



Sports Medicine for Student Athletes

What to Eat

... to Finish Strong

JUST AS YOU TRAIN WITH A VARIETY OF WORKOUTS, YOU NEED TO TRAIN WITH FUEL AS WELL. REMEMBER, SPORTS FOODS AND FLUIDS ARE DEPENDENT UPON A STRONG NUTRITION FOUNDATION.

Before – Top Off Your Tank

	Fuel		Hydration
3-4 hours before	Summary: A carbohydrate-rich meal to top off your fuel supplies and moderate protein for muscle recovery.	2-3 hours before	Checking your urine color is a quick way to make sure you're hydrated. It should be pale yellow.
	+ Peanut butter and jelly sandwich, non-fat milk + Yogurt and granola, strawberries + Pasta w/low-fat meat sauce and garden vegetables, bread sticks, non-fat milk + Breakfast wrap - scrambled eggs, cheese and salsa		16-24 oz. of fluids + Water + Sports drink + Non-fat milk + 100% fruit juice
30-60 minutes before	Top off your tank with easy to digest carbohydrates.	10-20 minutes before	~8 oz. (~8 mouthfuls)
	Granola bar, pretzels and banana, graham crackers, bagel		+ Water + Sports Drink

During – Sustain Energy

	Fuel		Hydration
Up to 60 minutes		Every 15-20 minutes	8 oz. - water is fine
Exercise > 60 min	30-60 grams of carbohydrates/hour + sports drinks, gels, chews, bars	More than 60 minutes	8 oz. every 15-20 minutes + Water or sports drink

After – Recovery

	Fuel		Hydration
30 minutes after	Summary: The first 30 minutes after a workout are essential for recovery. Choose foods or drinks rich in carbohydrates (60-100 grams) and protein (10-20 grams). + Peanut butter and jelly sandwich + 2 string cheese, whole-grain crackers, apple + Bagel with cheese or turkey + Smoothie: low-fat yogurt, frozen berries and banana	How much did you lose?	For every pound of body weght lost during your exercise, consume 16-24 oz. of fluid. Check your urine color. + Chocolate milk, low-fat + Recovery beverage with carbohydrate, protein, and electrolytes- Gatorade 03 shake or electrolyte drink, EnduroxR4, Recoverite, or Ironman Restore
2 hours after	Repeat above every 2 hours (twice) or consume a meal similar to your pre-competition meal.		

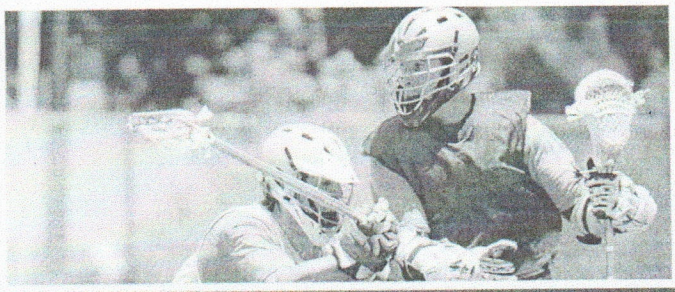
Adapted from: PowerBar Sports Nutrition & Hydration, and Sports Cardiovascular and Wellness Nutrition (SCAN), Eating Before Exercise, Eat During Exercise, and Eating During Recovery, Nutrition Fact Sheets Issue 1, 3, 4, April 2009

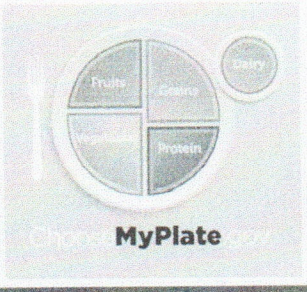
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Pre-game Meal Tips

Pre-game meals:

The goal of a pregame meal is to top off the tank so athletes can power through their competition. Choose a carbohydrate-rich meal to provide the needed energy and include protein to provide satisfaction and aid in muscle recovery.

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We offer same-day appointments for injured athletes.

3-4 hours before competition:

+ Lean hamburger with lettuce and tomato, pretzels, mixed fruit, low-fat milk
+ Turkey/ham and cheese sandwich, apple, low-fat yogurt, water
+ Peanut butter and jelly sandwich, banana, non-fat milk
+ Grilled chicken sandwich, lettuce and tomato, baked potato wedges, grapes, water
+ Pasta with low-fat meat sauce and grilled vegetables, bread sticks, non-fat milk
+ Breakfast wrap – scrambled eggs, cheese and salsa, 100% fruit juice
+ Yogurt and granola, strawberries, water
+ Pancakes/French toast, syrup, bananas, pecans, 100% juice

30-60 minutes before competition:

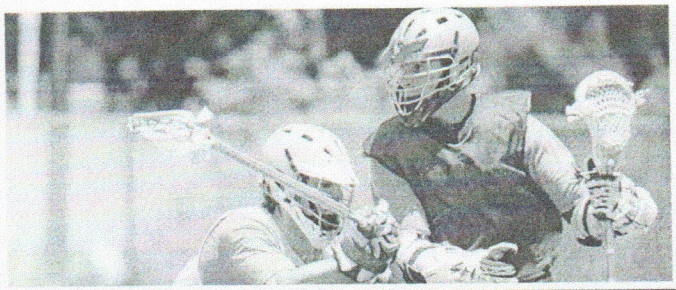
+ Granola bar
+ Pretzels and banana
+ Fig bars
+ Graham crackers
+ Bagel
+ Sports drink or chews

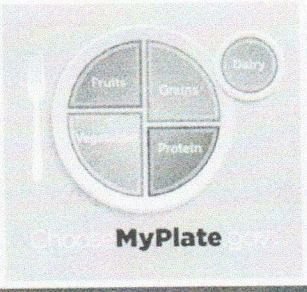
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Recovery Meal Tips

Recovery meals:

For optimal recovery, fuel your body within 30 minutes of finishing. The body is primed for carbohydrates to restore fuel to your muscles and protein to make repairs. This is especially important for daily high-intensity or back-to-back workouts.

Shoot for 40-80 grams of carbohydrates and 10-20 grams of protein. Include fluids as well for rehydration and electrolytes.

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30 minute recovery ideas:

+ Chocolate milk (low-fat) 10-20 ounces, granola bar
+ Smoothie with low-fat yogurt, banana, berries, and splash of milk
+ Peanut butter and jelly sandwich, sports drink
+ 2 string cheese, whole-grain crackers, apple
+ Bagel with cheese or turkey, sports drink
+ Graham crackers, banana, low-fat milk

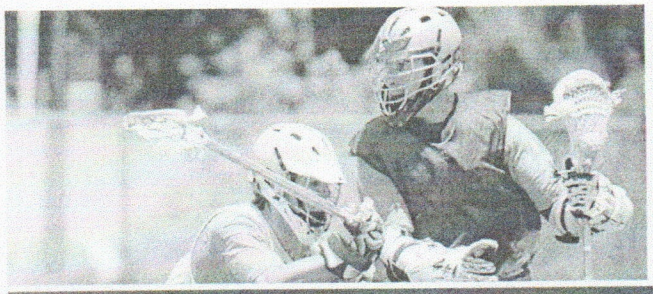
Other meal ideas:

+ Burrito or rice bowl – rice, chicken/pork/beef/beans, vegetables, and salsa, easy on the sour cream and cheese. Add tortilla chips and guacamole. Water
+ Subs – whole grain bread, turkey/chicken/roast beef, veggies, cheese, and mustard/ketchup/touch of mayo. Add pretzels. Water or low-fat milk.
+ Baked/grilled chicken/fish/lean beef, broccoli and brown rice, whole grain roll, low-fat milk or frozen yogurt.

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Healthy Eating

What to eat for a strong foundation

Grains

+ Whole grain bread
+ Brown rice
+ Whole wheat pasta
+ Oatmeal
+ Barley
+ Popcorn
+ Whole wheat crackers
+ Pita bread
+ Cornmeal
+ Quinoa
+ Millet

Portions:
1 mini bagel or slice of bread
½ cup rice, pasta, oatmeal = ½ baseball
1 cup cold cereal = baseball
Pancake or waffle = CD
Crackers = package serving size

Vegetables

+ Broccoli
+ Cauliflower
+ Squash
+ Potatoes/sweet potatoes
+ Greens – kale, spinach, Swiss Chard, collards
+ Tomatoes
+ Mushrooms
+ Green beans
+ Beets
+ Brussels sprouts
+ Cucumbers
+ Lettuce

Portions:
Cooked vegetables = baseball
2 cups leafy vegetables = 2 closed fists

Fruits

+ Apples
+ Banana
+ Apricots
+ Kiwi
+ Oranges
+ Mangoes
+ Berries - strawberries, blueberries, raspberries
+ Grapes
+ Cherries
+ Melons
+ Pineapple

Portions:
Apple, orange, peach = baseball
1 cup strawberries = 8
1 cup grapes = 32
Dried fruit = golf ball

Protein–Meats/Nuts/Beans/Fish

+ Chicken, Turkey, Pork
  Beef — lean cuts
  Fish — salmon, shrimp, tuna
+ Eggs
+ Nuts — almonds, pecans, walnuts, pistachios, etc (~ 24 nuts)
+ Lentils or Edamame
+ Beans - kidney, black, pinto, refried

Portions:
3 oz meat = deck of cards
1 ounce = 1 egg, ¼ cup of beans, or 1 tablespoon peanut butter

Dairy

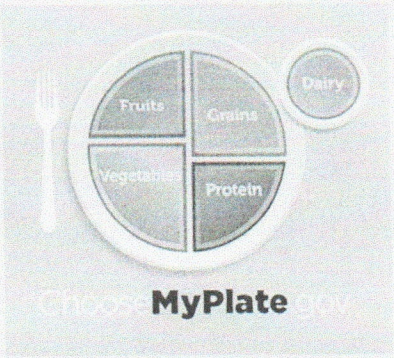
+ Milk (low-fat or fat-free)
+ Chocolate milk
+ Ice cream or frozen yogurt
+ Yogurt — plain, fruit or Greek
+ Cheese
+ Cottage cheese

Portions:
1.5 oz cheese = 3 dice
1 cup milk, yogurt, ice cream, cottage cheese = baseball

Healthy Fats

+ Olive oil
+ Canola oil
+ Fish oils
+ Avocado
+ Nuts
+ Seeds

Portions:
1 tablespoon oil = poker chip
1 oz. nuts ~ 12
1/2 an avocado
4 olives



What foods will help you feel your best? The plate pictured, MyPlate, is a great guide for meals and snacks.

+ Try three meals and snacks to keep a steady supply of energy, carbohydrates, protein, fats and fluids during the day.
+ Select foods from each food group, especially at lunch and dinner.
+ Choose a variety each day.

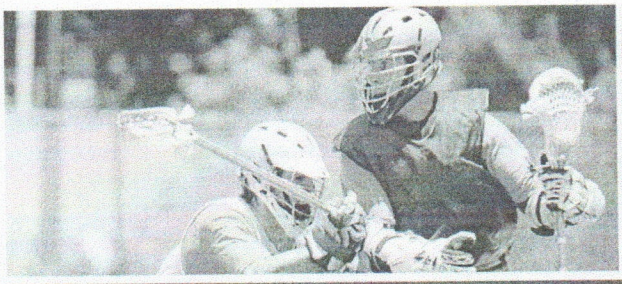
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To learn more about healthy eating visit, OhioHealth.com/SportsMed-Nutrition

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Maintaining a Healthy Weight

Healthy Weight Gain:

Often athletes need additional weight and muscle mass to improve performance. Adding an extra 300-500 calories a day will promote muscle gains rather than body fat, as long as resistance training is also included. Here are some safe and effective strategies.

+ Eat breakfast, lunch, and dinner
  - Try to include - protein, grains, fruits/vegetables, and dairy
+ Add snacks between meals and before bed
  - Trail mix with dried fruit
  - Cottage cheese and pineapple
  - Cheese and crackers
  - Guacamole and tortilla chips
  - Peanut butter and jelly on whole wheat bread
  - Granola and yogurt/milk
  - Smoothies or meal replacement shakes/bars
+ Drink milk with meals - 1% or 2% for additional calories
+ Bump up for portion sizes
+ Eat before and after training
  - Carbohydrates (40-80 grams) for energy and protein (10-20 grams) for muscle growth and repair

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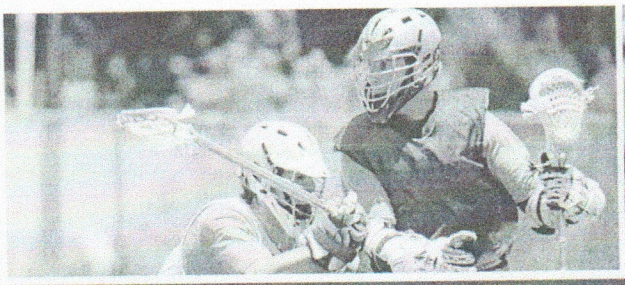
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Maintaining a Healthy Weight

Healthy Weight Loss:

The best time for athletes to lose weight is during the off-season or early in pre-season. A gradual weight loss of 1/2 to 2 pounds a week is the best way to maintain muscle mass. A rapid drop in weight often results in a loss of fluids and muscle mass, rather than fat mass. For female athletes losing weight, if their menstrual cycle stops, the calorie restriction is likely too great and should be relaxed.

+ Reduce portion sizes - try cutting them by 1/2 to 1/3 at meals and snacks
+ Eat breakfast, lunch and dinner
  - Include a protein source, whole grain, and fruit or vegetable
  - Choose low-fat or fat-free dairy options
+ Include small snacks before and after practice to promote energy and recovery
  - Pretzels with string cheese
  - Granola bar with low-fat yogurt
  - Graham crackers with low-fat pudding
  - Veggies and hummus
+ Increase water
+ Increase fiber for fullness
  - Whole wheat bread, Raisin Bran or Shredded Wheat cereal, brown rice
  - Fruits- oranges, apples, kiwi, melon, pineapple
  - Vegetables- salads, carrots, cucumbers, broccoli, celery, sweet potatoes, eggplant, cherry tomatoes, greens
+ Avoid soda, juice, and sugar-based drinks

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