

## High Performance Fast Food Finds

### BREAKFAST

- Pancakes with syrup
- Egg Juice
- Milk
- OR
- Cereal
- Milk
- Plain English muffin with jelly
- Juice

### Breakfast Tips:

- Focus on high-carbohydrate items like pancakes, toast, bagels, muffins, cereal, fruit or fruit juice, milk and yogurt.
- Avoid high-fat choices such as bacon or sausage.
- Choose English muffins over biscuits and croissants.
- Choose additional servings from items in *italic* print if still hungry.

### LUNCH/DINNER

- Baked potato
- Chili
- Side salad with lowfat dressing
- Milk
- OR
- Tostada
- Bean burrito
- Plain tortilla
- Salsa
- Milk
- OR
- Roast beef sandwich on multi-grain bun
- Lettuce and tomato
- Side salad with lowfat dressing
- Milk
- OR
- Chicken (baked, broiled, grilled) sandwich with barbecue sauce
- Fruit from salad bar
- Milk
- Orange juice

### Lunch/Dinner Tips:

- Order extra plain buns, tortillas, etc. for more carbohydrate sources.
- Concentrate on the bread versus the filling in sandwiches.
- Limit special sauces and mayonnaise-type spreads.
- Avoid fried foods.
- Choose milk and juices over soft drinks.
- Bring fruit from home (or store) for dessert.
- When eating at the salad bar, go easy on the dressing, prepared salads (coleslaw, potato salad, etc.), bacon bits, olives and sunflower seeds.
- Fill up on items in *italic* print if still hungry.

## Myths and Misinformation

- MYTH:** Consuming large amounts of protein or taking protein supplements will increase muscle size and strength.
- FACT:** Excess protein will not increase muscle growth and strength. A normal diet will supply you with more than enough protein to build muscles.
- MYTH:** Eating honey, sugar, soda pop or a candy bar is an excellent way to get quick energy just before practice or competition.
- FACT:** The energy used in practice or competition comes from foods eaten days and weeks prior to the event. A diet consisting of the Five Food Groups and adequate training will enable you to perform at your best.
- MYTH:** Athletes require extra vitamins and minerals and should take vitamin pills to supercharge their bodies.
- FACT:** Most vitamins and minerals can't be stored so it is impossible to supercharge your body. Taking large amounts of supplements can cause serious problems.
- MYTH:** Drinking milk before an event causes cotton mouth and cuts speed and wind.
- FACT:** Cotton mouth appears to be due to emotional stress and fluid loss. Performance does not decline when drinking milk.

## Resources

### Eat to Compete: A Guide to Sports Nutrition

Marilyn Peterson, M.S., R.D.  
Keith Peterson, D.O.  
Year Book Medical Publishers, Inc.,  
Chicago, IL

### Eating for Endurance

Ellen Coleman, M.A., R.D.  
Bull Publishing Company, Palo Alto, CA

### Food For Sport

Nathan Smith, M.D.  
Bonnie Worthington-Roberts, Ph.D.  
Bull Publishing Company, Palo Alto, CA

### The Athlete's Kitchen

Nancy Clark, M.S., R.D.  
CBI Publishers, Boston, MA

### Nancy Clark's Sports Nutrition Guide Book

Nancy Clark, M.S., R.D.  
Leisure Press, Champaign, IL

## Eating for Peak Performance

Sports Nutrition  
Tips for the Athlete

# Are you looking for a diet that will give you a competitive edge?

It's not surprising if you are. Many athletes are easily persuaded to change their diets in an effort to seek out every available advantage for better performance.

It's true that good nutrition — along with training, natural ability and skill, as well as motivation — is one of the major factors that influence performance. But, there are no magical foods that will produce superstars.

...So concentrate on a training diet that is high in fluids and carbohydrate, moderate in protein, and lower in fat to achieve top performance.

## Training Table

Make the Food Groups the basis of your training diet. Each of the groups includes foods which are good sources of the essential nutrients needed for an active lifestyle. (See chart below. Good carbohydrate sources are in bold print.)

Milk	Meat	Fruit	Vegetable	Grain
Milk, 1 cup (skim, 2%, whole) Cheese, 1 oz. Yogurt, 1 cup Cottage cheese, 1/2 cup <b>Ice cream, 1/2 cup</b> <b>Frozen yogurt,</b> 1/2 cup	Meat, 2-3 oz. Fish, 2-3 oz. Poultry, 2-3 oz. Eggs, 1 <b>Dry beans and</b> <b>peas, 1/2 cup</b>	Fresh, frozen, canned, dried and juiced fruits	Fresh, frozen, canned, dried and juiced vegetables	Cereals, 1 oz. Breads, 1 slice Rolls, 1 Pasta, 1/2 cup Muffins, 1 Pancakes, 1 Tortillas, 1
T*: 4 servings	2 servings	2-4 servings	3-5 servings	6-11 servings
A*: 2-3 servings	2 servings	2-4 servings	3-5 servings	6-11 servings

\*Recommended Daily Amounts for Teens (T) and Adults (A)

## Snack Hints

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels and muffins
- Crackers and pretzels
- Fig newtons, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices
- Fruit yogurt
- Frozen yogurt
- Corps (pretzels, dried fruit, popcorn, cereals)
- Individual boxes of cereal
- Dried fruit
- Fresh fruits and vegetables
- Cereal and milk
- Pudding
- Ice milk

# Pre-Competition meals should be...

- eaten 3-4 hours before the event.
- high in complex carbohydrate like bread, vegetables and fruit.
- low in simple sugars like soda pop, sugar and candy bars.
- moderate in protein.
- low in fat.
- adequate in fluids.

## All-Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods include the following:

### One hour before competition:

- fruit and vegetable juices such as orange or tomato juices, and/or
- fresh fruit such as apples, watermelon, peaches, grapes or oranges

### Two to three hours before competition:

- fruit juices and fresh fruit, and/or
- breads, bagels or muffins, with a small amount of cream cheese

### Three to four hours before competition:

- fruit juices and fresh fruit, and
- breads, bagels or muffins, and
- a light spread of peanut butter or 1 slice of cheese for breads, or a light spread of cream cheese for bagels, and/or
- a bowl of cereal with milk or yogurt

### Four hours or more before competition:

- sandwich with 2 slices of bread and 2 ounces of lean meat, and
- fresh fruit, and
- fresh vegetables, and
- milk or yogurt

# Sample Training Table Menus

## BREAKFAST:

Oatmeal		Pancakes with fruit
Banana		and yógurt
Bran muffin	<b>OR</b>	Orange juice
Milk		Milk
Juice		

## LUNCH:

Lean roast beef		Vegetable soup
sandwich on whole-		Ham sandwich on
wheat bread,	<b>OR</b>	rye bread
lettuce, tomato		Strawberries with
Tomato soup		frozen yogurt
Apple		Milk
Milk		

## DINNER:

Spaghetti with		Stir-fry chicken and
meat sauce		mixed vegetables
Parmesan cheese		Rice
Salad (easy on	<b>OR</b>	Rolls
the dressing)		Peaches with
Italian bread		vanilla yogurt
Milk		Milk
Fresh fruit		

## For more information on sports nutrition contact:

United Dairy Industry of Michigan  
2163 Jolly Road  
Okemos, MI 48864  
1-800-241-MILK

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## Fluids

Fluid replacement is critical for the athlete. Dehydration severely limits athletic performance. Heat stroke, organ damage and possible death may result if fluid is not consumed at regular intervals during exercise. Consult the following guidelines:

Drink cool, rapidly absorbed fluid before, during and after practice and competition.

Drink about 2½ cups of fluid two hours before exercising.

Drink about 1½ cups of fluid 10–15 minutes before exercising.

Drink at least ½ cup fluid every 10–15 minutes during exercise.

Never restrict fluids during exercise.

Weigh yourself before and after practice. For every pound you lose, drink 2 cups of fluid.

## Water vs. Sports Drinks

Water is always appropriate for fluid replacement. However, for endurance athletes expending large amounts of energy for more than 60 to 90 minutes, a sports drink may be beneficial.

## Day-To-Day Nutrition Guidelines

Keep food intake regular — don't skip meals.

Forget the fads — get back to basics. Select meals from the Food Groups.

Select foods high in complex carbohydrate such as breads, cereals, crackers and pastas. They are the preferred fuel for the exercising muscle.

Drink fluids regularly — dehydration impairs athletic performance even at minimal levels.

Eat enough to maintain body weight — avoid drastic weight changes.