

**BETHESDA-OLNEY
NUTRITIONAL
GUIDE**

Bethesda-Olney Academy

TABLE OF CONTENTS

Weekly Nutritional Guide.....	3
Sample Training Day Meal Plan.....	4
Hydration.....	5
Healthy Fast Food Options.....	6
Game Day Information.....	7
Outline of Game Day Meal.....	8
Sample Pregame Menu.....	9
The Six Nutrients.....	10
Common Mistakes.....	11

WEEKLY NUTRITIONAL GUIDE

FUEL YOUR MUSCLES

3-4 hours before workout:

- A meal that includes carbs, protein, and fat
- Examples: Turkey and cheese sandwich, cereal with fruit and nonfat milk

30-60 minutes before workout:

- A carbohydrate that is easy for your body to break down, so you get a burst of energy
- Examples: banana, fruit, chocolate milk, nuts, dried fruit, a granola bar

WHY? Your muscles need good sources of CARBOHYDRATES, PROTEIN, and FAT to have enough fuel for optimal performance!

RECOVERY

- Eat something within 15-60 minutes after exercising to begin recovery (Tip: pack a small snack so you have something to eat right after your workout)
- CARBOHYDRATES + PROTEIN + FLUIDS
- Post workout snack examples: Chocolate milk, trail mix, banana & peanut butter, granola bar

WHY? The C+P+F allow your body to replenish muscle energy, repair and build muscles, and rehydrate



SAMPLE TRAINING DAY MEAL PLAN

	<u>Meal Options</u>	<u>Nutritional Value</u>
<u>Before School</u>	<p>1 full glass of water, PLUS...</p> <ul style="list-style-type: none"> • Egg whites with whole wheat toast and a piece of fruit • Whole wheat toast with peanut butter and banana • Oatmeal with nuts and fruit • Cereal with skim milk, berries, and nuts 	You want to aim for your breakfast to include some protein, carbohydrates, and healthy fat.
<u>Mid-morning snack (after 1st period)</u>	<p>Water PLUS,</p> <ul style="list-style-type: none"> • A handful of unsalted almonds • Celery or apple with peanut butter • Greek yogurt 	You want to aim to get some lean protein in before lunchtime. But try to add variety- if you had almonds at breakfast, go for something different for your snack.
<u>Lunch</u>	<ul style="list-style-type: none"> • Sandwich (whole wheat bread with turkey or chicken breast, and vegetables) • Salad with plenty of vegetables, some source of protein • 1½ cup lentil soup with 1 serving whole-wheat crackers 	Complex carbohydrates lean protein, and healthy fat if possible. Try adding avocado to your sandwich. But stay away from fatty meats and fatty condiments like mayonnaise.
<u>30 minutes-1 hour before practice</u>	<ul style="list-style-type: none"> • Banana, Fruit, chocolate milk, granola bar 	Carbohydrate that your body can break down quickly.
<u>Post workout</u>	<ul style="list-style-type: none"> • Chocolate milk, String cheese with grapes, trail mix, banana & peanut butter, granola bar 	Quick burst of protein to help build and repair fatigued muscles.
<u>Dinner</u>	<ul style="list-style-type: none"> • Stir fry: tofu or chicken with vegetables and brown rice • 4oz pork (Don't eat the fat), 1 medium sweet potato, veggie salad with oil based dressing • 3 oz. grilled salmon; steamed broccoli, pasta 	Protein, complex carbohydrates. Try getting your carbohydrates from starchy vegetables at dinnertime!

HYDRATION

Consider that most beverages will increase your total daily calorie consumption. Therefore, to maintain a healthy diet it is important to choose the right beverages and avoid others...

- LOTS OF WATER... Consume at least half of your body weight in ounces of water per day. (I.e., 75 ounces for 150-pound person)
- Drink before you are thirsty. Hydrate all day, starting in the morning. Take in 15-20 oz. of fluid 2-3 hours prior to the match or training session (a typical sports drink contains about 20 oz.)
- Drink during stoppages of play, especially during half time
- After the match or training, replace 1.5 times the amount of weight lost through sweat. Start by drinking 15-30 oz. within 30 min of training or a match
- Take in about 1 liter of fluid every few hours after the match
- Avoid caffeinated or energy drinks as well as alcohol. Caffeine and alcohol are diuretics that can promote more fluid loss (urination) and slow absorption of fluid from the gut

Recovery Drinks

Recovery drinks are recommended for individuals training at a high intensity

- Additional carbohydrate and protein fuel is needed when training at “heavy” or “strenuous” levels
- For the greatest performance benefit, this drink should be consumed as soon as possible or within 30 minutes after completing your activity

Avoid

Drinks that contain the following:

- Artificial sweeteners found in diet soft drinks and other sugar-free products
- HIGH FRUCTOSE CORN SYRUP (HFCS) is found in many soft drinks, fruit drinks, ketchups, candies, salad dressings, and other processed foods. It is high in calories with very little nutritional value (empty calories)

HEALTHY FAST FOOD OPTIONS

Burger Chains

Less Healthy choices

Double-patty hamburger with cheese, mayo, special sauce, bacon
 Fried chicken sandwich
 Fried fish sandwich
 Salad with toppings such as bacon, cheese, and ranch dressing
 Breakfast burrito with steak
 French fries/Milkshakes
 Chicken “nuggets” or tenders
 Adding cheese, extra mayo, and special sauces

Healthier choices

Regular, single-patty hamburger without mayo or cheese
 Grilled chicken sandwich
 Veggie burger
 Garden salad with grilled chicken and low-fat dressing
 Egg on a muffin
 Baked potato or a side salad
 Yogurt parfait
 Grilled chicken strips
 No cheese, mayo, and special sauces

Fried Chicken Chains

Less healthy choices

Fried chicken, original or extra-crispy
 Teriyaki wings or popcorn chicken
 Caesar salad
 Chicken and biscuit “bowl”
 Adding extra gravy and sauces

Healthier choices

Skinless chicken breast without breading
 Honey BBQ chicken sandwich
 Garden salad
 Mashed potatoes
 No gravy and sauces

Mexican Food Chains

Less healthy choices

Crispy shell chicken taco
 Refried beans
 Steak chalupa/ Crunch wraps or gordita-type burritos
 Nachos with refried beans
 Adding sour cream or cheese

Healthier choices

Grilled chicken soft taco
 Black beans
 Shrimp ensalada/ Grilled “fresco” style steak burrito
 Veggie and bean burrito
 No sour cream or cheese

Subs, Sandwich and Deli Choices

Less healthy choices

Foot-long sub
 High-fat meat such as ham, tuna salad, bacon, meatballs, steak
 The higher-fat (cheddar, American) cheese
 Adding mayo and special sauces
 Keeping the sub “as is” with all toppings
 Choosing white bread or “wraps” which are often higher in fat

Healthier choices

Six-inch sub
 Lean meat (roast beef, chicken breast, lean ham) or veggies
 One or two slices of lower-fat cheese (Swiss or mozzarella)
 Adding low-fat dressing or mustard instead of mayo
 Adding extra veggie toppings
 Choosing whole-grain bread

GAME DAY INFORMATION

FOODS TO AVOID

Tea, coffee, chocolate, cola-Caffeine consumption leads to dehydration

Some raw fruits, vegetables, popcorn, nuts, dry beans and peas-Some of these foods may cause gas and/or an uncomfortable feeling of fullness during the game. An athlete needs to avoid the foods that give him or her problems

Fruit-flavored drinks-Many drinks contain little fruit juice and a lot of sugar. Read the label

Sugar, candy-After an initial rise, your blood-sugar level can actually drop below normal, resulting in a sudden feeling of tiredness or fatigue

Fried foods, high-fat meats, fats, oils, gravies, sour cream, Fat digests slowly and therefore stays in the stomach longer

*Any new food-don't experiment with new foods right before an event. If you experience any adverse reactions, your body has little time to recover

RECOMMENDED

There are 2 sources of carbohydrates: **simple carbohydrates** (such as certain candy bars, fruits, Power Bars) and **complex carbohydrates** (potato, rice, pasta, vegetables)

CARBO MEALS:

Breakfast:

Pancakes
Waffles
Oatmeal
Bagel or toast
Fruits such as strawberries or bananas
Grain cereal
Juice

Lunch and Dinner:

Potatoes
Rice
Pasta
Bread
Fruits
Peanut butter
Vegetables such as carrots
Juice

OUTLINE OF GAME DAY MEALS

It should consist of a balanced mix of carbohydrates, proteins and fats: salad, vegetables like zucchini, sweet potatoes, and asparagus, whole wheat pasta, brown rice, roast chicken, salmon and fruits like apples, oranges and bananas. Consume plenty of liquids, mainly water and Gatorade.

DAY OF THE GAME:

Breakfast:

- Pancakes/-Waffles
- Oatmeal/ Grain cereal -Bagel or toast
- Fruits such as strawberries or bananas
- Juice
- **AVOID:** sausage, bacon, milk or food high in fat If the game is in the afternoon, lunch should be medium to light (depending on time of game) and again, high in carbohydrates:
- **AVOID:** Fast foods, McDonald's, Pizza

ONE HOUR BEFORE THE GAME:

- **HYDRATION:** 10 ounces of water during the hour pre-game
- Breakfast or lunch should have been eaten BEFORE the pre-game hour
- Fruits such as bananas, Power bar during this hour is okay if needed but usually not necessary
- **AVOID:** Vegetables, Gatorade, eating breakfast or lunch during the pre-game hour
- **AVOID:** Red Bull and caffeinated drinks which causes excessive release of stored carbohydrates resulting in the players being "up" in the first half then "down" in the second

IMMEDIATELY AFTER THE GAME:

- Replenish all stores and re-hydrate immediately, Gatorade/chocolate milk and then water
- If a second game is planned that day, all meals should focus on reloading carbohydrates as before and all meals should be completed BEFORE the pre-game hour
- **AVOID:** fast food, fatty foods, McDonald's, pizza

SAMPLE PREGAME MENU (Kickoff: 8 pm ET)

Breakfast: 8:30-9 am	1 cup oatmeal or waffles 1 glass of water 2 tbsp. raisins 1 large banana 8 oz. juice or fruit nectar
Snack:	1 granola bar (low fat, low sugar)
Lunch: Noon	Tuna-salad/Turkey, $\frac{3}{4}$ cup (3 oz.) – light mayonnaise Whole grain bread, 2 slices Lettuce, tomato 3 slices avocado 1 cup low-fat potato salad Baby carrots, 1 cup Fresh fruit
Snack:	$\frac{1}{2}$ cup fruit salad 1 $\frac{1}{2}$ ounces pretzels or Granola bar
Pregame: 4-4:30 pm	<ul style="list-style-type: none">• Baked salmon 5 oz.• 1$\frac{1}{2}$ cup cooked brown rice• 1 cup broccoli• Tossed salad• Salad dressing, 2 tbsp. (4 tbsp. if low-fat)• Water

THE SIX NUTRIENTS

•Protein

Lean Beef (organic if possible), Skinless poultry, Fish (especially salmon), Shellfish, Beans, Low-fat dairy (especially organic), Soy foods, Nuts & Nut butter, Smoothies, Eggs & egg whites

•Carbohydrates

Fresh Fruit, Whole grain bread, Vegetables, Whole wheat pasta, Brown rice, Sweet Potatoes, Cereals, Sports Drinks, Energy bars, Smoothies, Granola Bars, Juices, Dried fruits, Soups, Muffins

•Fats

Nuts, Seeds, Olive oil, Fatty Fish, Flaxseeds, Omega-3 eggs

•Water

See Hydration Section

•Vitamins/Minerals

It can be difficult for athletes to get the daily-recommended amounts of vitamins and minerals through diet alone. As a general rule, taking a daily vitamin is a good idea. Vitamin supplements should be taken with food to increase absorption. Certain minerals may also need to be supplemented, especially calcium and iron. Certain vitamins can also help in recovery from injury and wound healing.

COMMON MISTAKES

Mistake #1: Not Eating Prior to Early Morning Games

As has been said breakfast is the most important meal of the day. It is important to properly fuel the tank with the right kinds of foods. This strategy increases in importance as the day continues and competitions increase in number. Show up for a competition on an empty stomach and one quickly depletes the stored nutrients in the muscle.

Breakfast Options • Peanut butter, bread and orange juice • Oatmeal with whole grain bagel • Cold cereal (no sugary cereals) with low-fat milk • Yogurt and granola with banana • Energy bar and sport drink

Mistake #2: Not Refueling/Hydrating Properly After Tournament Games

Before the post-game team meeting or during it recovery refueling should take place.

Players should eat a carbohydrate-rich snack within 30 minutes after the end of competition; this allows the muscles to recover some of their fuel, which allows them to have more energy for upcoming games. If this 30-minute window is not met, then it becomes difficult to properly fuel the rest of the day, which also has implications for the next day. Don't forget to drink fluids. The focus is on recovery foods and fluids. Get out of the sun as soon as possible if it's a summer outdoor competition. Some players find that after a hot game they do not have an appetite and delay eating. In these cases, liquid meals can be used, or in many cases, a sport drinks.

Recovery Nutrition Options • Energy bar/granola bar/cereal bar and sport drink • Bagel and sport drink • Turkey sandwich or sub and sport drink • Burrito and sport drink • Pasta with chicken and sport drink • Waffles/pancakes/French toast, and low-fat milk

Mistake #3: Lack of variety in the diet especially a lack of fruit, vegetables and oily fish

Many athletes seem to stick to a meal plan that works for them which often involves eating the same meals each week. This lack of variety in the diet can lead to a lack of key nutrients. For example, many athletes avoid eating oily fish such as mackerel, tuna steaks or salmon, and as such, their diet may be lacking in omega 3 fatty acids, which are very important not only for health but also athletic performance. There is also a reluctance to eat fruit and vegetables, with some athletes thinking that a multi-vitamin will suffice, or even more worryingly, think that a multi-vitamin is a better option than eating fresh fruit and vegetables.

Athletes must eat a balanced and varied diet. Smoothie recipes is a great way to get the athletes to eat more fruit, a vegetable steamer makes much tastier vegetables than over boiled school dinner vegetables and pan fried tuna steaks are a great way to introduce oily fish into an athletes diet. Provision of fresh fruit and smoothies post-training also helps to increase intake.