WHAT ARE THE BENEFITS OF MAKING DIETARY CHANGES?

- DELAYED FATIGUE
- ENHANCED HEALING OF INJURIES
- FASTER RECOVERY FROM ILLNESS
- IMPROVED PERFORMANCE

- BETTER CONCENTRATION
- CAN MAKE YOU A BETTER ATHLETE WITHOUT MORE TRAINING

WHAT YOU CANNOT CHANGE ABOUT YOUR BODY:

- HEIGHT.
- BODY FRAME (BONE DENSITY).
- BODY SHAPE (WHERE WEIGHT IS CONCENTRATED).

WHAT ARE THE BEST WAYS TO MANAGE YOUR PERFORMANCE AND HEALTH?

- CHOOSE NUTRIENT DENSE FOODS
- EAT EVERY 3-4 HOURS TO KEEP ENERGY, CONCENTRATION, AND METABOLISM HIGH

DID YOU KNOW?

- STUDIES OF ATHLETES EATING 5 TO 6 TIMES PER DAY SHOW THEY HAVE MORE ENERGY THAN THOSE WHO EAT JUST THREE TIMES PER DAY?
- EAT SNACKS THAT PACK A NUTRITION PUNCH, SUCH AS:
  - BAGEL WITH PEANUT BUTTER
  - GRANOLA BARS AND MILK
  - ENERGY BARS AND SPORTS DRINK
  - CHEESE AND CRACKERS
  - TRAIL MIX WITH NUTS, CHOCOLATE PIECES AND RAISINS
  - BANANA, APPLE.

USING THE PYRAMID

- INCLUDE AT LEAST 3 FOOD GROUPS PER MEAL
- INCLUDE A PROTEIN SOURCE AT EACH MEAL
  - MILK OR CHEESE, MEAT , PB, DRIED BEANS, EGGS
- FRUITS & VEGETABLES SHOULD INCLUDE A VARIETY OF COLOR FOR MAXIMUM NUTRITION.
  - VITAMINS, MINERALS, PHYTOCHEMICALS
- THERE IS NO PERFORMANCE BENEFIT FOR A VERY LOW FAT DIET, <15% CALORIES FROM FAT
  - MAY ADVERSELY AFFECT PERFORMANCE AND INCREASE RISK OF ILLNESS.

MATCHING- HOW MANY CALORIES PER GRAM ARE IN THE FOLLOWING? (ANSWERS CAN BE USED MORE THAN ONCE)

- **PROTEIN 4**
- **FAT 9**
- **CARBOHYDRATE 4**
- **ALCOHOL 7**

A) 7 CALORIES/GRAM

B) 4 CALORIES/GRAM

C) 9 CALORIES/GRAM

BREAD, CEREAL, RICE & PASTA GROUP

- THE FOOD GUIDE PYRAMID SUGGESTS THAT PEOPLE EAT **6 TO 11 SERVINGS FROM THIS GROUP EACH DAY**. CHOOSE WHOLE-GRAIN FOODS, SUCH AS WHOLE-WHEAT BREAD AND WHOLE-GRAIN CEREAL, SUCH AS OATMEAL. HERE ARE SOME EXAMPLES OF WHAT COUNTS AS ONE SERVING:
  - 1 SLICE OF BREAD
  - 1/2 CUP OF COOKED RICE OR PASTA
  - 1/2 CUP OF COOKED CEREAL
  - 1 OUNCE OF COLD CEREAL
  - 1/2 BAGEL OR ENGLISH MUFFIN

EXAMPLE SERVINGS:

- 1 SLICE OF BREAD
- 1/2 CUP OF COOKED RICE OR PASTA
- 1/2 CUP OF COOKED CEREAL
- 1 OUNCE OF COLD CEREAL
- 1/2 BAGEL OR ENGLISH MUFFIN

IF AN ATHLETE IS NOT EATING ENOUGH CARBOHYDRATE, WHAT ARE SOME OF THE NEGATIVE CONSEQUENCES THIS ATHLETE WILL EXPERIENCE? (SELECT ONE OR MORE)

A) LOW CHO STORES (GLYCOGEN) IN LIVER & MUSCLES

B) ABILITY TO DO HIGH INTENSITY EXERCISE IS IMPAIRED

C) DEHYDRATION OF MUSCLES

D) EARLY FATIGUE AND CRAMPING OF MUSCLES

E) INCREASED PROTEIN WILL BE USED FOR ENERGY

F) ALL OF THE ABOVE

DURING TRAINING AND IN SEASON, THE PORTION OF TOTAL CALORIES THAT SHOULD COME FROM CARBOHYDRATES IS?

- 50-60%
- 60-70%**

****NOTE: FOR AN ATHLETE REQUIRING 3000 CALORIES 60% OF CALS IS 450 GRAMS OF CHO.**

HOW MANY SERVINGS OF VEGETABLES SHOULD YOU EAT EACH DAY?

A 1-3 SERVINGS

B 10-12 SERVINGS

C 3-5 SERVINGS

VEGGIES SHOULD COVER HOW MUCH OF YOUR PLATE?

A 1/4

B 1/3

C 1/2

EXAMPLE SERVINGS:

- 1 CUP OF RAW LEAFY VEGETABLES
- 1/2 CUP OF OTHER RAW VEGETABLES OR COOKED VEGETABLES
- 3/4 CUP OF VEGETABLE JUICE

OF ALL HEALTH PROTECTIVE FOODS, FRUITS ARE THE BEST. EAT ORANGES, GRAPEFRUIT, BANANAS, CANTALOUPE, STRAWBERRIES AND MANGO RIGHT AWAY IN THE MORNING.

TRUE OR FALSE?

THE FOOD GUIDE PYRAMID SUGGESTS THAT PEOPLE EAT **1 TO 3 SERVINGS FROM THE FRUIT GROUP EACH DAY**.

FALSE

IT IS SUGGESTED TO EAT 2 TO 4 SERVINGS OF FRUIT EACH DAY

EXAMPLE SERVINGS:

- 1 MEDIUM-SIZED APPLE, BANANA, OR ORANGE
- 1/2 CUP OF COOKED OR CANNED FRUIT
- 1/2 CUP OF FRUIT JUICE (LIKE ORANGE JUICE, GRAPEFRUIT JUICE, OR CRANBERRY JUICE) - BUT YOU'RE BETTER OFF WITH REAL FRUIT THAN YOU ARE WITH JUICE!

ACCORDING TO THE FOOD GUIDE PYRAMID, HOW MANY DAIRY SERVINGS SHOULD YOU BE CONSUMING EACH DAY?

A 2-3 SERVINGS

B 1-2 SERVINGS

C 5-7 SERVINGS

WHICH OF THE FOLLOWING IS AN EXAMPLE OF 1 SERVING OF DAIRY?

A 1 CUP OF MILK
B 1 CUP OF YOGURT
C 1 OUNCE OF CHEESE
D ALL OF THE ABOVE

HOW MANY SERVINGS OF PROTEIN DOES THE FOOD GUIDE PYRAMID RECOMMEND EATING EACH DAY?

A 1-3 SERVINGS

B 2-3 SERVINGS

C 4-5 SERVINGS

EXAMPLE SERVINGS:

- 2 TO 3 OUNCES OF COOKED LEAN MEAT, POULTRY, OR FISH - THAT'S A LITTLE SMALLER THAN THE SIZE OF A DECK OF CARDS
- AN OUNCE OF MEAT IS ALSO EQUAL TO:
- 1 EGG
- 1/2 CUP OF COOKED DRY BEANS (LIKE PINTO, BLACK, OR NAVY BEANS)
- 1 TABLESPOON OF PEANUT BUTTER

GROUND BEEF, LEAN, BAKED 3.5OZ. GRAMS PROTEIN.

24.3 CHICKEN BREAST, BROILED, NO SKIN 3.0 OZ. 25.3 GRAMS OF PROTEIN.

MILK (ALL TYPES) 8 FL. OZ. 8.0 GRAMS OF PROTEIN.

EGG 1 LARGE 6.5 GRAMS OF PROTEIN.

PB&J ON WHEAT BREAD 12 GRAMS OF PROTEIN.

FATS, OILS & SWEETS

- THE FOOD GUIDE PYRAMID SUGGESTS THAT WHEN IT COMES TO FATTY, OILY, OR SUGARY FOODS, PEOPLE SHOULD USE THEM SPARINGLY. IN OTHER WORDS, EAT ONLY A LITTLE BIT AND DON'T EAT THEM VERY OFTEN.

WHAT IS THE BENEFIT FROM A VERY LOW FAT DIET (<15% calories)?

THERE IS NO PERFORMANCE BENEFIT FOR A VERY LOW FAT DIET, IT MAY NEGATIVELY AFFECT PERFORMANCE AND INCREASE RISK OF ILLNESS.

INSTEAD OF THIS-

CAKE OR COOKIES.

TRY THIS-

FRESH FRUIT DIPPED IN NATURAL PEANUT BUTTER.

TRUE OR FALSE – VITAMIN AND MINERAL SUPPLEMENTS PROVIDE BOTH CALORIES AND NUTRIENTS THAT ARE BENEFICIAL TO ATHLETES.

- **FALSE – VITAMIN AND MINERAL SUPPLEMENTS PROVIDE NUTRIENTS BUT NOT CALORIES/ENERGY. CALORIES COME FROM CARBS, PROTEIN, FAT, AND ALCOHOL.**

KEEP THESE THREE QUESTIONS IN MIND EVERYTIME YOU LOAD UP YOUR PLATE.

ARE OVER HALF THE FOODS ON MY PLATE GOOD SOURCES OF COMPLEX CARBOHYDRATE?

EXAMPLES INCLUDE; BANANAS; APPLES; PASTA; RICE; POTATOES; BREAD; VEGETABLES; FRUITS.

HAVE I INCLUDED A GOOD SOURCE OF VITAMIN A AND C WITH MY MEAL?

EXAMPLES INCLUDE; PINEAPPLE; CANTALOUPE; TOMATOES; SPINACH; BROCCOLI; CARROTS; ORANGE JUICE.

HAVE I SELECTED A LEAN SOURCE OF PROTEIN WITH MY MEAL?

EXAMPLES INCLUDE: SEAFOOD; SKIM MILK; WILD RICE; BAKED CHICKEN BREAST; SPAGHETTI WITH MEAT SAUCE.

REST VIA NIGHT TIME SLEEP OR A COMBINATION OF NIGHT SLEEP AND NAPS BETWEEN 7.5 AND 8.5 HOURS EVERYDAY.

HOW MANY MINUTES ***BEFORE*** A WORKOUT OR GAME SHOULD YOU EAT A SNACK?

- 45-60 MINUTES
- SOME EXAMPLES OF A SNACK YOU COULD EAT INCLUDE:
  - BOWL OF CORN FLAKES & LOW FAT MILK
  - PB & J & WATER
  - LOW FAT YOGURT & GRANOLA & WATER
  - POWERBAR / CLIF BAR AND WATER
- WHAT AN ATHLETE TOLERATES VARIES BY INDIVIDUAL
- TRY DIFFERENT FOODS TO SEE WHAT WORKS FOR YOU

PRE WORKOUT MEAL IDEAS

MENU #1

- LEAN TURKEY SANDWICH
- BAKED CHIPS
- ORANGE SLICES
- LOW FAT/NONFAT MILK

PRE WORKOUT MEAL IDEAS

MENU #2

- PASTA SALAD WITH VEGGIES AND LEAN HAM
- GRAPES
- OATMEAL COOKIES
- WATER AND SPORTS DRINK

PRE WORKOUT MEAL IDEAS

MENU #3

- GRILLED CHICKEN BREAST
- RICE PILAF
- SALAD WITH LOW FAT DRESSING
- FROZEN YOGURT
- FRUIT JUICE

DO YOU WANT TO WIN?

EAT BREAKFAST EVERYDAY.

QUICK AND EASY BREAKFAST IDEAS:

- 6 OR 8OZ CONTAINER OF LOW-FAT YOGURT
- SMALL MUFFIN TOPPED WITH YOGURT
- PEANUT BUTTER ON WHOLE WHEAT TOAST AND SKIM MILK

- SMALL SLICE OF CHEESE PIZZA AND OJ
- INSTANT OATMEAL WITH SKIM MILK
- BREAKFAST SMOOTHIE (SKIM MILK, FROZEN FRUIT AND WHEAT GERM BLENDED)

•TOASTED WHOLE WHEAT WAFFLE, TOPPED WITH FRESH FRUIT

•BAGEL W/ PEANUT BUTTER OR LIGHT CREAM CHEESE

•PACKET OF INSTANT BREAKFAST W/ SKIM MILK

HOW MUCH TIME DO YOU HAVE TO OPTIMALLY REFUEL AFTER YOUR WORKOUT?

A 20- 40 MINUTES AFTER ACTIVITY

B 50-60 MINUTES AFTER ACTIVITY

C 15-30 MINUTES AFTER ACTIVITY

POST WORK OUT SNACKING

- IMPORTANT BECAUSE YOU HAVE A LIMITED AMOUNT OF TIME TO OPTIMALLY REFUEL (15-30 MINUTES AFTER ACTIVITY).
- NEED >60 GRAMS OF CARBOHYDRATE FOR RECOVERY.
- EAT PROTEIN IN ORDER TO MAXIMIZE THE RE-FUELING PROCESS.

RECOVERY FOODS TO BE EATEN IMMEDIATELY AFTER YOUR WORKOUT INCLUDE…

BAKED POTATO; WATERMELON; PINEAPPLE; RAISINS; GNOCCHI; GRAPENUTS; LIFE SAVERS; CORN CHIPS; CHEERIOS; BAGEL & CREAM CHEESE; TURKEY SANDWICH; SKIM MILK; CHILI; BEANS AND RICE.

RECOVERY FOODS TO BE EATEN WITHIN A COUPLE OF HOURS AFTER YOUR WORKOUT INCLUDE…

BANANAS; ORANGE JUICE; CHEESE TORTELINNI; SWEET CORN; PEAS; CHEESE PIZZA; SPLIT PEA SOUP; BAKED BEANS; OATMEAL; CARROTS; SPECIAL K; RICE; MINI WHEATS; MANGO; MIXED GRAIN BREAD; POPCORN.

RECOVERY FOODS TO BE EATEN A FEW HOURS AFTER YOUR WORKOUT INCLUDE…

APPLES; GRAPEFRUIT; BLACK BEANS; CHOCOLATE MILK; PASTA; NUTS & SEEDS; YOGURT; KIDNEY BEANS; LENTILS; SOY MILK; PEARS; FISH STICKS; PINTO BEANS; MEAT–FILLED RAVIOLI; ALL BRAN CEREAL.

HOW MANY GRAMS OF CARBOHYDRATES SHOULD YOU EAT TO OPTIMALLY RECOVER AFTER A WORKOUT?

- GREATER THAN 60 GRAMS

GREAT SNACKS ON THE RUN INCLUDE ALL BUT WHICH FOOD?

A – RAISINS AND DRIED FRUIT

B – PRETZELS AND JUICE BOXES

C – DEEP FRIED OREOS

D – FIG BARS

GREAT SNACKS ON THE RUN INCLUDE, PRETZELS; JUICE BOXES; FIG BARS; RAISINS AND DRIED FRUITS.

INCREASE THE AMOUNT OF FOOD YOU EAT PER DAY DURING TIMES OF INCREASED (QUANTITY AND/OR INTENSITY) TRAINING.

IN THE BLANK NEXT TO THE STATEMENT, MATCH THE PROPER ENERGY SYSTEM & FUEL SOURCE WITH THE FOLLOWING STATEMENTS:

- **WHAT IS THE PRIMARY FUEL SOURCE FOR A SINGLE SPRINT OR JUMP?** C) CREATINE
- **WHAT IS THE PRIMARY FUEL SOURCE FOR REPEATED SPRINTS OR JUMPS?** B) STORED CARBOHYDRATE
- **WHAT IS THE PRIMARY FUEL SOURCE FOR AN ENTIRE MATCH OR GAME?** A) FAT

a) AEROBIC (FAT)

b) ANAEROBIC GLYCOLOSIS (GLYCOGEN – STORED CARB)

C) ANAEROBIC ATP/PC (CREATINE)

TRUE OR FALSE?

EAT & DRINK EVERY THREE HOURS REGARDLESS OF WHETHER Y0U ARE HUNGRY OR THIRSTY

TRUE

ACCORDING TO RESEARCH, EXERCISERS WHO DRINK _____ DURING ACTIVITY CAN WORK OUT HARDER AND LONGER AND ARE LESS LIKELY TO OVEREAT FOLLOWING A WORKOUT

A WATER

B SPORTS DRINKS

C RED BULL

TRUE OR FALSE?

SPORTS DRINK CONSUMPTION DURING EXERCISE CONTRIBUTES TO WEIGHT GAIN.

FALSE

FACT:

ACCORDING TO RESEARCH, EXERCISERS WHO DRINK SPORTS DRINKS DURING ACTIVITY CAN WORK OUT LONGER AND HARDER AND ARE LESS LIKELY TO OVEREAT FOLLOWING A WORKOUT. RESEARCH ALSO SHOWS THAT CONSUMING CARBOHYDRATES DURING EXERCISE MAKES ACTIVITY FEEL EASIER.

TO STAY LEAN-

EAT BREAKFAST.

PEOPLE WHO DO ARE LEANER THAN THOSE WHO DO NOT.

TO STAY LEAN, EAT UNTIL _____ NOT _____.

A SATISFIED NOT STUFFED

B STUFFED NOT JUST SATISFIED

C NONE OF THE ABOVE

TO STAY LEAN-

DECREASE PORTION SIZES.

USE A SMALLER PLATE, BOWL, AND CUP FOR EATING.


Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
Calories 260 Calories from fat 120
% Daily Value*
Total Fat 13g 20%
Saturated Fat 5g 25%
Cholesterol 30mg 10%
Sodium 660mg 28%
Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%
Sugars 5g
Protein 5g
Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FOOD LABELS

WHAT TO LOOK FOR?

-CHECK SERVING SIZE

-CHECK CHO/SVG-->.60G

-CHECK PRO/SVG

TO STAY LEAN-

DILUTE JUICES AND DRINKS.

DO NOT DRINK ALCOHOL SO YOU DO NOT DRINK YOUR CALORIES.

TO STAY LEAN YOU SHOULD DECREASE BEVERAGE CALORIES BY DRINKING MORE

A SODA

B BEER

C WATER

TO STAY LEAN-

EAT SMALL MEALS EVERY THREE HOURS.

STAYING ON THIS TYPE OF SCHEDULE BRINGS DOWN CHANCES OF OVEREATING AND MAY KEEP YOUR METABOLISM FROM SLOWING DOWN.

INSTEAD OF _____
TRY _____.

A SUGAR CEREAL W/2% MILK & A FRUIT BAR; WHOLE GRAIN CEREAL WITH NONFAT MILK, HANDFUL OF NUTS, AND A PIECE OF FRESH FRUIT

B COTTON CANDY; M&M'S

C BLUEBERRY MUFFIN; BUTTERY CROSSIANT

TO STAY LEAN-

EAT SLOWLY.
THE BRAIN NEEDS ABOUT 20 MINUTES TO RECEIVE THE SIGNAL THAT YOU HAVE EATEN AND ARE FULL.

INSTEAD OF _____
TRY _____

A DONUT OR SWEET ROLL; WHOLE GRAIN BAGEL WITH NUT BUTTER

B WHOLE GRAIN BREAD; WHITE BREAD

C CHEESE FRIES; EXTRA CHEESE PIZZA

TO STAY LEAN-

EAT YOUR FAVORITE FOODS (IN SMALL PORTIONS) ON A REGULAR BASIS.

IF YOU DENY YOURSELF PERMISSION TO EAT YOUR FAVORITE FOODS, YOU'RE LIKELY TO BINGE.

INSTEAD OF THIS-
SAUSAGE OR PEPPERONI PIZZA.

TRY THIS-
VEGETABLE PIZZA AND GARDEN SALAD.

TO STAY LEAN-

CUT DOWN ON HIGH CALORIE CONDIMENTS SUCH AS MAYONNAISE, SALAD DRESSING, CREAM CHEESE, AND GRAVY.

INSTEAD OF _____
TRY _____

A CHIPS AND DIP; FRENCH FRIES

B CHIPS AND DIP; ALBACORE TUNA ON WHOLE WHEAT BREAD

C BLUEBERRY MUFFIN; BUTTERY CROSSIANT

PACK TO GO!

PACKING THE NIGHT BEFORE MAKES IT EASIER.

- EASY TO TAKE:
  - WHOLE FRESH
    - APPLES, GRAPES, BANANAS.
  - DRIED FRUIT.
    - CHERRIES, RAISINS, APRICOTS, BANANA CHIPS.
  - CEREAL & NUTS & DRIED FRUIT (TRAIL MIX).
  - SMALL CONTAINERS FOR SNACKS.

WHAT ARE PROBLEMS FROM RESTRICTING CALORIC INTAKE?

•FATIGUE

•POOR CONCENTRATION

•LACK OF MOTIVATION

•MENSTRUAL IRREGULARITIES

•POOR BONE HEALTH (INCREASED INJURIES)

SALT LOSERS:

•IF:

-YOUR SWEAT STINGS YOUR EYES

-YOUR SKIN/UNIFORM ARE COATED WITH SALT AFTER PRACTICE/GAMES

SALT LOSERS:

•THEN:

-USE MORE SALT ON FOODS

-EAT SALTY FOODS

-DON'T DRINK TOO MUCH WATER

CHOOSE MORE:

SKINLESS CHICKEN, BAKED HAM, ROAST BEEF, MUSTARD, MOZZARELLA CHEESE, SKIM MILK, PRETZELS, LIGHT POPCORN, FROZEN YOGURT, TURKEY BACON OR SAUSAGE, BAKED/MASHED POTATO

CHOOSE LESS:

FRIED CHICKEN, SALAMI, BOLOGNA, MAYONNAISE, AMERICAN CHEESE, WHOLE MILK, CHIPS, REGULAR ICE CREAM, REGULAR BACON OR SAUSAGE, FRIES, CHEESE BURGERS

WATER ALTERNATIVES:

•DILUTED 3 PARTS WATER TO 1 PART BEVERAGE:

-FRUIT DRINKS, LEMONADE, KOOL-AID, HI-C

•CARB DRINKS: GO, CYTOMAX, GATORLODE

SCENARIO 1: BEFORE PRACTICE, PAT WANTS TO EAT SOMETHING, BUT IS NOT SURE WHAT. PAT HASN'T EATEN MUCH ALL DAY & KNOWS THERE IS A HARD PRACTICE AHEAD. WHAT SHOULD THE CHOICES BE?

TABLE 1

- CANNED PEACHES IN HEAVY SYRUP
- WENDY'S CHEESEBURGER
- SANDWICH OF WHOLE GRAIN BREAD & LEAN LUNCHMEAT
- CHEESE & CRACKERS
- GATORADE

TABLE 2

- FRUIT ROLLUP
- APPLE
- POWER BAR
- PBJ SANDWICH
- WENDY'S FRENCH FRIES
- RAISINS

SCENARIO 1: ANSWERS

- PAT NEEDS TO CHOOSE HIGH CHO FOODS TO KEEP UP DURING PRACTICE, SINCE PAT DIDN'T EAT MUCH ALL DAY.
- PAT SHOULD ALSO EAT SOME PROTEIN.
- BEST CHOICES, TABLE 1:
  - SANDWICH W/ WHOLE GRAIN BREAD & LUNCH MEAT & CANNED PEACHES
- BEST CHOICES, TABLE 2:
  - PBJ SANDWICH & RAISINS.

SCENARIO 2 : PAT HAS JUST FINISHED PRACTICE & WONDERS WHAT TO EAT FOR RECOVERY. WHICH CHOICE WOULD NOT BE A THE BEST CHOICE FOR A RECOVERY MEAL?

A SMALL BOX OF RAISINS & CLIFF BAR

B SODA & CRACKERS

C 8 fl oz. APPLE JUICE & CLIFF BAR

D CHOCOLATE MILK

SCENARIO 2 ANSWERS:

BEST CHOICES:

A.RAISINS & CLIF BAR

OR

C. APPLE JUICE & CLIF BAR

WHICH OF THE FOLLOWING FOODS WOULD BE BEST FROM A VENDING MACHINE AFTER A WORKOUT & INCLUDING AT LEAST 60 GRAMS OF CARBOHYDRATES?

A SNICKERS OR BUTTERFINGERS

B M&M'S OR CHOCOLATE CHIP COOKIES

C REESE'S PB CUPS OR DORITOS

D NONE OF THE ABOVE

TO *GAIN* ONE POUND OF WEIGHT PER WEEK, APPROXIMATELY HOW MANY EXTRA CALORIES WOULD YOU NEED TO EAT PER DAY? (ASSUME YOU DID NOT CHANGE YOUR EXERCISE LEVEL)

a) 250 CALORIES
b) 500 CALORIES
c) 1000 CALORIES
d) 2000 CALORIES

TO *LOSE* ONE POUND OF WEIGHT PER WEEK, YOU SHOULD CONSUME HOW MANY FEWER CALORIES PER DAY? (ASSUME YOU DID NOT CHANGE YOUR EXERCISE LEVEL)

a) 250 CALORIES
b) 500 CALORIES
c) 1000 CALORIES
d) 2000 CALORIES

I HELP YOUR HEART BEAT & YOUR MUSCLES TO CONTRACT. I ALSO BUILD BONES. YOU SHOULD TAKE 1300 MG PER DAY OF ME. WHAT AM I?

A CALCIUM

B ELECTROLYTES

C POTASSIUM

CALCIUM SOURCES INCLUDE:

YOGURT NONFAT OR LOW FAT
1 CUP (350—400 MG)

AMERICAN PROCESSED CHEESE
2 OZ (348 MG)

CALCIUM SOURCES INCLUDE:

SKIM, LOW FAT MILK
1 CUP (300 MG)
ORANGE JUICE WITH CALCIUM
1 CUP (300 MG)
12" CHEESE PIZZA
2 SLICES (300 MG)
ICE CREAM, FROZEN YOGURT
½ CUP 85 (100 MG)

YOU SHOULD EAT AND DRINK EVERY _____ HOURS TO KEEP YOUR ENERGY LEVELS UP AND TO IMPROVE YOUR CONCENTRATION AND FOCUS

A 3

B 5

C 7

ASSUME YOU WEIGH YOURSELF BEFORE AND AFTER A WORKOUT TO DETERMINE HOW MUCH WEIGHT YOU LOSE DURING THE WORKOUT.
TO PROPERLY RE-HYDRATE, IT IS RECOMMENDED YOU CONSUME HOW MANY
CUPS OF FLUID PER POUND LOST.
NOTE: A CUP EQUALS 8 OUNCES.

- 1 CUP
- 2 CUPS
- 3 CUPS
- 4 CUPS

WHAT DOES "W.U.T." STAND FOR WITH RESPECT TO MONITORING YOUR HYDRATION?

- **W: BODY WEIGHT – FOR EVERY POUND OF BODY WEIGHT LOST IN TRAINING, YOU SHOULD REPLACE WITH 3 CUPS OF FLUID.**
- **U: URINE – YOUR URINE COLOR SHOULD BE CLEAR TO PALE YELLOW (LEMON JUICE) NOT DARK (APPLE JUICE).**
- **T: THIRST – ONCE YOU ARE THIRSTY YOU ARE ALREADY DEHYDRATED. DRINK ½ - 1 CUP OF FLUID EVERY 20 MINUTES DURING EXERCISE TO PREVENT DEHYDRATION.**

IF YOU FEEL FATIGUED, UNMOTIVATED, AND CAN'T CONCENTRATE CHANCES ARE YOU ARE :

A NOT EATING ENOUGH

B EATING TOO MUCH

C SLEEPING TOO MIUCH

DID YOU KNOW?

- STUDIES OF ATHLETES EATING 5 TO 6 TIMES PER DAY SHOW THEY HAVE MORE ENERGY THAN THOSE WHO EAT JUST THREE TIMES PER DAY? EAT SNACKS THAT PACK A NUTRITION PUNCH, SUCH AS:

- BAGEL WITH PEANUT BUTTER
- GRANOLA BARS AND MILK
- ENERGY BARS AND SPORTS DRINK
- CHEESE AND CRACKERS
- TRAIL MIX WITH NUTS, CHOCOLATE PIECES AND RAISINS
- BANANA, APPLE.

ATHLETES SHOULD CONSUME A VARIETY OF HIGH QUALITY _____ FOODS SUCH AS CHICKEN, TURKEY, BEEF, PORK, SOYBEANS, MILK, EGGS, LEGUMES, AND NUTS

A CARBOHYDRATE

B FATTY

C PROTEIN

TRUE OR FALSE – ATHLETES NEED MORE THAN 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT.

FALSE:

- **FOR COLLEGE ATHLETES 0.8 GRAMS OF PROTEIN / LB IS ENOUGH FOR PERFORMANCE AND RECOVERY.**
- **EX. 170 LB X 0.8 G = 136 GRAMS PROTEIN/DAY**

SOURCES OF PROTEIN:

CHICKEN, TURKEY, FISH, BEEF, PORK, VEAL, EGGS, CHEESE, MILK, SOY BURGERS, DRIED BEANS, NUTS, NUT BUTTERS.

PEANUT BUTTER CAN BE A WISE FOOD CHOICE.

-PROVIDES A FEELING OF FULLNESS;

-GOOD SOURCE OF NIACIN AND FOLIC ACID (THEY HELP CONVERT FOOD TO ENERGY) AND VITAMIN E;

-SAME AMOUNT OF PROTEIN FOUND IN FOUR SLICES OF BOLOGNA OR 11/2 OUNCES OF TURKEY!

IRON DEFICIENCY ANEMIA IS THE MOST COMMON NUTRITIONAL DEFICIENCY WORLDWIDE – MOST COMMON AMONG WOMEN. WHICH OF THE FOLLOWING ARE SOME SYMPTOMS?

A FATIGUE

B IRRITABILITY

C REDUCED ENDURANCE

D ALL OF THE ABOVE

TRUE OR FALSE?

YOU SHOULD KEEP YOUR IRON STORES UP TO 18 MG PER DAY WITH SOURCES SUCH AS MEAT, POULTRY, AND FISH. THESE SOURCES ARE BETTER THAN THE IRON FOUND IN PLANTS

TRUE

PUMPING IRON

IRON IN PLANT FOODS IS BETTER ABSORBED WHEN EATEN WITH MEAT, POULTRY, OR FISH. FOR EXAMPLE, TO BOOST IRON ABSORPTION FROM PLANT FOODS, TRY BROCCOLI/CHICKEN STIR-FRY.

PUMPING IRON

- FOODS HIGH IN VITAMIN C (ORANGES, TOMATOES, POTATOES) HELP THE BODY ABSORB IRON FROM PLANT FOODS. FOR EXAMPLE, DRINK ORANGE JUICE WITH FORTIFIED CEREAL TO HELP YOUR BODY TO ABSORB THE IRON IN THE CEREAL.
- BE CAUTIOUS: DIETARY IRON SUPPLEMENTS SHOULD ONLY BE TAKEN UNDER MEDICAL SUPERVISION.

MOST FAST FOODS ARE "SUPERSIZED" IN FAT BUT DOWNSIZED IN NUTRIENTS.

KNOW WHICH FOODS KEEP YOUR ENGINE RUNNING WITHOUT LOADING YOU DOWN.

What things can you do to improve the performance nutrition profile of fast food? (more than one is correct)

a) Order your quarter pounder w/cheese without the bun

b) Go with grilled chicken sandwiches vs. fried chicken or cheese burgers

c) Instead of French fries try a side salad, fruit cup, fruit & yogurt, baked potato

d) Instead of soda, drink water, 100% juice, low fat milk, or sports drink

AT A BURGER JOINT, WHICH OF THE FOLLOWING WOULD BE THE BEST CHOICE?

A SINGLE BURGER OR GRILLED CHICKEN SANDWICH WITH SMALL ORDER FRENCH FRIES OR BAKED POTATO

B SUPER SIZE FRENCH FRIES AND LARGE CHOCOLATE MILK SHAKE

C FRIED CHICKEN SANDWICH, CHEESBURGER, AND LARGE FRIES

AT SOUTH OF THE BORDER, WHICH IS YOUR BEST CHOICE?

A 4 LARGE TACOS WITH EXTRA CHEESE

B 3 BEEF BURRITOS

C 1 LEAN BURRITO WITH LOW-FAT CHIPS AND SALSA

CHOOSE _____ INSTEAD OF _____ AT WENDY'S.

A. BIG BACON CLASSIC INSTEAD OF GREAT BIGGIE FRIES

B. TACO SUPREME SALAD INSTEAD OF CHICKEN BLT SALAD

C. GRILLED CHICKEN FILET INSTEAD OF BAKED POTATO W/BACON & CHEESE

D. GREAT BIGGIE FRIES INSTEAD OF CHICKEN CLUB SANDWICH

AT A PIZZA PARLOR WHAT IS YOUR BEST CHOICE?

A 3 LARGE SLICES WITH EXTRA CHEESE

B 2 THIN SLICES WITH VEGETABLES & SIDE SALAD WITH DRESSING AND BREAD STICKS

C NONE OF THE ABOVE

CHOOSE _____ INSTEAD OF _____ AT SUBWAY.

A SIX INCH SUB OR DELI ROUND W/TURKEY & VEGGIES INSTEAD OF MEATBALL SUB W/EXTRA CHEESE

B CHILI W/BACON & CHEESE INSTEAD OF ITALIAN BMT

C DOUBLE MEAT SANDWICHES INSTEAD OF PASTRAMI SUBS

D DIJON HORSERADISH MELT INSTEAD OF CHIPOTLE SOUTHWEST STEAK & CHEESE

AT A SUB SHOP, WHAT IS YOUR BEST CHOICE?

A ROAST BEEF, SALAMI, EXTRA CHEESE, EXTRA MAYONNAISE

B TURKEY, HAM,OR ROAST BEEF WITH PRETZELS, A PIECE OF FRUIT, AND A SPORTS DRINK

C BOLOGNA, SALAMI, EXTRA CHEESE, LARGE SODA

CHOOSE _____ INSTEAD OF _____ AT BURGER KING.

A KING FRIES & SODA INSTEAD OF 5 PIECE CHICKEN TENDERS

B CHOCOLATE SHAKE INSTEAD OF CHICKEN WHOPPER JR. W/OUT MAYO

C STRAWBERRY SHAKE INSTEAD OF CHICKEN TENDERS

D WHOPPER JR. INSTEAD OF DOUBLE WHOPPER

CHOOSE _____ INSTEAD OF _____ AT McDONALDS.

A QUARTER POUNDER W/CHEESE INSTEAD OF A BIG MAC

B 10 PIECE CHICKEN MCNUGGETS INSTEAD OF LARGE FRIES

C CALIFORNIA COBB SALAD INSTEAD OF 10 PIECE CHICKEN MCNUGGETS

D LARGE FRIES INSTEAD OF QUARTER POUNDER W/CHEESE