



Sports Nutrition

Don't let the summer months beat you. It doesn't take long to ruin all of your hard work from the school year. Make nutrition a priority this offseason/summer so you return to school prepared for next season. This packet highlights and explains each of the 5 nutrition goals promoted at Santa Fe High School. Follow these guidelines to stay energized during exercise, enhance recovery between workouts, and maintain a healthy body composition.

5 Nutrition Habits of Champions

- 1) Hydrate
- 2) Refuel
- 3) Eat at Regular Intervals
- 4) Choose a Varied and Balanced Diet
- 5) Meet Your Energy Needs

Daily Checklist

Complete this checklist daily to ensure you are achieving optimal nutrition

- _____ I ate breakfast
- _____ I ate 3 balanced meals
- _____ I ate 2-3 nutritious snacks
- _____ I ate 2-3 pieces of fruit
- _____ I ate 3-5 servings of vegetables
- _____ I ate 3-4 servings of low-fat dairy products
- _____ I ate a lean source of protein in each meal
- _____ I ate a source of carbohydrates in meals and snacks
- _____ I selected foods moderate or low in fat
- _____ I drank water regularly throughout the day
- _____ I drank Powerade during intense conditioning
- _____ I refueled within 60 minutes following workouts
- _____ I took a multivitamin

5 Nutrition Habits of Champions

1) HYDRATE

Dehydration

- Raises your body temperature
- Makes you work harder at lower exercise intensities
- Causes headache, dizziness, and fatigue
- Leads to muscle cramping Stay Hydrated
- Drink at least 1 cup of water every hour

TIP: Carry a water bottle around with you for a reminder

- Drink 1-2 cups of Powerade about 15 minutes before exercise
- Drink 1-2 cups of fluid every half hour during exercise

TIP: Select Powerade over water if you are a salty sweater or exercising for longer than an hour

- Drink 3 cups of Powerade after exercise TIP: Add 2 more cups of water or Powerade for each pound lost during exercise

Monitor Hydration Urine color - Clear to pale yellow color and frequent need to urinate signals adequate hydration. Infrequent, dark urine reflects your body begging you to drink.

Weight loss - Weighing yourself before and after practice allows you to estimate fluids lost in sweat. Replace each pound with 2 cups of fluid.

5 Nutrition Habits of Champions

2) REFUEL

Purpose 1) To replace carbohydrates used for energy and build stores for the next workout 2) To provide protein for aid in muscle repair and to prevent muscle breakdown 3) To take the first step in recovery for your next workout

Timing the critical time to refuel is within the first 30 minutes after exercise, when your body is able to maximize absorption of carbohydrates and protein.

Nutrients

Water: at least 3 cups of fluid plus an additional 2 cups for each pound of weight loss

Carbohydrates: 50-100 grams

Protein: 15-25 grams

Recommended Food Combinations

- Muscle Milk and 2 cups of Powerade
- 2 cups of low-fat chocolate milk and a banana
- Peanut butter and jelly sandwich and 2 cups of Powerade
- Bagel and part-skim mozzarella string cheese
- 8 oz. of low-fat yogurt mixed with 1/2 cup granola cereal
- 2 cups of cereal with skim or 1% milk

5 Nutrition Habits of Champions

3) EAT AT REGULAR INTERVALS

Purpose 1) To maintain blood sugar levels for constant energy throughout the day 2) To minimize overwhelming hunger that leads to overeating late at night 3) To encourage protein synthesis instead of fat storage

Recommendations Aim for 3-4 balanced meals daily

- Begin your day with a meal, even if it is not a traditional breakfast
- Regardless of your work or class schedule, make sure to include a lunch -This may require packing food ahead of time
- Prepare or purchase a dinner that is about the same size as breakfast and lunch
- For weight gain, eating a fourth meal will help you to consume more calories
- Starving all day and binging at night will sabotage both weight loss and weight gain efforts -Aim for 2-4 snacks daily
- Including a small snack in between meals will control your hunger
- Adding large snacks will help increase calories needed for weight gain
- Eating a high-carbohydrate snack pre-workout will provide quick energy
- Refueling after exercise is an essential snack for all athletes

5 Nutrition Habits of Champions

4) CHOOSE A VARIED AND BALANCED DIET

Follow these three steps to ensure you reach nutrient recommendations.

Step 1: Eat antioxidant-rich fruits and vegetables

Goals

- 1) Aim for 2-3 pieces of fruit per day
 - 2) Aim for 3-5 servings of vegetables per day
- 1 serving is 1 cup raw or 1/2 cup cooked veggies

Examples

- fresh fruit, frozen fruit, canned fruit in water or juice, 100% fruit juice, dried fruit
- fresh vegetables, frozen vegetables, canned vegetables, 100% vegetable juice

Step 2: Eat energy-supplying carbohydrates

Goals

- 1) At least half of your calories should come from carbohydrates
- 2) Include a source of carbohydrates in every meal and snack

Examples

- whole grain bread, cereal, pasta, rice, oats
- starchy vegetables such as potatoes, sweet potatoes, winter squash, corn
- limit empty calories such as soda, sweet tea, candy, and sugary desserts

Step 3: Eat muscle-building, lean protein sources

Goals

- 1) Up to 1/4 of your calories may come from protein
- 2) Include a source of lean protein in every meal

Examples

- chicken breast, sirloin steak, lean ground beef, fish, egg whites, beans
- low-fat dairy products such as skim milk, low-fat yogurt, and 2% cheese

5 Nutrition Habits of Champions

5) MEET YOUR ENERGY NEEDS

Match your food intake to your body composition goals.

- Increase total calories to gain lean muscle mass
- Decrease total calories to shed excess body fat
- Maintain total calories to avoid weight gain or loss

Sample Meal Plans

Six sample meal plans have been provided at varying energy levels to guide your food choices. If no beverage is listed with food items, select water, crystal light, or unsweetened iced tea. Diet soda may be consumed in moderation because it has been shown to cause sugar cravings in some individuals.

If you fail to reach all of your vitamin and mineral requirements on a daily basis, it is also recommended that you take a general multivitamin.

2000 CALORIE DIET

Appropriate for some female athletes who have a low body weight or are trying to lose weight, likely from sports such as golf, diving, and softball.

Breakfast: 2 cups of Cheerios with 1 cup of skim milk
1 medium banana

Morning Snack: 12 baby carrots

Lunch: 3 slices of turkey breast on 2 slices of whole wheat bread with lettuce, tomato, 1 slice of Swiss cheese and 1 Tbsp of mayonnaise 1 medium apple

Afternoon Snack: Peanut butter granola bar

Dinner: Salad containing 1 cup spinach, 3 oz. grilled chicken breast, 1/2 cup chickpeas, 1/2 cup canned mandarin oranges, mushroom, and onion topped with 1/2 oz. dried walnuts; and 1 Tbsp red wine vinaigrette; 1 cup skim milk

Evening Snack: 6 oz. low-fat yogurt

During Practice: Approximately 3 cups of Powerade

Sample Meal Plans

2500 CALORIE DIET

Appropriate for female athletes who are involved in cross-country, softball, diving, and golf as well as some low body weight female athletes in tennis, volleyball, and swimming.

Breakfast: 2 packets instant oatmeal mixed with 1/2 cup skim milk and 1 cup strawberries

Morning Snack: 1/4 cup of dry roasted almonds

Lunch: Tuna salad sandwich on 2 slices rye bread made with 3 oz. tuna, 2 tsp mayonnaise, celery, lettuce, and topped with tomato slices; 1 medium pear; 16 wheat thin crackers dipped in 1 Tbsp hummus

Afternoon Snack: 1/4 cup of granola cereal mixed in 6 oz. low-fat yogurt

Dinner: 3 oz. grilled or roasted chicken breast

1 large baked sweet potato topped with 2 tsp brown sugar and 1 Tbsp margarine

1 whole wheat dinner roll

2 cups salad with mixed greens, cucumber, tomato, sunflower seeds, and 1 Tbsp red wine vinaigrette dressing

Evening Snack: 3 cups of reduced-fat popcorn; 2 pieces part-skim mozzarella string cheese

During Practice: Approximately 4 cups of Powerade

3000 CALORIE DIET

Appropriate for female athletes who are involved in basketball, track, soccer as well as some female athletes from volleyball, tennis, and swimming. Male athletes who maintain a low body weight or want to lose weight may also follow this plan.

Breakfast: 4 frozen multigrain waffles topped with 1/2 cup of blueberries, 1 Tbsp of margarine, and 2 Tbsp of maple syrup

Morning Snack: 1 medium banana covered with 2 Tbsp natural peanut butter

Lunch: 6" steak sub on wheat bread with 3 oz. grilled sirloin, 1 slice part-skim mozzarella cheese, onion, and green pepper 1 cup skim milk

Afternoon Snack: 8 triscuit crackers dipped in 3 Tbsp of hummus

Dinner: 1-1/2 cups whole wheat pasta with marinara sauce containing grilled chicken breast, tomatoes, and broccoli; 1 whole wheat dinner roll with 1 tsp margarine spread; 1 cup skim milk

Evening Snack: 1 Oats 'N Honey granola bar

During Practice: Approximately 4 cups of Powerade

Sample Meal Plans

3500 CALORIE DIET

Appropriate for some male athletes from tennis, cross-country, swimming, baseball, golf, and diving. Some very active female athletes may require this calorie level to maintain their weight.

Breakfast: Egg sandwich with 1 scrambled egg and 1 slice of 2% cheddar cheese on a whole wheat English muffin

1 cup of 1% milk

1 grapefruit with 1 Tbsp sugar

Morning Snack: 1 cup of grapes; 6 oz. of low-fat yogurt with 1/4 cup granola cereal

Lunch: Chicken Caesar pita with 1/2 grilled chicken breast, romaine lettuce, tomato, cucumber, 2 Tbsp Caesar salad dressing, and 1 Tbsp Parmesan cheese

1 medium orange

1/2 cup goldfish crackers

Afternoon Snack: 1 cup applesauce; 1/4 cup dry roasted almonds

Dinner: Stir-fry with 5 oz. sirloin steak, 1 cup brown rice, and sauteed green pepper, onion, sugar snap peas, and broccoli

Evening Snack: 1 large baked tortilla dipped in 1 cup thick-and-chunky salsa; 1 cup of 1% milk

During Practice: Approximately 5 cups of Powerade

4000 CALORIE DIET

Appropriate for most male athletes involved in sports such as football, basketball, track as well as some from baseball, tennis, cross-country, and swimming.

Breakfast: 1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk

1 cup of 100% orange juice

Morning Snack: Peanut butter and jelly sandwich on 2 slices of whole wheat bread

Lunch: 1 baked chicken breast with 2 cups of rice

1/2 cup of peas and 1/2 cup of corn

1 cup of 2% milk

Afternoon Snack: 12 baby carrots dipped in low-fat ranch dressing

1 small bowl of pretzels

Dinner: 3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick and chunky salsa

Evening Snack: 1 medium apple dipped in 6 oz. of low-fat yogurt

During Practice: Approximately 6 cups of Powerade

Sample Meal Plans

5000 CALORIE DIET

Appropriate for high weight football players as well as basketball or football players trying to gain weight.

Breakfast: 3 large scrambled eggs

2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp jelly

1 cup of 100% apple juice

Morning Snack: 1 medium orange

1 whole wheat bagel topped with 2 Tbsp of natural peanut butter

Lunch: 1 chicken breast with 1 cup of macaroni and cheese

1 cup mixed vegetables

1 cup of 100% grape juice

Afternoon Snack: 1 muscle milk

1 medium apple

Dinner: 6 oz. sirloin steak

2 cups black beans and rice

2 cups mixed salad greens and vegetables with Italian dressing

1 cup of 100% orange juice

Evening Snack: 2 cups of 2% chocolate milk

1/2 cup dry roasted almonds

During Practice: Approximately 6 cups of Powerade

When planning your own meals for home or eating out, think about dividing your plate into thirds: cover 1/3 with fruits or vegetables, 1/3 with high fiber starches, and 1/3 with lean protein.

The Perfect Plate:

fruits & veggies

starch

lean protein

SFHS

Food Choices

***Green Choice** = ideal choice within moderation

***Yellow Choice** = ok choice within moderation

***Red Choice** = least ideal choice

CARBOHYDRATES

Green

Acorn Squash
Black Beans
Butter Beans
Broccoli
Carrots
Cherries
Chick Peas
Cucumbers
Egg Noodles
Egg Plant
Green Beans
Kidney Beans
Lentils
Lettuce
Mushroom
Nectarines
Whole Oatmeal
Onions
Pears
Plums
Spinach
Split Peas
Summer Squash
Yam

Yellow

All-Bran Cereal
Apple
Baked Beans
Banana
Brown Rice
Cheerios
Cream of Wheat
Fiber One Cereal
Grapes
Green Peas
Multi-Gran Bread
New Boiled Potatoes
Oat Bran
Orange
Pita Bread
Raisins
Rye Bread
Special K Cereal
Sweet Corn
Sweet Potato
Tortillas
Unsweetened Fruit Juice
Whole Grain Bread
Whole Wheat Flour
Whole Wheat Pasta

Red

Baked Russet Potatoes
Candy
Cartoon Cereal
French Bread
French Fries
Golden Grahams
Hashbrowns
Mashed Potatoes
Puffed Rice
Refried Beans
Sweetened Drinks
White Bread
White Flour
White Rice

Things to remember:

1. Incorporate fruits and vegetables when choosing carbohydrates. Put color on your plate!
2. Fresh produce is best.

SFHS

Food Choices

***Green Choice** = ideal choice within moderation

***Yellow Choice** = ok choice within moderation

***Red Choice** = least ideal choice

PROTEINS

Green

Chicken Breast
Cod
Egg
90% Lean ground beef
Lean ground turkey
Low-fat Cottage Cheese
Salmon
Skim Milk
Skinless white turkey
Tilapia
Tuna
Tuna in water
Yogurt from skim milk

Yellow

2% milk
85% lean ground beef
Low-fat Cheese
Low-fat Pudding
Ricotta Cheese
Skim Mozzarella
Trimmed steak or pork
Turkey Bacon or Sausage
Turkey Bacon or Sausage

Red

75% lean ground beef
Bacon
Beef or Pork Ribs
Chicken with skin
Fried Chicken
Fried Fish
Ham on bone
Ice Cream
Regular Cheese
Whole Eggs
Whole Milk

FATS

Green

Almonds
Avocado
Olive Oil
Walnuts

Yellow

Natural Peanut Butter

Red

Butter
Candy
Coconut Oils
Coffee Creamer
Fried Foods
Low-fat Mayo
Ranch Dressing
Whipping Cream
Whole Milk