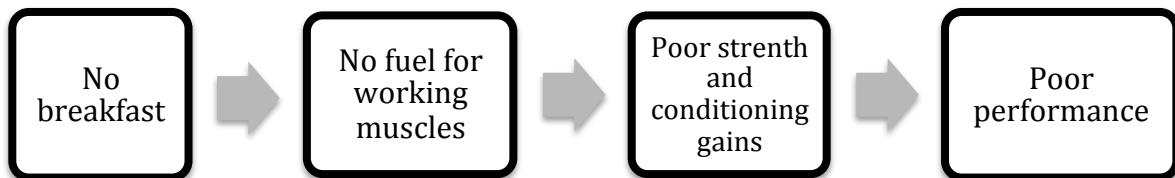


DON'T Train Hungry



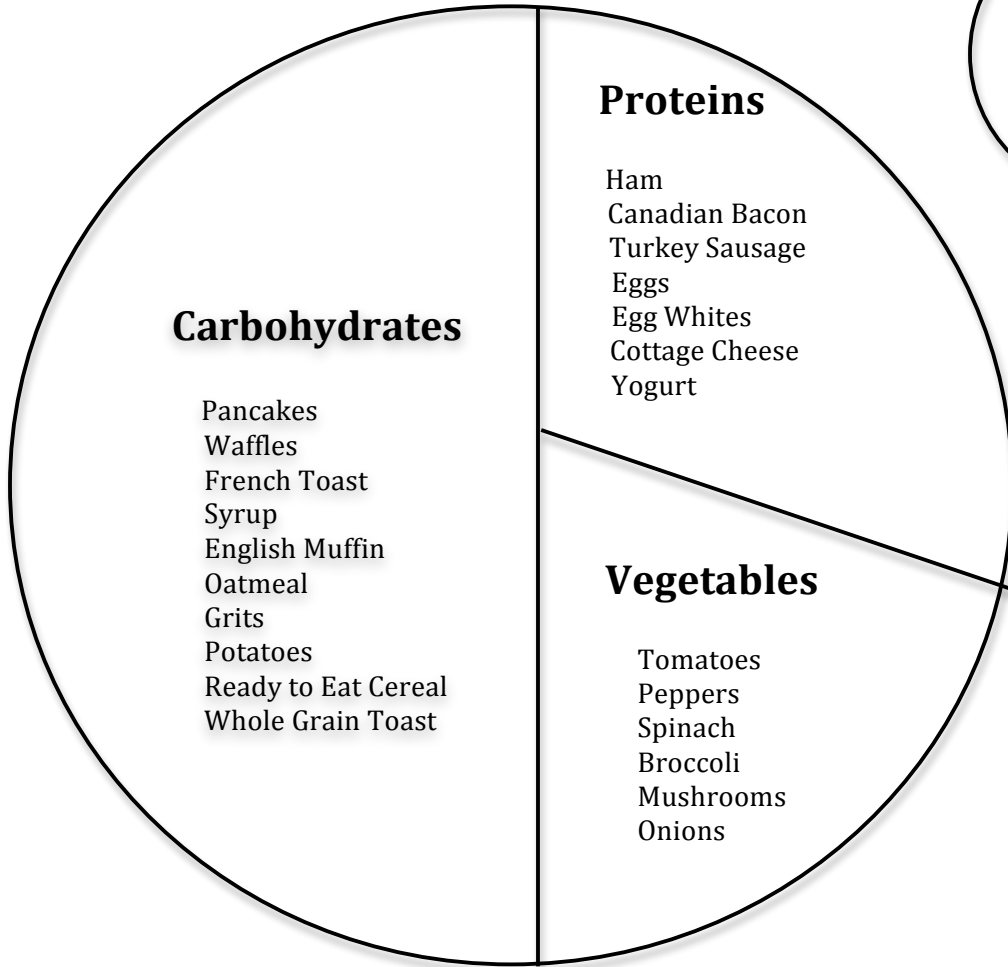
10 Quick Breakfasts

1. Toast whole grain bread and spread with peanut butter and a sliced banana. Add a glass of orange juice.
2. Stir granola cereal and drained canned peaches into an 8-ounce container of low-fat vanilla yogurt.
3. Put a packet of instant oatmeal in a coffee mug, stir in some water and cook in microwave for 1 minute. Add raisins or dried fruit.
4. Take a slice of cheese and a slice of turkey and wrap in a flour tortilla. Wrap it in a paper towel and microwave for 15 seconds. Add a glass of juice.
5. Stock your kitchen with liquid meal replacements (Muscle Milk, Boost, Ensure, Carnation Instant Breakfast) and drink one bottle, can or carton if you can't spare 5 minutes to make breakfast.
6. Buy some sandwich bags and store a cup of your favorite breakfast cereal in a bag. Buy milk on campus and eat the cereal while you drink the milk.
7. Hard boil some eggs and keep them in your refrigerator (directions for hard boiling eggs: place eggs in a pot and cover the eggs with water; bring to a boil and boil for 12 minutes; remove from heat and run cold water over the eggs). Eat two eggs with a slice of toast and a glass of juice.
8. Toast a couple of frozen whole grain waffles and top with peanut butter.
9. Toast an English muffin and put a slice of ham and slice of cheese on the muffin for a homemade Egg McMuffin sandwich. Add a glass of juice.
10. Spread peanut butter on crackers and drink a glass of milk or juice.



Breakfast Plate

- Fruit**
- Apples
 - Grapes
 - Berries
 - Banana
 - Melon
 - Pineapple
 - Cherries



- Water,
100% Fruit
Juice, Milk,
Fruit
Smoothie**

- Healthy
Oils &
Fats**
- Nuts
 - Seeds
 - PB
 - Olive oil
 - Avocado

Fuel comes from **carbohydrates, proteins, and fats.**

- Carbohydrates are the main source of energy to fuel your body and muscles.
- Protein provides the building blocks for muscle growth and to keep a healthy immune system
- Fat plays a key role in your brain and nerve function and provides some vitamins, like the antioxidant vitamin E.

It is important for you to eat well-balanced meals, choosing foods from each food group at every meal

Proper fueling helps maintain superior athletic performance and enhances your ability to recover from exercise.

Top Snacks for Recovery

The ideal snack for an athlete contains high quality carbohydrate and protein. Each of these combinations provides the energy and nutrients you need to perform at your best.

1. Low-fat string cheese (mozzarella cheese) and whole grain crackers (Triscuits, Wheat Thins)
2. A ready-to-drink nutrition shake like Gatorade Shake, Boost, Ensure, Myoplex, or Muscle Milk
3. An energy bar or granola bar like Luna Bar, Clif Bar, Kashi Chewy Granola Bar, Special K Protein Bars (look for a bar with at least 5 grams of protein)
4. Meat sandwich (turkey, chicken, roast beef, tuna)
5. Peanut butter and jelly sandwich
6. 2 cups (16 ounces) low-fat chocolate milk
7. 2 hard-boiled eggs on toast
8. ½ cup of almonds and raisins
9. Cereal and milk topped with a sliced banana
10. Low-fat yogurt with or without fruit and ½ cup granola-type cereal
11. Slice of cheese pizza and Powerade or Gatorade
12. Grilled chicken sandwich and lemonade
13. Chicken and cheese quesadilla
14. Black bean soup and whole grain crackers
15. Cup of noodles soup
16. Chili with beans



Snacks Options

Perishable:

Fresh fruit: apple, banana, orange, pear, grapes, melon, nectarines, or peaches
Mini-Babybel cheese or cheese stick
Cottage cheese Individual yogurt cup
Baby carrots or carrots/celery sticks
Individual cups of hummus
Individual chocolate milk
Individual 100% juice box
Chocolate pudding
½ cup frozen yogurt (Limit to 1-2 times per week)

Non-perishable:

Peanut Butter, almond butter, or other nut-butter
Whole grain (WG) bread, WG bagel, or WG crackers
WG cereal, pretzels, baked pita chips, goldfish
Bear Naked granola, Teddy Grahams, graham crackers, Nature Valley granola bars, Quaker Oats chewy bars, Kashi breakfast bars, Kind bars, Larabars,
Fig Newtons or date bars
Dried fruit (raisins, apricots, cranberries, etc) or Trail mix (dried fruit and nuts)
Almonds, walnuts, pistachios, cashews, pecans, sunflower seeds, pumpkin seeds
Microwave popcorn or make your own kernel popcorn
Welch's fruit snacks (pre practice)

Combo ideas:

WG bread, bagel, crackers, or rice cakes with peanut, almond or other butter or tuna, turkey, or lean roast beef/ham OR jam or jelly, peanut butter, hummus, peanut butter and honey, banana slices and peanut butter
Cheese, cottage cheese or yogurt with fresh or canned fruit
Yogurt with fresh or canned fruit and/or granola, coconut, peanuts, sunflower seeds, dried fruit, trail mix
Hummus with pretzels, veggie sticks, or WG crackers
WG cereal with fruit and milk
Apple slices or banana with peanut butter
Veggie sticks with nut butter or dressing
Cereal with
Fruit smoothies

Your Best Bets When Eating Out

- When you pull up to that fast food restaurant, be prepared to order a healthy meal by remembering your goals: **OPTIMAL PERFORMANCE AND OPTIMAL HEALTH!**
- Think about what meal or snack this is for you.
- Think about what you have already eaten throughout the day.
- Fast food restaurants can be a road block to your nutrition goals; however, with a little planning and some specific requests, you can turn any fast food restaurant's meals into one that is healthier.
- Just remember these specific rules:
 1. Stay away from the fryer! (Fried chicken, French fries, etc) Choose a side salad or baked potato as your side.
 2. **GO GRILLED!**
 3. The less legs the better! Chickens and turkeys have two legs while pigs and cows have four. Animals with less legs tend to have leaner meats (meats that are better for you). Grilled chicken is a healthier option than a burger.
 4. Remove the skin. If there is skin on your chicken or turkey, **TAKE IT OFF.**
 5. Hold the mayo please.
 6. Say **NO THANKS** to soda. **I will have water.**

Wendy's

- Wendy's Garden Sensation Salads with a low-fat dressing
- Grilled Chicken Sandwich and a Side Salad with a low-fat dressing
- Large Chili with a Side Salad with low-fat dressing
- Small Chili and a Baked Potato with Steamed Broccoli
- If you must eat a cheeseburger, choose a single with cheese – **NO MAYO!**
- Include water with these items. If you must have a soda, choose diet!

Baja Fresh: (hold the sour cream; light on the cheese and guacamole)

- *Side by Side*
- Baja Ensalada with salsa verde dressing
- Bare burrito with half the rice
- Mahi Mahi Ensalada
- Bean and Cheese Burrito
- Bean and Cheese Burrito add Grilled Chicken
- 2 Chicken Taco Chilitos
- Include water with these items. If you must have soda, choose diet!

Arby's

- Regular Roast Beef and a side salad with low-fat dressing
- Grilled Chicken Deluxe with no Mayo and a side salad with low-fat dressing
- Market Fresh Roast Beef, Turkey, or Ham with **NO MAYO** and a side salad with a low-fat dressing
- Turkey Club Salad with **NO BACON** and a low-fat dressing
- Grilled Chicken Salad with a low fat dressing
- **BREAKFAST:** Sourdough w/ham and egg
- Include water with these items. If you must have a soda, choose diet!

Domino's/Papa John's/Pizza Hut/Any Pizza Place

- Choose a thin crust Veggie pizza
- Thin crust Hawaiian pizza
- Thin crust cheese
- Stay away from ordering breadsticks
- Order a salad with low-fat dressing instead!

Boston Market

- Honey Glazed Ham with Steamed Vegetable Medley and Fresh Fruit
- Marinated Grilled Chicken with Steamed Vegetable Medley and Fresh Fruit
- Rotisserie Turkey with Green Beans and Fresh Fruit
- Rotisserie Chicken (without the skin) with Garlic New Potatoes and Fresh Fruit
- Oriental Grilled Chicken Salad with ½ the dressing and no noodles
- Chicken Carver with no sauce and Fresh Fruit
- Overall hints: Rotisserie Turkey, Chicken, or Ham (all without the skin)
Turkey or Chicken Carver with no Sauce
Steamed Veggies, Garlic New Potatoes, Fruit
- Order water with your meal!

Taco Bell: (hold the sour cream; light on the cheese and guacamole)

- Chicken Soft Tacos
- Bean Burrito
- Chicken Burrito
- Fiesta Chicken Burrito
- Taco salad with salsa and NO TACO SHELL
- Order any burrito or taco *Fresco Style* to decrease calorie and fat content by 25%
- Include water with these items. If you must have a soda, choose diet!

McDonald's

- Chicken McGrill sandwich with BBQ instead of Mayo and a side salad with low-fat vinaigrette dressing
- Grilled Chicken Caesar with ½ packet Low-fat balsamic vinaigrette instead of Caesar Dressing
- Grilled Chicken California Cobb Salad with ½ packet Low-Fat Balsamic Vinaigrette
- Cheeseburger (if you must) with a side salad topped with ½ packet of Low-Fat Balsamic Vinaigrette
- Egg McMuffin
- 2 Scrambled Eggs with an English Muffin
- Fruit and yogurt parfait

Eating Out at Sit Down Restaurants

- Choose grilled chicken or fish
- If choosing a steak, trim off the fat and choose cuts with less “marbling”
- Start with a salad with a low fat dressing
- Choose steamed vegetables as sides
- Eat rolls and potato dishes in moderation

Subway

- Choose whole wheat
- Light on the mayo and oil
- Load up on the veggies
- Choose a lean meat (turkey, ham, roast beef)
- Go for baked chips as a side item

The Gas Station

- Water
- Fruit and Nuts
- Granola Bars: Nature Valley, Balance Bars, Protein Bar of Choice, Cliff Bar, EAS Bar
- Beef Jerky
- Pretzels
- Peanut Butter