

Humboldt State University



NUTRITION MANUAL

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GROCERY LIST

Protein

CHICKEN/TURKEY/BEEF

93% fat free ground beef
chicken breast- skinless, boneless
eye of round steak
fresh chicken breast
frozen chicken breast
ground sirloin
pork sirloin- boneless
top round steak
top sirloin steak
turkey breast
turkey tenderloins

DELI MEATS

chicken breast
honey ham
roast beef
smoked turkey
turkey breast
turkey pastrami

FISH

bay scallops
cod fillets
crab
mahi mahi

orange roughy
shrimp

Halibut/Swordfish
tuna steaks

PACKAGED MEAT

beef franks- Healthy Choice
beef franks- Oscar Meyer
ham- Hormel 97% fat free
turkey- Louis Rich fat free

DAIRY

cheese- Healthy Choice
cheese- Kraft fat free
cheese sticks- low fat motzerella
cream cheese- fat free

BEANS

kidney beans
pinto beans
refried beans- non fat
baked beans

BREADS

bagels- low fat
Bisquick- reduced fat
deli rye bread
potato bread
sourdough bread
tortillas- 98% fat free
whole grain bread
whole wheat bread

CEREALS

bran nut crunch- Post
bran shredded wheat
grape nut flakes
honey bunches- Kellogg's
oatmeal
shredded wheat
special k- Kellogg's
toasted oatmeal squares- Quaker

POTATOES

red potatoes

sweet potatoes
white potatoes
yams

RICE

black beans and rice
brown rice
red beans and rice
Rice-A-Roni
white rice

SOUPS

Campbell's Chunky soups
Healthy Choice soups

VEGETABLES

all frozen vegetables
broccoli
cabbage
carrots
cauliflower
celery
corn (canned)
corn on the cob
cucumbers
fresh asparagus
green beans
lettuce
mushrooms
onion
peas
peppers: red, green, yellow
tomato

SPRAYS/SAUCES/SPREADS

butter buds
butter spray- non fat
honey
jams- low sugar- Smuckers
lemon pepper, table blend,
Mrs. Dash spices: onion & herb
extra spicy, garlic & herb,
original blend
nonfat spread- Promise
olive oil
red vinegar
rice vinegar
salsa
soy sauce- lite
spaghetti sauce
syrup- Log Cabin- light

FAT SUBSTITUTES

barbeque sauce
ketchup
low fat salad dressings
mustard
nonfat mayonnaise- Kraft

GROCERY LIST

egg beaters
egg whites
low fat cottage cheese
skim milk
sour cream- fat free
yogurt- Yoplait fat free

Carbohydrates

FRUIT

apples
bananas
grapes
oranges
peaches
pears
strawberries

nonfat miracle whip- Kraft

SNACKS

Baked Lays
popcorn- Pop Secret
pretzels- Rold Gold
Pringles- fat free
tortilla chips- Tostitos
WOW chips

FOOD PREPARATION

The way meats and foods are prepared are IMPORTANT!
Vitamins and minerals lost, and Fat Content are effected by
the way foods are prepared.

This list will help you prepare food at home or help when eating out.
If you have any questions, do not hesitate to ask.

BEST

Baked
Barbequed
Blanched
Boiled
Grilled
Poached
Smoked
Steamed

GOOD

Braised
Broiled
Roasted
Rotisserie
Simmered
Stewed

WORST

Deep Fried
Pan Fried
Sautéed

*These are NOT all the ways that foods are prepared...this should help you on your way.

*These are listed in alphabetical order...they are not ranked in any way.

*As an athlete, your body requires 1-1.5 gallons of Water per day.

Eating on the go/good fast food choices:

*Fortunately it has become easier to eat healthy on the road.

Good Choices:

Subway- load on the veggies, especially spinach...Avoid The meatball and pastrami.

BK & McD- Broiled chicken sandwich no mayo, salad w/low fat dressing...NO FRIES!

Pizza- Cheese with extra sauce, veggie, ham/pineapple. Avoid white sauce and fatty meat.

Taco Bell/Mexican- Bean Burrito, chicken taco/burrito...ask for boiled beans if possible.

*Avoid soda, sugary drinks, and milkshakes...H2O and skim milk when possible.

AS AN ATHLETE, WHAT SHOULD MY DIET LOOK LIKE?

Carbohydrates

Carbohydrates are the body's *primary* source of energy

Should make up *60%* of your daily intake

The majority of Carb intake should be Complex (grains) not Simple (sugars)

If carbs are available from your diet, the body will use protein ingested toward recovery, repair, and rebuilding of muscle fibers.

Carbs not used as fuel will be stored as extra calories...*FAT*

Proteins

The body can only assimilate *30 - 50 grams* every 2 to 3 hours

If carbs requirement is met, protein will be synthesized and used to repair and rebuild muscle fibers *bigger and stronger* than before

Best Taken:

* *Pre workout*- small amount (about 6 grams), 1 hours before

Post workout*- large amount (double your norm), 1 hour following workout called "the window of opportunity**"

Proteins not used will be stored as extra calories...*FAT*

An athlete needs 1.0 - 1.5 grams of protein per kg of bodyweight daily.

Fats

Fat should make up no more than *20%* of your total caloric intake.

It is important not to completely cut fat from your diet to insure vitamin A,D,E & K.

Supplements

Supplements do exactly what the name says...*SUPPLEMENT a balanced diet*

If it sounds too good to be true...it probably is

Good choices:

- **Protein supplements* such as powder, bars, etc.
- **Creatine supplements* such as monohydrate, etc.
- **Glucosamine* to repair the body's connective tissue.
- **A generic Multi-vitamin* to insure RDA's are met

EATING SCHEDULE

TIME	SUN	MON	TUES	WED	THURS	FRI
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30						
9:00						
9:30						
10:00	Snack #1	Snack #1	Snack #1	Snack #1	Snack #1	Snack #1
10:30						
11:00						
11:30						
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30						
1:00						
1:30						
2:00	Snack #2	Snack #2	Snack #2	Snack #2	Snack #2	Snack #2
2:30						
3:00						
3:30						
4:00						
4:30						
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30						
6:00						
6:30						
7:00						
7:30						
8:00						
8:30	Snack #3-4	Snack #3-4	Snack #3-4	Snack #3-4	Snack #3-4	Snack #3-4

EATING SCHEDULE

SAT
Breakfast
Snack #1
Lunch
Snack #2
Dinner
Snack #3-4

Pre-game and Pre-practice meals

Make sure your pre-game meal plans follow these guidelines:

- Allow enough time for digestion. Eat the meal at least three hours before an event.
- Choose a meal that's high in starch. Starch is easy to digest and helps steady the levels of blood sugar.
- Consume only moderate amounts of protein. Protein foods take longer to digest than starch. And high-protein meals may lead to increased urine production, which can add to dehydration.
- Limit fats and oils. They take too long to digest.
- Restrict sugary foods. Sweets can cause rapid energy swings in blood sugar levels and result in low blood sugar and less energy.
- Avoid foods and drinks that contain caffeine. Caffeine stimulates the body to increase urine output, which can contribute to dehydration problems, and a full bladder can be very uncomfortable.
- Watch out for foods that produce gas. Certain raw vegetables, fruits, or beans may cause problems for some young athletes.
- Within these guidelines, chose foods you like to eat.
- Remember to drink plenty of fluids with your pre-game meal.

Sample Pre-game meals

Meal 1

Cereal (avoid highly sweetened cereals)
Banana slices
Milk (low-fat or skim)
Toast/jam
Pineapple juice*
Water

Meal 2

Chicken noodle soup
Crackers
Orange
Low-fat yogurt
Water

Meal 3

Poached Egg
Toast/jam
Milk (low-fat or skim)
Orange juice*
Water

Meal 4

Pancakes (limit butter and syrup)
Applesauce
Milk (low-fat or skim)
Grape juice*

Meal 5

Turkey Sandwich/bread & lettuce
Apple
Milk (low-fat or skim)
Tomato Juice
Water

Meal 6

Cottage Cheese/peach
Breadsticks
Milk (low-fat or skim)
Apple juice
Water

Meal 7

Spaghetti/tomato sauce
Bread
Milk (low-fat or skim)
Orange juice*
Water

*Juice your choice except for prune

SAMPLE DAILY MEAL PLAN

8:00am	10:00- 11:00am	12:00- 1:00pm	2:00- 3:00pm	5:00- 7:00pm
Breakfast	Snack #1	Lunch	Snack #2	Dinner
Eat FOOD <i>No Supplements</i>	Food and/or Supplements	Eat FOOD <i>No Supplements</i>	Food and/or Supplements	Eat FOOD <i>No Supplements</i>
<u>Lean Proteins</u> Egg Beaters Eggs Whites Fat Free Cottage Cheese Ham Low Fat Yogurt Omeletes Skim Milk Tuna	<u>Supplements</u> Champion Pure Whey Designer Whey Muscle Milk MetRx Big 100 Bar Next Detour Bar ProMax Bar Etc.	<u>Lean Proteins</u> Chicken Breast Ground Sirloin Ground Turkey Shrimp Tuna Turkey Breast White Fish <u>Deli Meats:</u> Ham Roast Beef Turkey	<u>Supplements</u> Champion Pure Whey Designer Whey Muscle Milk MetRx Big 100 Bar Next Detour Bar ProMax Bar Etc.	<u>Lean Proteins</u> Chicken Breast Ground Sirloin Ground Turkey Shrimp Tuna Turkey Breast White Fish <u>Deli Meats:</u> Ham Roast Beef Turkey
<u>Quality Carbohydrates</u> Bagels <u>Cereals:</u> Cheerios Grape Nuts Honey Oats Special K Etc. Fresh Fruit Oat/ Grain Muffins Oatmeal Potatoes (not fried) Raisins Whole Grain Breads	<u>Food</u> 1/2 Sandwich w/ Meat: Ham Roast Beef Tuna Turkey Etc. Bagels Baked Lays Fresh Fruit Pasta Potatoes (not fried) Rice Vegetables Whole Grain Breads	<u>Quality Carbohydrates</u> Baked Lays Beans Fresh Fruit Potatoes (not fried) Rice Sweet Potatoes Vegetables Whole Grain Breads	<u>Food</u> 1/2 Sandwich w/ Meat: Ham Roast Beef Tuna Turkey Etc. Bagels Baked Lays Fresh Fruit Pasta Potatoes (not fried) Rice Vegetables Whole Grain Breads	<u>Quality Carbohydrates</u> Baked Lays Beans Fresh Fruit Potatoes (not fried) Rice Sweet Potatoes Vegetables Whole Grain Breads

SAMPLE DAILY MEAL PLAN

8:00- 12:00am
Snack x2 eat twice in this 4 hr time frame
Food and/or Supplements
Supplements Champion Pure Whey Designer Whey Muscle Milk MetRx Big 100 Bar Next Detour Bar ProMax Bar Etc.
Food <u>1/2 Sandwich w/ Meat:</u> Ham Roast Beef Tuna Turkey Etc.
Bagels Baked Lays Fresh Fruit Pasta Potatoes (not fried) Rice Vegetables Whole Grain Breads

Lumberjack Iron
Strength and Conditioning

**times may vary- CLASS SHOULD NOT INTERFERE- plan ahead
**food lists and suggestions are not limited to what you see- Be smart and make good choices

Drew Petersen
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FOOD LIST FOR QUALITY PROTEINS AND CARBOHYDRATES

This list is limited- there are other options out there not mentioned here.
If you have any questions, do not hesitate to ask.

PROTEINS

Buffalo
Chicken Breast
Crab
Egg Beaters
Egg Whites
Haddock
Lean Ground Beef
Lean Ground Turkey
Lean Ham
Lobster
Low-Fat Cottage Cheese
Orange Roughy
Salmon
Shrimp
Swordfish
Top Round Steak
Top Sirloin Steak
Trout
Tuna
Turkey Breast
Whey Protein
*Soya Products
*Legumes
*Beans/Rice

*Not complete proteins/lacks essential amino acids

CARBOHYDRATES

Apples
Bagels (low fat)
Baked Potato
Bananas
Barley
Beans
Beets
Broccoli
Cantaloupe
Carrots
Corn
Corn Flakes
Fat-Free Yogurt
Grape Nuts
Grapes
Green Beans
Honeydew
Lima Beans
Oatmeal
Oranges
Pasta
Peaches
Pears
Peas
Pumpkin
Raw Green Vegetables
Spinach
Squash
Steamed Brown Rice
Steamed Wild Rice
Strawberries
String Beans
Sweet Potato
Watermelon
Whole Wheat Breads
Yam

*Foods are listed in alphabetical order...they are not ranked in any way.

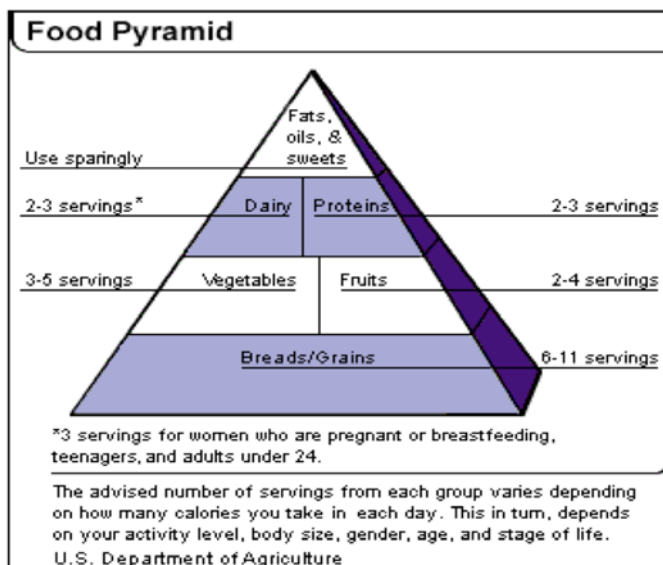
*Consume as many fruit and vegetables as possible.

*As an athlete, your body requires 1-1.5 gallons of Water per day.

Build your meal using the 3,2,1 rule:

3 parts carbohydrates, 2 parts protein and 1 part fat.

WEIGHT LOSS BASICS



Weight train. *The more lean muscle mass you have, the more calories you burn.*

Eat regularly and often. Try to eat **every 2 to 3 hours**. 3 meals a day with a snack in between.

Drink plenty of water. At least **8 glasses per day**. Your body is made up primarily of water, plus it helps to "flush" your system.

Portions control. Bigger is not better when it comes to food.
A portion should be about the size of your fist.

Eat a variety of food. If you eat the same food everyday, you will get the same nutrients everyday.

Prevent hunger! It is better to eat bad than not at all. If you wait until you are hungry more than likely you are going to over-eat.
Protein rich meals will satisfy your hunger longer and help maintain lean body weight.

Carbs are not bad. Extra calories are bad.
Carbs in fact are your bodies primary energy source. Choose Complex carbs not sugars.

Increase your fruit and vegetable intake. These make for great low calorie snacks and desserts and are full of needed vitamins and minerals.

Reward yourself. If you try to stick to a strict diet, more than likely it won't last very long.
Try to eat as healthy as possible during the week, and allow yourself to indulge a little on the weekend.

Limit excess calories. **Reduce** fried foods and sugars from your diet.
Most drinks such as beer, soda, punch, etc are full of sugar and excess calories .
Instead try to have water or low fat milk with meals.

Hydration and Fluid Requirements for Athletes

Fluids in the body have numerous functions and are essential to well being and life. Fluids form blood, aid digestion and prevent the body from overheating. For an Athlete, excessive sweating is an every day occurrence which must be followed by the replenishment of the lost water to stop the body from overheating. When sweat evaporates from the skin, it cools down the body and regulates the body temperature. If the athlete has not drunk enough water, the body will begin to overheat leading to low performance and even dangerous consequences. The amount of sweating differs from person to person and can also be influenced by external factors like temperature, humidity, altitude and clothing. .

An Athlete must be well aware of the benefits of drinking adequate water, and how the amount of water in the body can effect the body's functioning. A well hydrated athlete will perform better and avoid the dangers associated with dehydration. Hydration has an important function of cooling down the body. As an Athlete, you must know the importance of drinking enough water by making it a daily routine. Keep in mind that drinks with caffeine act as a diuretic and work against hydration. A cup of coffee contains 1.5 micrograms of caffeine. Alcohol consumption has the effect of heating up the body, and again has the opposite effect of hydration.

Avoiding dehydration

Dehydration is caused due to the lack of adequate drinking water. The first signs of dehydration are a lack of energy, which could further lead to headaches, dizziness and disorientation. The proper manner to hydrate the body is to replenish the water while it is being lost. There is no benefit in replenishing the body's fluids after the training session, as it could lead to dehydration and loss of performance. The following chart shows how the body is affected through increasing levels of dehydration.

1-2% - Thirst and weakness 3-4% - low performance, dry mouth,

5-6% - Increased body temperature, headache, irritability

7-10% - Dizziness, disorientation, heat stroke and even death

The right way to drink water

Water intake should be properly planned before the exercises, during the exercise and after the exercise.

(a) Before the training event – Consume 14-18 ounces of water 2 hours before the exercise. The 2 hour gap is enough to fully hydrate the body and leave enough time for the excess water to come out of the system. Plain water is the best source of hydration. Take 5-7 ounces of water just 15 minutes before the exercise to be fully hydrated before the physical activity.

(b) During the exercise – The athlete must constantly keep hydrating the body every 20-25 minutes with 5-10 ounces of water. Sports drinks are also a good idea during exercise as they help to replenish the sodium lost through perspiration.

(c) After the exercise – The athlete should be encouraged to replace all the lost fluid by consuming approx. 20 ounces of fluid for every pound of weight lost.

You should drink enough H₂O to urinate at least 4x/day.