =
_____Calories per day

****Remember: Your energy needs will change throughout the season****

If you want to lose or gain weight, consult the UW Sports Nutritionist for body composition testing and nutrition plan.

Need ideas for what to eat? See MEAL PLANS Appendix A.

Need a grocery list for what foods to buy? See GROCERY LIST Appendix B.

CARBOHYDRATES: *The ENERGY Provider*

What are they for?
Carbs are an athlete's primary source of energy. They provide working muscles the energy they need to jump, run, lift and swim. High performance athletes must make sure they are taking in plenty of carbohydrates. Carbohydrates are stored in the muscle and the liver as glycogen; like an internal storage locker for energy! Your glycogen stores will be depleted during workouts and ***must be replenished***. If you forget to replace your glycogen stores, you will not have enough energy the next day; scary if it is your game day! 50-70% of your energy should come from carbohydrates.

Choose these HIGH CARB FOODS

- **Whole Grains:** oatmeal, 100% whole grain breads, whole wheat or corn tortillas, whole wheat bagels and English muffins, pasta, brown rice, low-sugar cereals (ie: All-bran, Cheerios, Total, Kashi, Wheat Chex, Wheaties, Raisin Bran, Smart Start, Basic 4, Blueberry Morning)
- **Fruits (fresh and canned in own juice) and 100% fruit juice**
- **Vegetables:** broccoli, spinach, carrots, green beans, tomatoes, asparagus, bell peppers, cauliflower, celery, eggplant, mushrooms, onions, winter squash, zucchini, lettuce (romaine, green or red leaf), etc.
- **Starchy vegetables:** red or sweet potatoes, yams, corn, green peas, and beans (refried, kidney, black, pinto, chili, etc.)
- **Dairy:** yogurt, low fat cheeses (like moz cheese sticks) 1%, nonfat or skim white or chocolate milk, cottage cheese, pudding

****To perform at your best <u>LIMIT</u> these "refined" carbohydrate foods: Sugary foods such as cookies, cakes, pies, candy, pop tarts, soda (regular or diet), donuts, candy bars, "white" breads, high sugar cereals****

Why limit "refined/processed" foods?
Processing removes a lot of the nutrition (fiber, vitamins and minerals) from food. High sugar foods provide little nutrition and can cause extreme highs and lows in blood sugar. Extreme highs and lows will be detrimental to performance. High sugar foods also cause cavities, and no one has time (or money) for cavities!

Advanced Info:
Carbohydrate intake should be from **2.0-5.0 g/pound** body weight.

2.0-3.5 g/lb for athletes who train less than 1 hour daily at a moderate intensity.
3.5-5.5 g/lb for athletes who train hard daily and need to maximize daily glycogen recovery.

PROTEINS: *The Muscle Re-Builder*

What are they for?
Proteins help re-build and repair the body's tissues. Muscle tissue depends on protein to repair the damage done during exercise. Most people get more than enough protein from the food they eat.

High quality, lean choices of meat/protein are listed below. Making lean choices will provide you with the ingredients you need for re-building your muscle. Each ounce of meat will provide you with approximately 7 grams of protein (ex. 4 ounces of chicken breast = 28 grams of protein).

Note: you also get protein from grains, nuts, beans and vegetables, although it must be consumed in combination in order to be high quality or "complete"

Choose these Lean Sources of Meat/Protein:

Beef: Ground Sirloin, Filet, Round, and Lean Ground Beef (96% lean)
Fish: all fish (not fried)
Chicken/Turkey: skinless ~ (grilled, baked, broiled)
Pork: Center Cut, Lean
Eggs: 1 yolk/day plus egg whites/egg substitutes
Veggie Burgers: Boca/Morningstar Farms, GardenBurger
Sausage/Hot Dogs: Use only low-fat versions like those made by Healthy Choice or Isernios
Deli Meats: Lean Turkey, Ham, or Roast Beef
Soy Products: Tofu, soy milk, edamame (soy beans)
Dairy: 2% sliced cheese (Kraft), parmesan cheese, low fat cream cheese, part skim mozzarella, skim or low-fat milk, yogurt

Limit or Avoid Medium and High Fat Sources of Meat/Protein:

Pork/Sausage/Hot Dogs: ground pork, spareribs, regular hot dogs
Fish: Any fish that is fried
Cheese: American, Blue, Swiss, mozzarella, and most deli cheese
Other: Luncheon style meats like bologna, pastrami, salami, pepperoni
Sausage: Polish, Italian smoked
Other Beef: T-bone, ribeye, porterhouse, ground beef 85% or 80% lean, roast (rib, chuck, rump), and corned beef

Protein needs range from .55-.9 grams/pound of body weight for collegiate athletes.
Your protein needs will change throughout your training schedule. You may require more protein in your strength building phase vs your during your competitive season

Grams of Protein Needed and How to Consume It

	Per pound of body weight	For 180 lb athlete	Example of amount/day to meet recs
Strength Based Athletes AND athletes in strength building phases of training	0.7 - 0.9 grams	126 g – 162 g	3c. dairy (24g) 4oz turkey (28g) 6oz lean beef (42g) Clif Bar (12g) 1/2 c. beans on salad (8g)
Endurance Athletes AND athletes in endurance building portions of training/competition	0.55 - .64 grams	99 g – 115 g	2 eggs (14g) 2c. dairy (16g) 4oz turkey (28g) 6oz chicken (42g) Clif Bar (12g)

Rosenbloom, C. Sports Nutrition. A Practice Manual for Professionals, 4th ed., 2006.

You will not get stronger by eating extra protein. Consuming adequate amounts of protein along with enough calories to support your training will allow you to optimize your strength. Amino acid pills and powders are a waste of your money and are not adequately regulated to maintain safety.

FAT: Essential, *but in moderation*

What is FAT for?

Fat performs a variety of functions in the body. It is an energy source, transports fat soluble vitamins, protects our organs and also provides an ingredient to make hormones. A performance enhancing diet should contain 15-30% of total calorie intake. In grams, just multiply your caloric intake by 15-30% and divide by 9. Example: 4000 kcal diet X 25% (.25) = 1000 calories / 9 cal/g = 110g/day

Not all fats are created equal…

Limit/Avoid	**Limit/Avoid**	**Include a little**	**Include the most**	
Saturated Fat	Hydrogenated Fat (trans fat)	Poly-Unsaturated Fat	Omega-3 fatty acids	Monounsaturated Fat
• High fat versions of animal foods such as meat & poultry, whole fat dairy products, and butter. • Coconut, palm oil	• Chips • Cookies • Most snack foods and commercially baked goods made with "partially hydrogenated oil" • Margarine	• Corn oil • Safflower oil • Soybean oil • Sunflower oil	• Flaxseed • Fatty fish (salmon, trout, halibut, albacore tuna) • Walnuts • Tofu • Soy nuts	• Canola & olive oil • Olives • Peanut oil • Avocados • Almonds • Macadamia nuts • Pistachio nuts • Cashews • Sunflower seeds

Reminders about fat intake:

- Remember that saturated fat (from high fat animal products), hydrogenated fat (trans-fats), coconut, and palm oils increase risk of cardiovascular disease.
- Monounsaturated, omega-3 fatty acids, and polyunsaturated fats can decrease risk of cardiovascular disease, and decrease inflammation.
- Try to trim all fat and/or skin from beef and chicken breast before cooking
- Limit or avoid foods that are fried, creamy salad dressings, mayonnaise, gravy, butter and margarine.
- Most fast food items are extremely high in fat, so make healthy choices (see ***fast food not fat food*** page 18)

Increasing Lean Muscle Mass

Strength. Power. Speed.

Putting on lean muscle mass can be even harder than losing body fat. It takes a great deal of dedication and perseverance and lots of **FOOD FOR FUEL** to build bigger muscles. But you can do it!!

<u>There is no short cut to gaining muscle.</u>

Use caution when purchasing supplements. Many are not regulated by the Food

any

Tips for Gaining Weight:

- **Never skip meals.** Yes, this means you need to get up in time for breakfast, that you can't skip lunch, and that dinner actually needs to be prepared and eaten.
- **Eat three snacks every day**. That's right: midmorning, midafternoon and evening. In order to gain weight, you need to fuel your body at regular times.
- **Drink caloric beverages**. Choose low-fat milk 100% fruit juice or sports drinks.
- **Choose calorie-dense foods**. That means eating potatoes, corn or peas instead of celery and carrot sticks. Or choosing a banana or cranberry juice instead of an apple or orange juice. Granola cereal is more calorie-dense than puffed rice.
- **Eat more when you can.** Take seconds and even thirds when possible.

Losing weight is a delicate balancing act. You must consume enough calories to maintain your muscle mass and preserve your metabolism while creating a slight energy deficit. Creating new lifestyle habits (reducing fat intake, modifying junk food habits) is always the best way to go!

Be careful: if you cut back on calories too much, the weight you will lose can be **mostly muscle. Exercise must be included in your weight loss plan. Use body composition testing to help monitor your weight loss.**

TIPS TO HELP LOSE BODY FAT:

- **Eat frequently throughout the day: boosts metabolism, maintains lean muscle tissue.**
- **Limit or restrict high fat and fried foods.**
- **Minimize late night eating. Eating late at night can be detrimental to weight loss, due to late night choices. If you are hungry, EAT, but choose fruit, vegetable or low fat dairy.**
- **Eat higher fiber foods.**
- **Add plenty of fresh fruits and vegetables.**
- **Eat smaller portions.**
- **Add additional cardiovascular exercise, when advised by your conditioning coach.**

Timing is Everything- *Make your food work for you*

Examples of how to spread food appropriately around practice, depending on your practice/game time. Remember that when you eat is just as important as what you eat!

Morning Workout and Midafternoon Practice

5:00	5:30 Preworkout snack
6:00	6:00-7:00 Workout
7:00	7:15 Postworkout Snack and/or Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	Preworkout Snack
3:00	3:30-5:30 Practice
4:00	
5:00	
6:00	Postworkout snack and/or Dinner
7:00	
8:00	
9:00	Snack (optional)

Midafternoon Practice

7:00	Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	Preworkout Snack
3:00	3:30-5:30 Practice
4:00	
5:00	
6:00	Postworkout snack and/or Dinner
7:00	
8:00	
9:00	Snack (optional)

Morning Workout

5:00	5:30 Preworkout snack
6:00	6:00-7:00 Workout
7:00	7:15 Postworkout Snack or Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	
3:00	Snack
4:00	
5:00	
6:00	Dinner
7:00	
8:00	
9:00	Snack (optional)

Recovery Nutrition

To recover from the high demands of strenuous exercise/training, you should **refuel your muscles with high carbohydrate foods within 15-30 minutes of exercise**. Remember, carbohydrates are the gasoline for your body. They keep your body's fuel tank FULL. You will recover faster and minimize fatigue. Plan ahead to have the right foods available. (See Snack **Attack** pg.13)

For HIGH PERFORMANCE RECOVERY:

- **Eat a high carb snack within 15-30 minutes of training**
- **Follow up with a high carbohydrate meal within 1 hour of training**
- **High Performance combination recovery meals/snacks**
  - **Bowl of cereal, low fat milk, and fruit (breakfast)**
  - **2 slices of wheat bread and fruit**
  - **Pasta, rice, potato, or bread with protein at dinner**
  - **Yogurt and Fruit or Pretzels (small bag)**
  - **Energy Bar**
  - **Smoothie**

Common refueling mistakes:

- ***Greasy, fatty foods*** ~ donuts, burgers, pastries, nachos, fries, chips, and other high fat choices **WILL NOT** refuel your body and can inhibit performance. Many also lack nutrition.
- ***Too much PROTEIN*** ~ by filling up on steak, chicken, rather than adding potato, pasta, rice, and whole wheat bread at dinner time. Remember, protein can help with recovery, but will not help restore glycogen (your gas tank) if quality carbohydrate foods are not available.
- ***TOO FEW Calories*** ~ this is very common amongst weight conscious athletes. They may mistakenly believe carbohydrates are "fattening" and may refuel with protein rich cottage cheese, tuna, turkey and fish. The rest of the diet (salads and vegetables) offers too few carbohydrates to replace depleted glycogen stores. Performance will suffer.

An optimal recovery diet is especially important if you train or compete more than once a day. The following tips can help you design an effective recovery diet into both your daily training program and after game/event meals.

Determining Your Carbohydrate Needs After Exercise
You must eat your required amount to fully replace carbohydrate stores.

Body Weight	Carbs (grams)
120 lb	55
140 lb	64
160 lb	73
180 lb	82
200 lb	91
220 lb	100
240 lb	109
270 lb	125
300 lb	140

Common Carbohydrate Foods for Recovery

Food	Amount	CHO (g)
Rice, cooked	1 cup	50
Pasta, cooked	1 cup	34
Bagel	1	50
English muffin	1	30
Oatmeal, regular	1 cup	24
Raisin Bran	1 cup	42
Grapenuts	1 cup	89
Low-fat granola cereal	1 cup	85
Whole-wheat bread	1 slice	12
Granola bar (NV)	1 pkg	30
Fig Newton	1	11
Pizza (cheese) *	1 slice	39
Kashi Go Lean	¾ cup	30
Raisins, seedless	½ cup	59
Grapes	1 cup	37
Banana	1	30
Potato, mashed	1 cup	35
Corn	1 cup	42
Baked beans	1 cup	52
Milk, skim or 1%	1 cup	12
Frozen yogurt, low fat	1 cup	34
Pudding, chocolate	1 cup	60
Low-fat vanilla shake	1 serving	72
Gatorade	8 oz	14
Cranberry juice box	1 cup	36
Power bar	1 (63g)	41
Crunchy granola bar	1 (46g)	16
Chewy granola bar	1 (28g)	21
Builder Bar	1	30
Clif Bar	1	52
Harvest Bar	1	45
Met-Rx High Protein	1	57
Protein Plus Power Bar	1	40

**** Food in bold letters are ones that you can pack in your bag, no excuses!**

Snack Attack

Eating frequently throughout the day is the best way to rev up your metabolism, as well as stay fueled for competition. Snacking between meals can increase your energy levels and improve performance. Add these snacks to your shopping list (see appendix B) and take them with you in you bag or keep non-perishables in your locker.

- **Sandwich**: lean turkey, ham, roast beef, or chicken breast on 2 slices of whole grain bread. Light on mayo and mustard.
- **Peanut butter and jelly** (use all fruit jelly) on whole wheat bread
- **Energy Bars**: Clif Bar, Builder Bar, Balance, or Zone Bar
- **Whole wheat crackers** (i.e. Multi-grain wheat thins, Kashi Crackers) Top with cheese or peanut butter for added protein
- **Beef jerky**– dried, in bags – one small bag at a time
- **Nuts**– ~15 cashews, almonds, peanuts, pistachios yields ~100 calories
- **Small cup of cottage cheese**– can add fresh fruit and/or sunflower seeds
- **Fresh fruit, with a source of protein and/or fat**- nuts, cheese, peanut butter
- **Baked chips with salsa**– top with a little 2% shredded cheddar for more protein
- **Tortilla Roll-Up-** on whole wheat tortilla with turkey, ham, roast beef, chicken
- **Quesadilla-** with 2% cheese and veggies w salsa
- **Granola Bar-** add to it a handful of almonds
- **Odwalla Shake**- With protein
- **Whole Wheat Fig Newtons**
- **Frozen Bananas dipped in yogurt**
- **Fun treats–** Small bag peanut M&M's, or 2 Fun Size candy bars
- **"No Sugar Added" Applesauce** (ex. Mott's or TreeTop) with 1 tablespoon of Peanut Butter or 1oz of low fat cheese
- **Yogurt** (ex. Cascade Fresh or Yoplait) with Granola in it
- **High Performance Smoothie:**
  8-12 ounces of Skim or 1% Milk or Yogurt
  2 T of peanut butter or scoop protein powder
  Fresh or Frozen Fruit (Banana or strawberries)
  Blend with Ice and serve.
- **Boost, Ensure, Carnation Instant Breakfast Drink**
- **Hummus and veggies**
- **Skim latte and almond biscotti cookie**

Fluid Replacement

Fluid replacement is one of the most important factors affecting exercise performance. While many coaches, trainers, and athletes of today are becoming more knowledgeable about the roles that fluid plays, it is often an overlooked component of competition.

Sweating is the primary way in which the body cools itself during exercise. When more fluid is lost through sweating than is replaced by drinking, we become dehydrated.

Why not rely on thirst?

- your body's thirst mechanism can be an unreliable signal to drink because exercise can blunt thirst; plan to drink **before** you are thirsty.
- By the time your brain signals thirst, you may have lost 1% of your body weight, which is the equivalent of 1½ pounds of sweat for a 150 lb. person. This 1% loss corresponds with the need for your heart to beat an additional three to five times per minute. A 2% loss can significantly hurt your performance, and can lead to heat exhaustion or eventually heat stroke.
- Your football uniform and equipment can hinder the body's ability to dissipate heat. To be safe, always drink enough to quench your thirst, plus a little more.

Avoiding Dehydration

Ideally, pre- and post-exercise body weights should be the same, indicating that intake has equaled output. This is rarely the case, however. Remember that weight loss during exercise represents **fluid loss and not fat loss**!

- Weigh yourself before and after exercise. For every 1 lb lost, drink 2 cups (16 oz) of fluid.
- Always drink fluids before, during, and after exercise.

How Much Fluid	When
Up to 3 cups (24 oz) of fluid	2 hours before competition or practice
2 cups (16 oz), 15-30 minutes pregame	Pre-Game
1 cup (8 oz) every 15-20 minutes	During Event
2 cups (16 oz) of for every 1 lb of lost body weight	Post-Game
½ your body weight in ounces (example: if 160 lbs., drink 80 oz.water/d)	Daily

What to drink: Fluids of choice

"Winners"	**"Losers"**
Water	Alcohol
Sports Drink	Soda/Pop
Juices	Energy Drinks

- Water
- Sport Drink
- Juices
- Milk

Milk

Water: the preferred fluid before, during, and after competition for a sport like football.

- Alcohol
- Soda/Pop
- "Energy Drinks"

Sport drink: also appropriate before, during, and after exercise to aid in hydration. Sports drinks may provide a competitive edge during continuous exercise for 60 min or longer.

Juice: best if consumed after exercise to replace fluids and carbohydrates. Their concentrated fructose content can cause cramping and diarrhea if consumed during a game.

Carbonated beverages: Usually high in concentrated sugar which can cause diarrhea and cramping. Also can cause bloating and limit the amount of fluid an athlete can drink.

Alcohol + Athletes = Poor Performance

Alcohol has a wide variety of negative effects on the body. Moderate consumption of alcohol can inhibit motor skills and physical performance; chronic use may cause muscle damage, and weakness. The bottom line: regular consumption of alcohol (3-4 days/week) and more than 2-3 drinks, can decrease or prevent improvement in strength and performance.

Alcohol has been named the most abused drug by the NCAA. Each gram of alcohol provides seven calories. If you are trying to maintain or lose weight, consumption of alcohol can make reaching that goal very difficult. One serving of alcohol is considered: 12 ounces beer, 5 ounces wine, and 1 ½ ounces liquor.

Calories contained in Alcohol

12 ounce beer = 90-110 calories (light beer); 120-200 calories (dark beer)
1 oz of liquor = 100-120 calories
5 ounces of wine = 120-160 calories
Remember: 3500 calories = 1 pound of fat.
In addition, alcohol consumption causes dehydration. It functions as a diuretic pushing water out of the cells, which puts you in a dehydrated state. As you already know, dehydration decreases performance and puts you at risk for heat stroke.

On the Road Again...

Performance nutrition while traveling

Travel can be tough on football players. With some planning and dedication you can make your travel as healthy as when you are home.

Remember: Eating healthy will enhance your performance. Be a WINNER!!

TIPS for EATING ON THE ROAD:

- ✓ **Keep WATER with you at all times.** Plane and bus travel tends to dehydrate our bodies. Dehydration = poor performance. Carry your water bottle and fill it up.
- ✓ **USE CAUTION if carbo-loading before your competition**. It may make you feel heavier due to the water that is stored with glucose (carb) in the muscle. For most sports, carbo loading will not help. Eat your normal high carbohydrate diet (plenty of grains, fruits and veggies). Remember that BIG pasta/pizza meals can be high in fat and that will not help your sport. If you want to splurge, do it after your big WIN!
- ✓ **Make HEALTHY choices**. Choose baked or grilled foods not fried, limit sweets (*notice* limit not eliminate), and avoid heavy cream sauces.
- ✓ **EAT FREQUENTLY throughout the day.** Eating every 2-3 hours will keep you fueled!
- ✓ **Stay on SCHEDULE.** Following your normal routine will help you perform at your peak. Eat, drink and sleep according to your normal routine.
- ✓ **EAT a high carb, low fat BREAKFAST.** Remember to fuel your body in the morning with plenty of high quality foods that will digest easy.

Fast Food not FAT Food Restaurant Guide

Common fast food meals contain 1200-2200 calories per meal. Making smart selections when eating at your favorite fast food restaurant can help you stay lean, fast and strong.

Be sure to make smart substitutions to avoid eating a high calorie/fat meal. Choose a salad with light or low fat dressing, or order only small fries. Drink Water or Unsweetened Tea with meals.

Restaurant/Fast Food	Healthy Choice
Burger King	Hamburger no mayo BK Broiler- no special sauce Chicken Whopper Jr- no mayo Whopper Jr – no mayo Chicken Caesar or Garden Salad Light or Fat free Dressing
McDonald's	Small Hamburger Grilled Chicken Sandwich-no mayo Grilled Chicken Salad-fat free dressing Egg Mcmuffin Caesar Salad Chef Salad
Taco Bell	Bean Burrito Regular Soft Taco/Chicken Soft Taco
Wendy's	Chili – larger or small Grilled Chicken Sandwich- no mayo Grilled Chicken Salad Spring Mix Salad/Mandarin Chix Salad Hamburger- no mayo
Subway	All low fat subs Light mayo, baked chips, with water Add all vegetables
Taco Del Mar	Naked Burrito Soft Tacos Black or Whole Beans
Azteca	Chicken (Pollo) or Beef (Carne) Asada Whole (not refried) beans Chicken Enchilada Fajitas (hold the sour cream and cheese)

UW NUTRITION MANUAL

APPENDIX

Appendix A

Sample Meal Plans

Below are a few sample meal plans that are GUIDELINES for what your intake should look like in order to get adequate high performance nutrition. Your caloric intake is unique to you and must be calculated on an individual basis.

Sample 2500 Calorie Meal Plan (for weight maintenance of light-weight player, OR for weight loss for medium- to heavy-weight player)

8:00	**Breakfast**	1 Egg plus 2 egg whites 2 slices of wheat bread w/ 1t margarine 1 small banana
12:00	**Lunch**	4-5 ounces of sliced lean beef 1 slice cheese 2 slices of wheat bread Lettuce and tomato 1 cup of milk or juice 1 cookie
3:00	**Snack**	Nature Valley Granola Bar Fresh Fruit and Water
6:00	**Dinner**	4-5 ounces (large deck of cards) of Grilled Fish 1 Cup of Salad with Vegetables 2 Tablespoons of light dressing Medium Baked Potato ~ light on toppings (ex. Butter, cheese) 1 cup of juice and water
9:00	**Snack**	1 serving (on box) whole wheat crackers 2 pieces of string cheese Water

Sample 3500 Calorie Meal Plan (for weight maintenance of light- to medium-weight player)

7:30 AM	**Breakfast**	1 cup oatmeal with skim or 2% milk 1 cup of low fat yogurt Banana
11 AM	**Lunch**	Turkey/Ham Sandwich 1 piece of fresh fruit 2 cups of juice Small bag of baked chips 1 cookie
2-4 PM	**Workout**	3-4 cups of Sports Drink
4:30 PM	**Snack**	½ Peanut Butter Sandwich Small Bag of pretzels Gatorade/Powerade
6:30 PM	**Dinner**	4-5 oz (lg deck of cards) of grilled chicken breast 1 cup rice or pasta 1 cup of broccoli Salad with light dressing 1 wheat roll ~ teaspoon butter 1 cup of low fat milk or Water
9:00 PM	**Snack**	6-8 Triscuits with 1 tablespoon of Peanut butter Fresh fruit

Sample 4500 Calorie Meal Plan (for weight maintenance of medium- to heavy-weight player OR for weight gain for light-weight player)

7:30 AM	**Breakfast**	2 frozen waffles (Nutrigrain) 2 T. Peanut Butter Banana 1 cup skim milk
11 AM	**Lunch**	Footlong Subway Turkey and Cheese 1 piece of fresh fruit 2 cups of juice Small bag of baked chips 1 cookie
2-4 PM	**Workout**	3-4 cups of Sports Drink
4:30 PM	**Snack**	Clif Bar 1 piece of fruit Gatorade/Powerade
6:30 PM	**Dinner**	6-7 oz of grilled steak 1 baked potato w 1t. butter 1 cup of broccoli Salad with light dressing 1 wheat roll 1 cup of low fat milk or Water
9:00 PM	**Snack**	1 peanut butter and jelly sandwich 1 cup low-fat yogurt

Appendix B

Grocery List

Use this list at the store to help you navigate healthy high performance choices. Circle the foods you need.

Carbohydrates (Starches)
Whole Wheat Bread
Whole Wheat Buns
Baked Potato
Sweet Potato

Whole wheat pasta
Regular Pasta or Spaghetti noodles
White or Brown Rice
Baked Beans
Refried Beans
White Beans
Red Beans
Quaker Instant Oatmeal
Pancakes
English Muffins
Eggo Multigrain Waffles
Wild Rice
Corn
Peas

Other Important Carbohydrates
Cereals
Total
Special K
Multigrain Cheerios
Cheerios
Kashi Go Lean
Kashi Good Friends
All Bran
Wheaties
Corn Flakes
Shredded Wheat
Kashi Heart to Heart

Soups
Campbell's Health Request
Soups by Healthy Choice

Fruits
All Fresh Fruit
Fruit Cocktail
Fruit Juice
Canned Fruit (packed in Juice ~ not syrup)

Drinks/Fluids
Water
Skim, 1% or 2% Milk
Sparkling Water
100% Fruit Juice
V8 or V8Splash

Vegetables
Broccoli
Cauliflower
Green Beans
Green/Red Pepper
Mushrooms
Tomato
Carrots
Celery
Cabbage
Zucchini
Cucumber
Onions
Lettuce (Romaine)
Asparagus
Collard/Mustard Greens
Spinach

Other Snacks (You can stock these in your pantry)
Whole grain Crackers
Low Fat Ice Cream
Healthy Choice Popcorn
Baked Chips or Soy Chips,
Hummus
Low Fat Yogurt and low-fat ice cream

Protein Foods
Chicken Breast (skinless)
Turkey Breast or Lean Ground Turkey (skinless)
Lean Turkey Deli Meat
Lean Roast Beef/Deli Meat
Healthy Choice Hot Dogs
Lean Ham/Deli
Tuna-can in water
Chicken-can in water
Salmon-can in water
Baked, Grilled Fish, or Boiled Fish (Tuna, Salmon, Trout, Crab, Shrimp, Lobster, Halibut, Talapia)
Lean Ground Beef (At least 90-96% lean)
Other Lean Beef Choices (sirloin, eye of round, flank, filet, top round)
Canadian Bacon
Lean Pork Tenderloin, Center Cut Pork Chops –Grilled or Baked
Deer or Venison Sausage
Eggs, Egg Substitute
Reduced Fat Peanut Butter or Natural Peanut Butter (try Smucker's All Natural/ or Almond Butter (this is a natural peanut butter)
Low-fat Cottage Cheese (Light N Lively)
Low fat sliced or cream cheese
Veal-baked or grilled
Veggie Burgers (any product made by BOCA or MORNINGSTAR FARMS) ~ make good sausage patties (1 minute in microwave)

Condiments
Fat-Free or Low fat Mayonnaise
Mustard
Ketchup
Low Fat or Fat Free Sour Cream
Lite Margarine
Hot or Creole Mustard
Horseradish
Relish
Salsa
Pickles, dill, unsweetened
Soy Sauce

Healthy Fats
Olive Oil
Canola Oil
Low-fat Mayo
Nuts/Seeds (peanuts, almonds, etc.)
Low/Reduced Fat Dressing
Peanut Oil
Avocado
Brummel and Brown Butter

Fats to limit/avoid (Saturated)
Butter, Bacon, Coconut Oils
Heavy Whipping Cream, Salt, Pork,
Coffee Creamer, Fast Food,
Pastries, Cakes, Pies, Cookies,
Chips, Candy, Whole Milk,
High Fat Meats

Nutrition Resources for UW Athletes

Resource	Overview	Link
• Gatorade Sport Science Institute	Informative sports nutrition articles	www.gssiweb.org
• Power Bar Nutrition Resource Center	Nutrition information and calculators	www.powerbar.com/NutritionResource
• The Center for Mindful Eating	Nutrition articles, handouts, resource lists	www.tcme.org
• National Strength and Conditioning Association's Performance Training Journal	Free publication regarding sports and sports nutrition	www.nsca-lift.org/Perform
• Nutrition Analysis Tools and Systems	Nutrition analysis and energy calculator	http://nat.crgq.com
• USDA Nutrient Data Laboratory	Nutrient Database: find nutrition information for almost any food	www.nal.usda.gov/fnic/foodcomp/search
• Epicurious	Good resource for all sorts of recipes	www.epicurious.com
• Australian Institute of Sport	Research, fact sheets, recipes, and other extensive information on sport and nutrition	www.ais.org.au/nutrition
• Sport Science	Peer reviewed online journal with research in sport and nutrition	www.sportsci.org
• The American Dietetic Association	Current nutrition information and resource lists	www.eatright.org
• International Food Information Council	Thorough information on various nutrition topics	www.ific.org
• Something Fishy: Website on Eating Disorders	Information and support for eating disorders	www.something-fishy.org
• Human Kinetics	Resources in sport nutrition. Includes excerpts from Nancy Clark's *Sports Nutrition Guidebook, 3rd edition*	www.humankinetics.com
• Healthlinks (eJournals) Research journals, accessible with UW net id:	ACSM's Health and Fitness Journal British Journal of Sports Medicine Clinical Journal of Sport Medicine International Sports Journal	http://healthlinks.washington.edu