

Practical Nutrition Methods for the Collegiate Athlete

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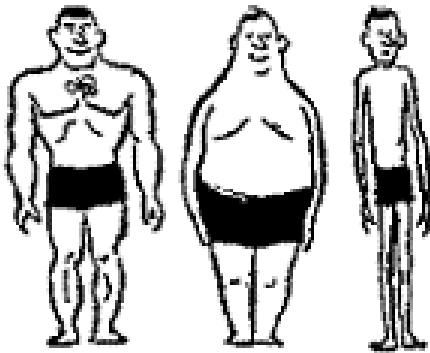
Eastern Michigan University

Experience

- Certified Specialist in Performance Nutrition (ISSA)
- B.S. and M.S. in Exercise Science
- Basic responsibilities of a S/C coach
 - “Provide guidance regarding nutrition and injury prevention” (NSCA)
 - Focus on the underrated and overlooked components of a sound performance nutrition program

Approach

- **K.I.S.S. Principle**
- It's our job to do the dirty work!
 - Somatotypes, positional needs
 - Relative to bodyweight requirements, % body fat % lean mass calories



Approach

- **ABSORB**
 - Research recommendations
 - Internet “gurus”
 - Supplement company claims
- **MODIFY**
 - College budgets (scholarship)
 - Compliance (NCAA)
- **APPLY**
 - Independent, cheap, college student lifestyles



Principles



PrecisionNutrition

(John Berardi)

1) Eat every 2-3 hours

- *Blood sugar, metabolism, (gas tank analogy)*

2) Eat lean protein with each meal

- *Thermic effect of feeding (20-30%), feeling of fullness*

3) Eat a fruit or veggie with each meal

- *Acid/base balance, vitamins/minerals, CHO's*

4) Utilize carbohydrate timing

- *Manage insulin, body composition, enhance recovery*
- *Endzone (muscles), Football (fuel), RB (insulin)*

Principles



PrecisionNutrition

(John Berardi)

5) Cut out calorie containing beverages

- *Low nutritional value, extra calories (**note: window**)*

6) Eat healthy fats daily

- *Feeling of fullness, inflammation, hormone production*

7) Prepare food ahead of time

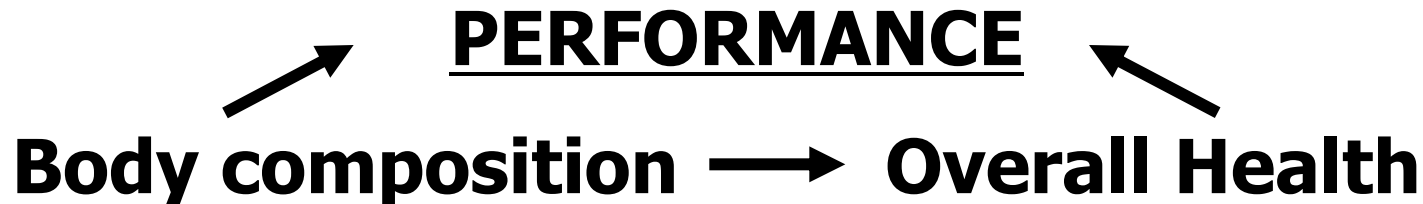
- *On the run, meetings, class, time management*

8) Cheat 10% of time

- *10 point grade scale, 100% results requires 90% effort*

Plan of Attack

- **P**rogressive **D**ietary **C**hanges
 - Too much change causes frustration
- #1 failure in *diets* is lack of compliance
- Diets vs. lifestyles
- What is our ultimate goal?



Categories of Attack

- **Compromise**

- Fast food, overall food choices, grocery sales

- **Influence**

- Kitchen set-up, groceries, food logs, hydration

- **Direct Change**

- Training table, supplement distribution

- **Continuing Education**

- Department newsletter

Fast Food

(Compromise)

- Convenience of college life
- Right on campus!
- Stop being naïve!
- Help them (and yourself) make better choices at the drive-thru



Fast Food

- **Criteria**

- 1) Lower calorie (<500)
- 2) 1:1-2:1 ratio of carbohydrate: protein
- 3) Limited fat (enhance recovery)
- 4) Lower values of sodium (processed meat)
- 5) Practicality of eating/ordering

Fast Food



FAST-FOOD RECOMMENDATIONS

McDonald's



• BURGERS

★ Hamburger

- 9 grams of fat, 31 grams of carbs, 12 grams of protein
- Cheeseburger
- 12 grams of fat, 33 grams of carbs, 15 grams of protein

McDouble

- 19 grams of fat, 33 grams of carbs, 22 grams of protein

1/4 Pounder

- 19 grams of fat, 37 grams of carbs, 24 grams of protein

Big N' Tasty

- 24 grams of fat, 37 grams of carbs, 24 grams of protein

• CHICKEN SANDWICHES

★ Any GRILLED Snack Wrap

- 10 grams of fat, 27 grams of carbs, 18 grams of protein
- Premium Grilled Chicken Classic Sandwich

- 10 grams of fat, 51 grams of carbs, 32 grams of protein
- Premium Grilled Chicken Club Sandwich

- 20 grams of fat, 59 grams of carbs, 28 grams of protein
- Premium Grilled Chicken Ranch Sandwich

- 12 grams of fat, 54 grams of carbs, 36 grams of protein
- McChicken

- 16 grams of fat, 40 grams of carbs, 14 grams of protein

• BREAKFAST ITEMS

★ Egg McMuffin

- 12 grams of fat, 30 grams of carbs, 18 grams of protein
- 2 order of scrambled eggs

- 22 grams of fat, 2 grams of carbs, 30 grams of protein

Sausage Burrito

- 16 grams of fat, 26 grams of carbs, 12 grams of protein

• SALADS

★ Any of the Premium Salads with GRILLED Chicken

- Under 10 grams of fat, 30-40 grams of carbs, 30 grams of protein

You're better off ordering Chicken Nuggets instead of the Chicken Selects!

Choose hot mustard, spicy buffalo or tangy honey mustard for sauces!

Drink low-fat chocolate or regular milk instead of ordering

Choose Low-fat Italian, Creamy Southwest or Low fat Balsamic salad

FAST-FOOD RECOMMENDATIONS



McDonald's

BREAKFAST

- Egg McMuffin
- 2 orders of scrambled eggs
- Sausage Burrito

BURGERS

- Hamburger
- Cheeseburger
- McDouble
- 1/4 Pounder
- Big N' Tasty

CHICKEN SANDWICHES

- Any grilled Snack Wrap
- Grilled Classic or Club Sandwich
- McChicken



Burger King

BREAKFAST

- BK Breakfast Shots
- Ham Omelet Sandwich
- Croissan'wich

BURGERS

- BK Burger Shots
- Hamburger
- Cheeseburger
- JR Whopper
- Double Hamburger

CHICKEN SANDWICHES

- Spicy Chicken Crisp
- Tender Grill Chicken



Arby's

BREAKFAST

- Egg and Cheese Sourdough
- Ham and Cheese Croissant
- Ham, Egg and Cheese Croissant

SANDWICHES

- Ham and Swiss Melt
- Arby's Melt
- Regular Roast Beef
- All American Roast Burger
- Bacon Cheddar Roast Burger

CHICKEN SANDWICHES

- Chicken Bacon Ranch and Swiss Roast
- Chicken Fillet Roast
- Roast Chicken Club



Wendy's

BURGERS

- JR Burger
- JR Cheeseburger
- JR Cheeseburger Deluxe
- Double Stack
- Single with everything

CHICKEN SANDWICHES

- Ultimate Chicken Grill
- Home-style Chicken Fillet or Spicy Chicken Fillet
- ANY Chicken GO Wrap

SALADS

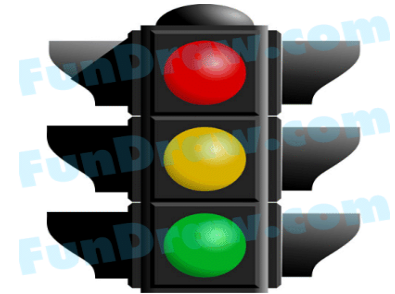
- Chicken Caesar
- Mandarin Chicken (add almonds and dressing)

TIPS

- Small chocolate Frosties add a baked potato with chili

Food Choice Selections

- Red, yellow, green light foods
- Wheat/white
- Natural/processed
- Extra lean/chuck



Food Choice Selections

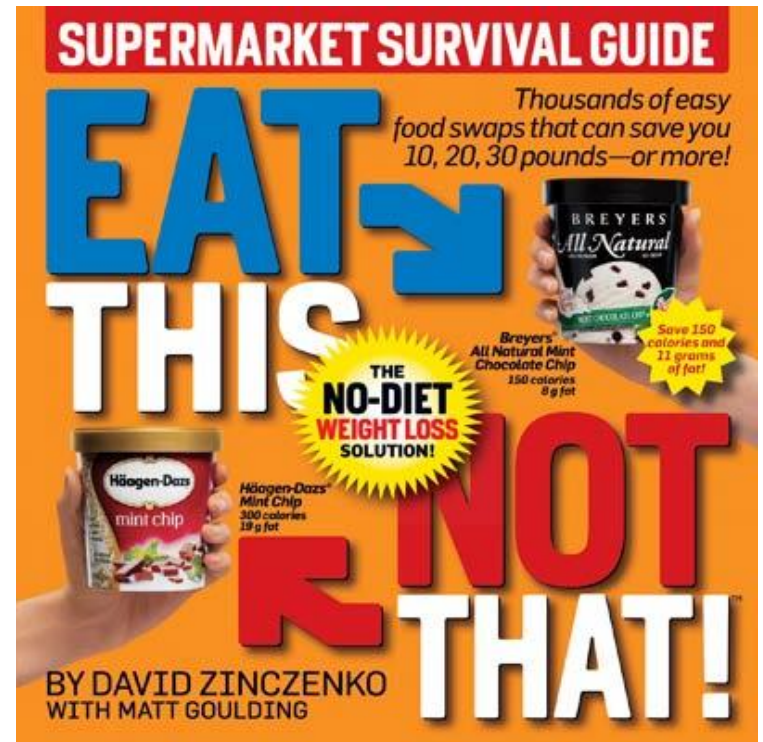
FOOD CATEGORIES



Category	ALL-AMERICAN	ALL-LEAGUE	SCOUT TEAM
	Try to include as many ingredients and items as possible.	Use as an alternative if BEST items are unavailable.	Limit as much as possible.
Breads	Whole-grain/100% Whole-wheat items including: Breads, Bagels, Tortillas, English Muffins, Pitas, etc.	Wheat bread items; enriched bread or starches May appear to be wheat bread (look at label)	White breads, baked goods such as croissants, biscuits, danishes, breadsticks and dinner rolls
Cereals	High fiber, whole-grain cereals including Kashi, Oatmeal, All-Bran, Whole-grain Cheerios, etc.	Fortified cereals including Total, Corn Flakes, Raisin Bran or granola based mixes	Cartoon character cereals, Cinnamon Toast Crunch, Apple Jacks, Lucky Charms, etc.
Pasta/Rice	Whole-grain/100% Whole-wheat pasta, Barilla plus spaghetti, rotini, ziti, etc.	White rice, regular spaghetti and pasta, egg and rice noodles	Pre-made pasta dishes including Hamburger Helper, Rice-a-Roni, and other pre-bagged/mixed pasta
Fruits	Fresh fruits including berries, apples, peaches, oranges, pears, plums, and tangerines	Fresh or frozen fruits including bananas, raisins, grapes, watermelon, cherries, pineapple, and mango	Canned fruits in syrup, fruit juice from concentrate, fruit cups and sauces
Vegetables	Fresh veggies including broccoli, spinach, peppers, onions, mushrooms, green beans, and tomatoes	Frozen or canned vegetables, white potatoes, corn, iceberg lettuce	Vegetables covered in sauces, cheeses, butters and oils
Beans	Frozen, dried, or canned beans or lentils including kidney, black, pinto, chickpeas and black beans	Canned baked beans, refried beans	High-fat refried beans, items processed with high fat, sugar, and salt
Nuts/Seeds	1 oz servings of raw, unsalted walnuts, almonds, cashews, flax, hemp, or sunflower seeds	1 oz servings of raw or dry roasted peanuts, pecans, macadamia, pistachios, pine or brazil nuts	Honey-roasted, salted, or pre-mixed nuts
Dairy	Skim milk, low-fat/reduced fat yogurts and cheeses (Mozzarella and Parmesan)	1% or 2% milk, 2% milk made cheeses and yogurts (Feta, Swiss)	Whole milk, half and half, processed cheeses (American/Cheddar)
Meat	>92% Extra-LEAN cuts of steak, ground beef, pork and lamb (Top Round, Sirloin, Filets, Chuck Roasts)	>85% LEAN cuts of steaks, ground beef, pork and lamb	Heavily marbled cuts, fried/breaded cuts, pork ribs, hot dogs, bacon/sausage, deli hams/roasts
Poultry	>92% LEAN ground turkey and chicken	>85% LEAN cuts of ground turkey and chicken lean deli turkey/chicken meats, turkey bacon/sausage	Fried chicken, chicken/turkey with skin
Eggs	Omega-3 Whole Eggs, egg whites and substitutes	Regular, whole-eggs	Eggs fried with butter or loaded with processed cheeses and meats
Fish/Shellfish	Fresh steamed, grilled, or baked salmon, trout, herring, tuna, haddock, swordfish, catfish, etc.	Frozen cuts of shellfish, tuna in oil, fish with cream based sauces	Fried or breaded fish/shrimp, fish sticks, fish casseroles
Oils/Dressings	Fish, olive, canola, sun/safflower/vegetable oil, vinegar, oil based salad dressings, coconut oil	Smart-balance spread, low-fat salad dressings, light mayonnaise/sour cream/cream cheese	Margarine, Palm Kernel Oil, Sour cream/cheese, dips, creamy salad dressings, heavy gravy, cream

Grocery Sales

- Off-campus housing, dorm room snacks
- How far can \$5.01 go?
- Make the swap!



Grocery Sales

GROCERY SALES

KROGER

Sales good Sunday through Saturday

Fruits and Vegetables

• White Seedless Grapes	\$1.28 per lb
• Stokely's Can Veggies	69 cents per can
• Tropicana Orange Juice	\$2.39 per carton
• Welch's Grape Juice	\$2.99 each
• Cantaloupe	2 for \$3
• Organic Bananas	68 cents per lb
• Raw veggie packs	2 for \$4
• Tomatoes	\$1.68 per pack
• Washington State Apples	.98 cents per lb

Put in
freezer for
dessert

Eat with
breakfast
or early
am
snack

Slice and
put with
oatmeal

Meat

• Tyson Chicken Breast	\$1.99 per lb
• Angus Chuck Roast	\$2.99 per lb
• Catfish fillets	\$2.99 per lb
• Laura's Lean Beef	25% off
• StarKist Tuna	2 for \$3

BEST
DEAL
FOR
PROTEIN

90% or
more
lean
beef

Dairy and Eggs

• Kraft Cheese	3 for \$5
• Kroger Gallon Milks	\$1.99 each
• Cottage Cheese	10 for \$10
• 18 count large eggs	\$1.59 each

Mix with
peanut
butter for
a high
protein
snack

Breads, Pastas and other food items

• Kroger Wheat Bread	\$1.19 each
• Quaker Oatmeal Squares	1.50 each
• Fat-free refried beans	10 for \$10
• Healthy Choice Meal Mixers	2 for \$5
• Kroger Peanuts	3 for \$5

Use with
healthy
burritos
for extra
fiber

Kitchen Set-up

(Influence)

- Sometimes we ask too much
- Distribution of cookbooks, recipes, newsletters...for what?
- Take a look in your athlete's kitchen...
- Did **YOU** cook while playing a college sport?
- Do they have the tools to SUCCEED?

Kitchen Set-up

KITCHEN SET-UP SHEET



In order to follow your healthy habits of nutrition, you must have the tools to succeed. Listed below are the basic items needed to set-up your own kitchen (whether in a dormitory or off-campus housing). You can pick up all these items at your local Dollar Tree® and Wal-mart®. Look in the sales flyers during the back to school months (July-September) for great deals on start-up kitchen sets. The entire set below includes everything you need to make your own performance nutrition recipes for around \$100. Enhancing your athletic performance not only takes place in the weight room and field, but also your kitchen!
















Cooking Items and Measuring Devices	Bowls, Baking Sheets, and Food Prep	Other Kitchen Items
<p>Spatula</p> <ul style="list-style-type: none"> Use for flipping burgers, making omelets, or stir-frying veggies. <p>Price: \$1.00</p>	<p>Noodle/Veggie Strainer</p> <ul style="list-style-type: none"> Use to drain boiled/steamed veggies or for your healthy pasta dishes (whole wheat). <p>Price: \$4.97</p>	<p>Pot/Pan/Utensil Set</p> <ul style="list-style-type: none"> Best deal for a kitchen! Look for back to school specials. Includes large/small pot, large/small pan and cooking utensils. <p>Price: \$49.97</p>
<p>Spoon</p> <ul style="list-style-type: none"> Use for mixing items, stirring sauces and serving food. <p>Price: \$1.00</p>	<p>Large/Small Mixing Bowl</p> <ul style="list-style-type: none"> Use to mix all of your ingredients together before adding them to the final recipe. <p>Price: \$1.00 each</p>	<p>George Foreman Grill</p> <ul style="list-style-type: none"> Use to grill all of your meats in your dorm room or kitchen. It takes 5-10 minutes to grill your favorite dishes. Season and grill! <p>Price: \$18.88</p>
<p>Liquid Measuring Cup</p> <ul style="list-style-type: none"> Use to make sure all of your liquid ingredients (water, oils and milk) are accurately measured. <p>Price: \$1.00</p>	<p>9x13 Baking Pan</p> <ul style="list-style-type: none"> Use to bake meatloaf, lasagnas and casseroles in your oven. <p>Price: \$5.97</p>	<p>Blender</p> <ul style="list-style-type: none"> Grab a blender to make protein shakes with fruit, milk, peanut butter and your Muscle Milk packets. Use ice for a smoothie. <p>Price: \$13.84</p>
<p>Dry Measuring Cups</p> <ul style="list-style-type: none"> Use to make sure all of your dry ingredients (powders, flours and spices) are accurately measured. <p>Price: \$1.00</p>	<p>3-Piece Baking Sheets</p> <ul style="list-style-type: none"> Great for baking chicken, fish or steak in the oven. Cover with aluminum foil to prevent more dishes in the sink. <p>Price: \$3.57</p>	<p>Ziploc Bags</p> <ul style="list-style-type: none"> Pack your left-overs and snack in plastic bags. Buy snack bags for nuts and veggies, larger bags to marinate meat and storage. <p>Price: \$1.00 each</p>
<p>Can Opener</p> <ul style="list-style-type: none"> Use for all canned goods. Buy canned veggies, beans and sauce in bulk and save for later use. <p>Price: \$1.00</p>	<p>Cutting Board</p> <ul style="list-style-type: none"> Buy 2 (one for fruits and veggies and another one for cutting meat) <p>Price: \$1.00</p>	<p>Tupperware</p> <ul style="list-style-type: none"> Bring your food to go. Buy a deluxe package with small, med. and large plastic containers to bring your food on the run. <p>Price: \$2.48</p>
<p>Fruit/Potato Peeler</p> <ul style="list-style-type: none"> Peel potatoes, fruit and veggies for salads and snacks. <p>Price: \$1.00</p>	<p>3-Piece Knife Set</p> <ul style="list-style-type: none"> Spend the extra few dollars for a knife set. It will make cutting and slicing meat, fruit and veggie much easier and safer. <p>Price: \$8.00</p>	<p>Aluminum Foil</p> <ul style="list-style-type: none"> Top your cooking sheets with foil to keep the dishes out of the sink. Wrap your veggies in foil and put them on the grill to cook. <p>Price: \$1.00</p>

Grocery List

- What does their budget allow?
- Break the cycle of buying certain items
- Perimeter vs. aisle shopping
- Do they know what items look like?
 - Chicken breast?
 - Olive oil?
 - Healthy Snacks?

Grocery List

SAMPLE GROCERY LIST

Vegetables and Fruit	Breads, Starches, Pastas	Other Food Items	
<input type="checkbox"/> 2 bags of pre-washed spinach <i>• Use instead of iceberg lettuce for salads.</i> <i>• Throw into omelets or sandwiches.</i> 	<input type="checkbox"/> 1 loaf of whole-grain bread <i>• Try whole-wheat English muffins, tortillas and bagels as well.</i> 	<input type="checkbox"/> 1 jar of natural peanut butter <i>• Great source of protein and good fats.</i> 	
<input type="checkbox"/> 3 green peppers, 2 cucumbers <i>• Slice and store for salads or snacks.</i> <i>• Salt/pepper them and drizzle olive oil.</i> 	<input type="checkbox"/> 1 box of old-fashioned oatmeal <i>• Microwave and use cinnamon and syrup instead of Frosted Flakes and Rice Krispies.</i> 	<input type="checkbox"/> 1 jar of sugar-free or 100% fruit spread <input type="checkbox"/> 1 bottle of sugar-free or light syrup <i>• Use spreads and syrups for breakfast without extra sugar!</i> 	
<input type="checkbox"/> 3 large tomatoes <i>• Slice for sandwiches or omelets.</i> <i>• Dice them and mix with peppers/onions for your own home-made salsa.</i> 	<input type="checkbox"/> 2 boxes of whole-grain pasta <i>• BEST choice for pasta dishes. Extra protein and good fats! Use spaghetti sauce or Smart Balance spread.</i> 	<input type="checkbox"/> 1 bottle of extra virgin olive oil <i>• Use instead of butter for cooking.</i> <i>• Use to make home made salad dressings.</i> 	
<input type="checkbox"/> 5 apples <i>• Slice and spread peanut butter on them for snacks.</i> <i>• Bring an apple or two with you for the day.</i> 	<th>Meat and Dairy</th>	Meat and Dairy	<input type="checkbox"/> 1 container of Smart Balance Spread <i>• Best choice instead of regular butter or margarine.</i> 
<input type="checkbox"/> 1 bunch of bananas <i>• Slice and put into oatmeal in the morning.</i> <i>• Use as snacks before practice.</i> 	<input type="checkbox"/> 2 lbs of lean ground beef <i>• Try to buy at least 92% lean beef.</i> <i>• Use for hamburgers, spaghetti sauce or homemade healthy Hamburger Helper.</i> 	<input type="checkbox"/> 1 bag of mixed nuts <i>• Perfect for snacks during the day.</i> <i>• Try to eat at least 1-2 small handfuls per day.</i> 	
<input type="checkbox"/> 5 bags of frozen mixed vegetables <i>• EASIEST way to get your veggies.</i> <i>• Microwave and eat!</i> <i>• Try all different varieties.</i> 	<input type="checkbox"/> 2 containers of boneless chicken breast <i>• Cut all visible fat off. Season and throw onto your George Foreman Grill for under 10 minutes for a great source of protein.</i> 	<input type="checkbox"/> 2 containers of hummus <i>• Helps make your veggies taste better.</i> <i>• Use for dipping with carrots or other slices veggies. Good combo with nuts.</i> 	
<input type="checkbox"/> 1 bag of mini-carrots <i>• Pack into a Ziploc bag for snacks with hummus or peanut butter.</i> 	<input type="checkbox"/> 3 pouches of salmon or tuna <i>• Easiest, most portable way to get quality protein in. Less than \$2 per bag!</i> 	<th>Tips</th>	Tips
<input type="checkbox"/> 2 bunches of broccoli <i>• Steam or boil and use parmesan cheese on top instead of processed cheese sauce.</i> 	<input type="checkbox"/> 1.5 dozen eggs <i>• For your big breakfasts to start your day.</i> <i>• One of the best forms of whole protein in the grocery store.</i> 	<p>► This entire list costs around \$80. It will become cheaper every week as you learn how fast you will go through meals. Buying everything at the start always costs more. Remember, you won't be buying oatmeal, fruit, oils and spreads every week! Some of the items you buy will last you weeks.</p>	
<input type="checkbox"/> 2 stalks of celery <i>• Cut into 4" pieces and use with peanut butter. Add raisins to make sweeter.</i> 	<input type="checkbox"/> 1 bag of low-fat mozzarella cheese <i>• Use on top of salads, burgers, and eggs instead of processed American or Cheddar.</i> 	<p>► A basic, but complete grocery bill will cost you around \$50-65 per week.</p>	
<input type="checkbox"/> 1 head of cauliflower <i>• Steam and mash. Use instead of white potatoes for a "mashed potatoes dish".</i> <i>• Add garlic and smart balance for flavor</i> 	<input type="checkbox"/> 1/2 gallon of milk <i>• Whole-milk if need to gain weight. Skim milk if you need to lose weight.</i> 	<p>► With U-club and supplements from the weight room, food will only cost you ~\$8-10 a day! No excuses!</p>	
	<input type="checkbox"/> 2 containers of low-fat cottage cheese <i>• Great for snacks with peanut butter or fruit.</i> 	<p>► Look for sales in the flyers posted in the locker room 2/\$4 or 3/\$5 are usually great deals so take advantage of when the foods are on sale.</p>	
		<p>► Buy fresh, frozen, then canned fruits and vegetables. Try different types so you don't get bored.</p>	
		<p>► Buy larger amounts of meat when it's on sale and freeze any extras for future meals.</p>	

Food Logs

- 4-days (2 weekdays, 2 weekends)
- Understand WHAT, WHY, WHEN AND HOW!
- **PDC's**
 - Learn to switch around “10% foods” instead of solely removing them
 - Start with small issues (timing, frequency, fluids)
 - Don't change too much at once

Food Logs

- **Thursday**

7:40- Gatorade and Muscle Milk

10:15- 2 McD's sausage biscuits, Tootsie rolls

3:00- Tootsie rolls

7:30- 2 Rally's burgers, large fry, 2 Gatorades

12:00- Gatorade

- **Sunday**

2:00- 2 bowls of cereal, apple juice, donut

3:00- 3 soft tacos, water

8:30- King size Snickers, Gatorade

Hydration

- How many ounces was that again?
- What color is it supposed to be?
- Why am I cramping?













GATORADE



Hydration

HYDRATION GUIDELINES

Failure to re-hydrate before the next training session/practice will result in decreased strength/power/endurance and increase the risk of fatigue, cramping, and INJURY. Take advantage of the supplements provided. Carry a bottle with you at all times!

<u>Weight Loss</u>	<u>Fluid Replacement</u>	<u>Weight Loss</u>	<u>Fluid Replacement</u>
<u>One (1) pound</u>	20 ounces = $\frac{2}{3}$ Bottle 	<u>Six (6) pounds</u>	120 ounces = 4 Bottles 
<u>Two (2) pounds</u>	40 ounces = $1 \frac{1}{3}$ Bottles 	<u>Seven (7) pounds</u>	140 ounces = $4 \frac{2}{3}$ Bottles 
<u>Three (3) pounds</u>	60 ounces = 2 Bottles 	<u>Eight (8) pounds</u>	160 ounces = $5 \frac{1}{3}$ Bottles 
<u>Four (4) pounds</u>	80 ounces = $2 \frac{2}{3}$ Bottles 	<u>Nine (9) pounds</u>	180 ounces = 6 Bottles 
<u>Five (5) pounds</u>	100 ounces = $3 \frac{1}{3}$ Bottles 	<u>Ten (10) pounds</u>	200 ounces = $6 \frac{2}{3}$ Bottles 

Training Table

(Direct Change)

- Cater to everyone
(Variety is the KEY)
- Don't make it TOO healthy
- Make it:
 - Practical
 - Enjoyable
 - Sociable
- Periodize around training



Training Table Menu

Monday

(Lift)

- **Burritos/
Chicken
Parm**
- Vegetable
Medley
- Steamed
Carrots
- Brown/White
Rice
- Sliced Roast
Beef

Tuesday

(AM run)

- Marinated
Chicken
Breast
- Baked Salmon
- Broccoli/Green
Beans
- Sweet Potato
Strips
- Vegetable
Beef Soup

Thursday

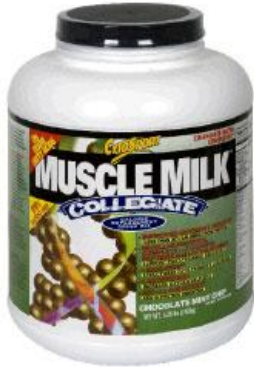
(Pre-trip)

- Roasted
Chicken with
pasta (red
sauce)
- Grilled
Squash/Zucch
ini
- Sliced fruit
- 10% items by
request

Supplement Program

- Goals:
 - 1) Utilize nutrient timing and enhance recovery
 - 2) Provide additional calories (when appropriate)
 - 3) Regulate meal frequency (work, meetings, study hall)
 - 4) Insurance Policy!

Supplement Program



Certified for Sport™
www.nsf.org



Continuing Education

BEAT



ARMY

SPORTS PERFORMANCE

SUMMER 2010

WEEK 3

Volume I, Issue III

FAST FOOD



Grilled Chicken Salad

vs.

6-piece chicken basket

Get the chicken salad! 300 calories vs. 1200!

11g fat vs. 70g fat!

Small Chocolate Sundae

vs.

Small Cookie Dough Blizzard

Over 500 calories less and half the fat of the traditional blizzard

NUTRITION NOTES

Goal of Week 3: Eat a fruit or vegetable every time you eat

You all know how important fruits and veggies are for you! Fruits and veggies supply energy that don't give you a sugar "crash" and leave you feeling tired and worn out. **Did you know that high intakes of meat and bread can prevent you from building muscle and keep you feeling sore longer?** Decrease your soreness, build more muscle, and lose more fat by eating **1 piece of fruit or 1/2 cup cooked or 1 cup raw veggies** every time you eat to balance your diet out!

HOW TO MAKE IT WORK FOR YOU

- Add berries or sliced bananas to your cereal in the morning
- Grab fresh fruit instead of a bag of potato chips
- Pack snack bags of raw veggies and eat with nuts or cheese for snacks
- Double up on the veggies instead of getting extra mashed potatoes/rolls



SAMPLE PORTIONS

ONE-CUP

- 1 apple
- 1 pear
- 2 plums
- 8 strawberries
- 1 large pepper
- 2 celery stalks
- 2 cups raw spinach

HALF-CUP

- 6 baby carrots
- 16 grapes
- 1 small banana
- 1 small box raisins
- 1 wedge cantaloupe
- 5 pieces of broccoli
- 10 cherry tomatoes

RESTAURANT



Keep these in mind when ordering:

- Sizzle and Spice Tilapia over the Citrus Fire Shrimp and Chicken Fajitas
- Grab the steak/chicken fajitas and eat as a stir-fry instead of using the tortillas
- Use the Guiltless Grill for healthier options (Black Bean Burger, Carne Asada Steak, Salmon and Tilapia)
- Add guacamole to meals for healthy fats

GROCERY TIP

No money? How to buy on a budget!

Scholarship check a little bit less than usual this month? No problem. You can still try and eat a little bit healthier than usual by following these few tips the next time you need to eat:

- CHECK THE GROCERY FLYERS IN THE WEIGHT ROOM AND LOCKER ROOM. Look for the deals!
- Buy fruit and veggies about to expire. Chances are they are much cheaper.
- Buy canned food items instead of fresh foods. They will last longer and are often cheaper.
- Save your left overs as snacks instead of throwing them out.



Recipe of the Week

Quick Chili

- 1 lb extra lean beef (>90%)
- 1/2 onion chopped
- 1 yellow or red pepper cut into squares
- 1 can kidney beans
- 1 cup spicy hot V8 juice
- 1 packet chili seasoning
- 1/2 cup cashews (crushed in blender)



- Pan fry the beef and onions together on high heat until cooked.
- Add the peppers and beans and continue to stir.
- Add V8 juice, cashews and seasoning and bring to a boil.
- Reduce heat to simmer. Add extra cashews to thicken.

"Do what you can, when you can, the BEST you can." Terry McDonald

Thank You



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