



BASEBALL

NUTRITION HANDBOOK

**“The wise man should consider that health is the greatest human blessings. Let food be the medicine.”
-Hippocrates**

Research has clearly documented the positive attributes proper nutrition has on athletic performance, such as the enhancement of strength, power, speed, endurance, immunity, reaction time, reducing soreness and inflammation, and decreasing the risk of injury.

HOW PROPER NUTRITION IMPACTS YOU

- ❖ Increase bat speed
- ❖ Decrease reaction time
- ❖ Increase/sustain pitching velocity
- ❖ Improve concentration/focus (less errors)
- ❖ Enhance energy levels throughout games, especially double headers
- ❖ Reduce recovery time between games
- ❖ Finish the season just as strong as you started

Proper nutrition, or “fueling”, is the foundation for training, performing, and dominating the competition! Keeping a “Food First” approach to enhancing athletic performance is the best approach. Remember, dietary supplements cannot make up for poor nutrition, but may enhance outcomes if added to a well-balanced diet.

CALORIE NEEDS

➤ *Weight Maintenance*

YOUR WEIGHT (POUNDS)	PROTEIN NEEDS (GRAMS)	CARB NEEDS (GRAMS)	FAT NEEDS (GRAMS)	CALORIE INTAKE TO PROMOTE WEIGHT MAINTENANCE
110	110	390	75	2850
120	120	415	80	3000
130	130	440	85	3150
140	140	465	90	3300
150	150	490	95	3450
160	160	515	100	3600
170	170	540	105	3750
180	180	565	110	3900
190	190	590	115	4050
200	200	615	120	4200

WEIGHT MAINTENANCE TIPS

- **Eat 5-6 times a day**
 - This will ensure you always have energy to call upon when needed.
- **Consume breakfast every day**
 - This gives you the opportunity to fuel and hydrate your body before the day begins.
- **80/20 Rule – This rule applies to all body comp change goals**
 - Majority (80%) of calories consumed need to come from healthy sources, but it is okay to consume higher calorie/fat meals in moderation (20%) with portion control the key. This equates to 18 meals a week that are overall balanced and 3 meals on the relaxed side.

CALORIE NEEDS

➤ *Weight Gain*

YOUR WEIGHT (POUNDS)	PROTEIN NEEDS (GRAMS)	CARB NEEDS (GRAMS)	FAT NEEDS (GRAMS)	CALORIE INTAKE TO PROMOTE WEIGHT MAINTENANCE
110	125	570	110	3850
120	135	590	115	4000
130	145	610	120	4150
140	155	630	125	4300
150	165	650	130	4450
160	175	670	135	4600
170	185	690	140	4750
180	195	710	140	4900
190	205	730	145	5050
200	215	750	150	5200

WEIGHT GAIN TIPS

- **Eat 6 times a day**
 - Consume a meal/snack every 2-3 hours to boost your calorie intake
- **Consume breakfast every day**
 - Remember, it gets harder to make up missed calories later into the day
- **Don't fall behind on weekends or competition days**
- **Drink your calories**
 - Consume low-fat dairy, 100% fruit juice, smoothies, milkshakes daily to increase calorie intake
- **Aim for 1-2 #s of weight gain per week to ensure muscle mass gain**

CALORIE NEEDS

➤ *Weight Loss*

YOUR WEIGHT (POUNDS)	PROTEIN NEEDS (GRAMS)	CARB NEEDS (GRAMS)	FAT NEEDS (GRAMS)	CALORIE INTAKE TO PROMOTE WEIGHT MAINTENANCE
140	145	345	80	2800
150	155	370	85	2950
160	165	395	90	3100
170	175	420	95	3250
180	185	445	100	3400
190	195	470	105	3550
200	205	495	110	3700
210	215	520	115	3850
220	225	545	120	4000

WEIGHT LOSS TIPS

- **Eat 5-6 times a day**
 - Eating every 3 hours or so will help keep your metabolism elevated
- **Don't skip meals**
 - This leads to poor energy levels and could promote muscle loss
- **Avoid empty calories found in pop, candy, desserts, and chips**
- **Aim for 1-2 #s weight loss per week to help preserve muscle mass**
- **Consume lean protein sources and high fiber foods**
 - Meeting protein needs will help preserve muscle mass and fiber will help you feel fuller longer. High fiber foods: 100% whole grain products, vegetables, fruit, beans, nuts, seeds

What you need to know:

- Primary fuel source for your muscles during training and competition
- Most efficient fuel source for your brain (enhances the ability to concentrate and focus)
- Helps maximize the body's usage of protein and fat for growth, repair, and energy
- Majority of your diet needs to be made up of carbohydrates (50-65%)
- Carbohydrates contain vital vitamin, minerals, and fiber to keep an athlete's body healthy.

NUTRIENT DENSE CARBS

- Majority of your intake needs to be from complex/nutrient dense sources
- Sources: 100% whole grain bread, cereal, pasta, oats, brown rice, vegetables, low-fat dairy, fruit, and 100% fruit juice
- Will provide long lasting energy and high amounts of nutrients

SIMPLE CARBS

- Only need to be consumed right before (~30 min), during and right after exercise
- Digested and absorbed much quicker than complex carbs
- Sources: sports drinks, sports gels/beans, gummy candy, honey, jelly, syrup, white bread products, some fruit such as watermelon and pineapple.

30-40 GRAMS OF CARBS

2 slices of bread	1 cup of whole grain cereal	1.5 packs of Oatmeal
1 medium pancake	1 medium baked potato	1c pasta or rice
1 large piece of fruit	2 tbsp syrup, jelly, honey	2.5c lowfat milk
4 Fig Newtons	1.5c fruit lowfat Greek yogurt	1.5 carton choc. Milk
½ of a large bagel	2c of sports drink	1 Clif Bar
2 handfuls of crackers	6 graham cracker squares	1/2c granola
1 container of Muscle Milk	1 medium Choc Chip Cookie	2 Luna Bars
1 bottle Critical Reload		Small pack of pretzels

What you need to know:

- Primary building block of your body’s cells
- Promotes tissue growth and repair
- Protein from animal and soy sources contain essential amino acids that may help improve endurance and increase/preserve muscle mass
- 15-25% of your diet needs to be made up of protein
- Should only provide a small amount of energy during exercise (you want most of your protein used for building and repairing muscle/tissue)

Protein is found in animal products such as meats, seafood, dairy, and eggs, as well as plant products such as grains, pasta, cereals, soy products, nuts, seeds, beans and vegetables.

FOOD	SERVING	PROTEIN (GRAMS)
Turkey and Chicken Breast (no skin)	4oz	30
Pork loin, sirloin, roast beef	4oz	30
Lean ground beef (90% or leaner) or ground turkey (90% or leaner)	4oz	30
Grilled Fish	4oz	30
Canned Tuna or Salmon	4oz	25
Scrambled Eggs	3	20
Cottage Cheese	½ cup	15
Lowfat Greek Yogurt	6oz	12-15
Black, pinto or kidney beans*	1cup	15
Lowfat-Skim (1% nonfat)/Soy Milk*	1.5c (12oz)	10-12
Peanut Butter/Nuts/Seeds	2 tbsp	8
Brown Rice/Whole Grain Pasta/Oatmeal cooked, or whole grain cereal*	1cup	5-10
Cheese	1oz	5

- ❖ *Indicates protein sources that contain a good source of carbohydrates
- ❖ 4-5oz is approximately the size of the palm of your hand

What you need to know:

- Acts as a continuous fuel supply for the body
- Primary fuel source during low intensity exercise (as intensity increases, carbohydrates become primary fuel source)
- Certain fats (omega-3 fatty acid from salmon, tuna, walnuts, and flaxseed) can decrease inflammation in the body and improve heart health
- Fats from nuts, seeds, fish, and plant oils can help supply important fat soluble vitamins and boost immunity

Athletes need to make sure the majority of fat consumed is coming from unsaturated sources and limit intake of trans fat and saturated fat

FATS	EXAMPLES	IMPACT
UNSATURATED	<p>Monounsaturated: Olive oil, canola oil, pecans, almonds, cashews, avocados, hummus, healthy margarines</p> <p>Polyunsaturated: salmon, tuna, sardines, herring, trout, flaxseed, walnuts</p>	Improve heart health, help supply/absorb fat soluble vitamins (D, A, K, E) aid in reducing soreness and inflammation.
SATURATED	<p>Trans: partially hydrogenated oil (commonly found in baked goods, desserts, and fried foods)</p> <p>Saturated: Bacon, sausage, heavy marbled meat, whole milk, butter, fried foods, skin of poultry, heavy creams, most desserts</p>	Increase risk of heart disease & other chronic diseases, promotes inflammation, decreases the digestion and absorption rate of carbohydrates and protein (makes you feel sluggish)

What you need to know:

- Over 60% of your body is made up of water
- Proper fluid balance is a necessity in maintaining proper body temperature
- Body fluids are essential for the physiologic process of digestion, absorption, and excretion
- The slightest decrease in water weight can have a detrimental impact on athletic performance
- You need to replace electrolytes (sodium, potassium, calcium, magnesium, chloride) you lose through your sweat during training and competition

PROPER HYDRATION TIPS

- ❖ Urinate every 1-2 hours
- ❖ Urine color is a pale yellow (like lemonade) or colorless. If you don't produce much urine or the color is very dark (like apple juice), chances are you are dehydrated!
- ❖ Do not rely on thirst as an indicator to hydrate, you are already dehydrated at this point.
- ❖ Drink throughout the entire day, starting in the morning with 3 big glasses of water, juice or milk
- ❖ Drink 8 to 10 big gulps of fluid every 15-20 min of activity
- ❖ Use a carb/electrolyte containing drink primarily during training/competition lasting longer than 60 minutes or when the environment is hot and/or humid.
- ❖ If you are prone to cramping, you need to be proactive with consuming an electrolyte containing drink prior to activity.
- ❖ Know your sweat losses, for every 1# lost during activity, replace with 20oz of fluid. Make sure to minimize sweat losses to less than 2% of your total body weight.

HYDRATING SOURCES:

- Water
- 100% fruit juice
- Sports drink (not energy drinks)
- Lowfat dairy
- Tea and coffee*
- High fluid containing foods such as fruits, vegetables, cottage cheese, yogurt, gelatin, pudding, ice cream, soup, and pasta sauce

*Caffeine containing drinks. The normal consumption of caffeine is <3 cups of coffee per day.

3500 CALORIE MEAL PLAN	4000 CALORIE MEAL PLAN
<p>Breakfast 1c oatmeal 2c 1% milk 1 English muffin w/peanut butter 1 medium piece of fruit 1 glass of water</p>	<p>Breakfast 2c shredded wheat 2c 1% milk 2 scrambled eggs 1 medium piece of fruit 1 glass of water</p>
<p>Snack 6oz lowfat Greek Yogurt 1/3c trail mix 2 glass of water</p>	<p>Snack 2 fruit/nut mixture granola bars 8oz 100% fruit juice 1-2 glasses of water</p>
<p>Lunch 2-3 soft chicken tacos 1c of Mexican rice Side salad (light on the croutons, cheese, bacon bits, and dressing) 1c of lowfat milk 2-3 glass of water</p>	<p>Lunch Grilled chicken sandwich Medium baked potato with margarine, cheese, and light sour cream 1c steamed broccoli 2c of 1% milk 1 medium cookie 1-2 glasses of water</p>
<p>Snack Whole wheat bagel 2 scoops of peanut butter 1 small piece of fruit 1 carton of lowfat chocolate milk 2 glasses of water</p>	<p>Snack Whole wheat bagel Critical Reload mixed with water 2-3 glasses of water</p>
<p>Dinner 6oz roast beef 1c diced potatoes 2c steamed vegetables Small bowl of fruit 1 fruit/nut granola bars 1c lowfat milk 2-3 glasses of water</p>	<p>Dinner 6oz salmon filet 1c of pasta with marinara Side salad (light on croutons, cheese, bacon bits & dressing) Whole wheat dinner roll 6oz Greek Yogurt Piece of fruit 2-3 glasses of water</p>
<p>Snack Additional Water</p>	<p>Snack Additional Water</p>

5000 CALORIE MEAL PLAN	6000 CALORIE MEAL PLAN
<p>Breakfast 2c or packets of oatmeal (made with milk) 1 scoop of peanut butter 2c 100% fruit juice 1c lowfat Greek yogurt 1 glass of water</p>	<p>Breakfast Egg, cheese, and ham breakfast bagel sandwich 1 bowl of cereal with 1% milk 1 medium piece of fruit 2 glasses of water</p>
<p>Snack Clif Bar 1 carton of lowfat chocolate milk 1-2 glasses of water</p>	<p>Snack 2 banana and peanut butter tortilla rolls 1-2 glasses of water</p>
<p>Lunch 12" turkey, ham, cheese, veggie sub 1 bag of baked chips/multigrain chips 1 medium piece of fruit 2c of 1% milk 1 fruit/nut granola bar 1-2 glasses of water</p>	<p>Lunch 2 roast beef sandwiches Bowl of whole grain pasta with meat sauce Bowl of cut veggies 2c of 1% milk Small bowl of cut fruit 1 Rice Krispie treat 1-2 glasses of water</p>
<p>Snack Blueberry bagel 1 PowerAde Protein Milk 1 Luna Bar w/2 glasses of water</p>	<p>Snack 2 Luna Bars 1 Critical Reload with 1 carton of lowfat chocolate milk and additional water</p>
<p>Dinner 2 small chicken breasts 1.5c of mashed potatoes 2c steamed veggies 1c 100% fruit juice 1c of soft serve ice cream 2 glasses of water</p>	<p>Dinner 6oz pork loin 2c brown rice 2c steamed veggies 2 pieces of corn bread Large fruit smoothie made with yogurt 2 glasses of water</p>
<p>Snack 1 bowl of whole grain cereal made with a glass of 1% milk 1-2 glasses of water</p>	<p>Snack 1c of lowfat cottage cheese 1c of pineapple</p>

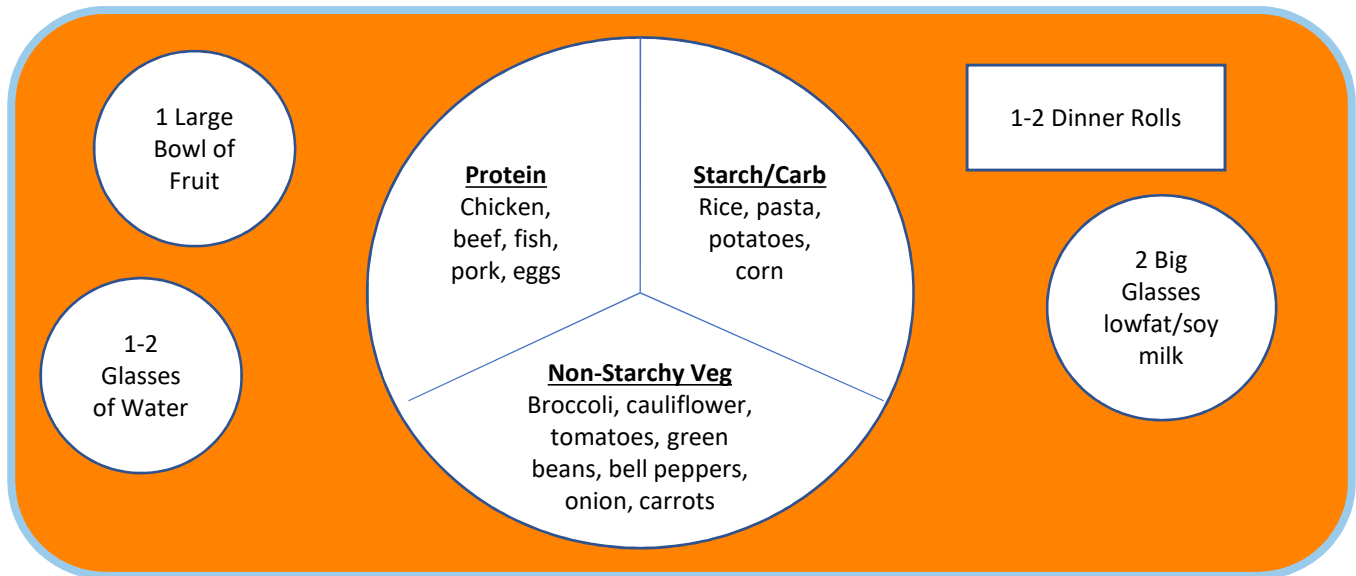


PLATE TIPS

- ❖ Use ~12 inch diameter plate/large dinner plate
- ❖ This will provide ~1300-1500 calories, ~190-210g carbs, & 75-85g protein per plate
- ❖ If you are trying to promote weight gain, second servings are encouraged
- ❖ If you are consuming a carb/protein item such as lasagna, BBQ beef sandwich, casserole, etc... split your plate in half and fill one half with carb/protein combo and the other half with non-starchy vegetables
- ❖ If you want dessert, you can add it either to a lunch or dinner every other night
- ❖ For Breakfast: replace the non-starchy vegetables portion with fruit. Example: 2-3 scrambled, 2 whole grain pancakes with peanut butter and syrup, mixed fruit, 2 pieces of whole wheat toast lightly buttered, 2 large glasses of lowfat milk (you can replace some of your milk with lowfat Greek yogurt/lowfat yogurt), and water.

What you need to know:

- This is an opportunity to top-off your body’s storage of carbohydrates (energy) before competition
- Will help maintain blood glucose levels, which will improve mental focus/concentration
- Help prevent hunger, fatigue, and light headedness during competition
- Fluids will help hydrate your body and control body temperature during competition (don’t forget to drink during competition)

TIMING IS KEY

TIME BEFORE COMPETITION	SAMPLE PRE-COMPETITION FUEL OPTIONS
~30 MINUTES	Mostly liquids (exp: sport drinks, gel shots, water)
1-2 HOURS	Small snack and liquids (exp: banana, pretzels, fig bars, sports drink, water, orange slices, energy bar, gel shots, meal replacement shake – ie. Ensure/Boost)
2-3 HOURS	Small meal and liquids (exp: 100% juice, lean meat deli sandwich on wheat, piece of fruit, Clif Bar, sports drink or peanut butter and banana bagel sandwich, pretzels, granola bar, lowfat milk, and water)
3-5 HOURS	Moderate size meal and liquids (exp: brown rice, grilled chicken breast, steamed veggies, whole wheat dinner roll, granola bar or yogurt/fruit parfait, sports drink, lowfat milk, water)

*Note: Avoid gas forming foods, spicy foods and foods you have never consumed before on competition day.

What you need to know:

- Consuming a carb/protein snack with ample amounts of fluid within 30 minutes of completing a weight room workout, practice, or game will help repair damaged muscle fibers, promote muscle growth, and replenish energy stores more efficiently than if you wait longer or do not consume anything at all.
- Your recovery snack needs to always consist of 3 things: 1- Fluids, 2-Carbohydrates, and 3-Protein

RECOVERY NUTRITION EXAMPLES

- 1 large bagel + 2 carton (8oz) lowfat chocolate milk + 1 medium piece of fruit + 1 Clif Bar + 16oz water = **177g carbs, 38g protein, and 32oz of fluid.**
- 1 bottle of Critical Reload (mixed with 2 cartons of lowfat chocolate milk) + 1 medium piece of fruit + 1 Clif Bar + 16oz water = **200g of carbs, 48g protein, and 32oz of fluid**
- 2 cartons lowfat chocolate milk + 2 Clif Bars + 1 large bagel + 16oz water = **200g of carbs, 48g of protein, and 32oz fluid**
- 1 container PowerAde Protein Milk + 2 Luna Bars + 1 medium piece of fruit + 16oz PowerAde = **140g carbs, 47g protein, and 32oz of fluid**
- 1 large bagel + 3tbsp peanut butter + 2 carton (8oz) lowfat chocolate milk + Clif Bar + 16oz water = **167g carbs, 50g protein, and 32oz of fluid**
- 12oz Greek Yogurt + ½ cup dried fruit + 2 fruit/nut granola bar + Luna Bar + 32oz of water = **125g carbs, 40g protein, and 32oz of water**

BREADS/CARBS

Cereal (9g or less sugar, 4g or more protein, 3g or more fiber)
Oatmeal
Bread (whole grain)
Tortillas (whole grain)
Buns (whole grain)
Brown rice
Pasta/noodles (whole grain)
Pancake mix (whole grain)
Cornbread mix
Stuffing mix

DAIRY/REFRIGERATED

Healthy margarine
Parmesan cheese
Mozzarella string cheese
Sliced cheese
Lowfat cottage cheese
Shredded cheese
Eggs
Milk (nonfat or 1%)
Sour cream (lowfat)
Greek yogurt (lowfat)

SNACKS

Whole grain crackers
Dried fruit
Granola bars (fruit/nut)
Pretzels
Peanut butter (100% natural)
Fig bars
Trail mix
Peanut butter crackers
Tuna and crackers
Graham crackers

HERB/SPICES

Onion powder
Garlic powder
Salt
Pepper
Basil
Oregano
Cumin
Chili powder
Poultry seasoning
Taco seasoning
Granulated sugar
Brown Sugar

CONDIMENTS

Ketchup
Mustard
Mayo/Miracle Whip
BBQ sauce
Olive oil
Non-stick spray
Hot sauce
Salsa
Lowfat salad dressing
Vinegar
Honey

CANNED FOODS

Baked beans
Refried beans
Black beans
Soup (meat & veggie)
Spaghetti sauce
Chicken & Beef broth
Corn
Green beans
Stewed tomatoes
Canned tuna, salmon and chicken

FROZEN FOODS

Blueberries
Blackberries
Strawberries
Pineapple
Cherries
100% fruit juice
Green beans
Broccoli
Carrots
Stir-fry mix
Mixed vegetables
Chicken breast
Cod, salmon, tilapia
Dinner rolls
Lowfat ice cream

MEATS

90/10 or leaner ground beef
90/10 or leaner ground turkey
Pork loin
Beef round
Turkey breast
Deli meat

PRODUCE

Asparagus
Cauliflower
Baby carrots
Tomatoes
Onion
Avocado
Potatoes
Sweet potatoes
Spinach
Apples
Oranges
Bananas

MEAL IDEAS

BEEF & BEAN BURRITO WITH RICE & MIXED VEGETABLES

Whole grain tortillas
Brown rice
Shredded cheddar cheese
Lowfat sour cream
Taco seasoning
Salsa
Refried beans
Mixed frozen vegetables
90/10 or leaner ground beef
Onion
Tomatoes
Shredded lettuce
Chocolate milkshake

BBQ CHICKEN WITH SWEET POTATOE AND GREEN BEANS

BBQ sauce
Fresh/frozen chicken breast
Frozen or canned green beans
Sweet potatoe
Dinner roll
Fig bars

SPAGHETTI WITH TURKEY MEAT SAUCE AND SALAD

Whole grain spaghetti
Spaghetti sauce
Parmesan cheese
90/10 or leaner ground turkey
Lettuce and veggies for a salad
Salad dressing
Garlic bread
Trail mix

TURKEY BREAST WITH STUFFING & BROCCOLI

Turkey breast
Box of stuffing mix or homemade
Frozen bag of broccoli
Lowfat Greek Yogurt with berries

CHICKEN NOODLE SOUP

Fresh/frozen chicken breast
Chicken stock
Carrots, celery, onion, garlic
Wide egg noodles
Mashed potatoes

BEEF ROAST WITH MIXED VEGETABLES

Beef stock
Stewed tomatoes
Frozen carrots
2-3# beef round roast
Onion
Red potatoes (cubed)
Celery
Corn bread
Fruit smoothie

GRILL NIGHT

Chicken breast
90/10 or leaner ground beef patties
100% whole grain hamburger buns
Fresh asparagus
Thinly sliced sweet potatoes
Corn on the cob
Lowfat ice cream

GRILLED SALMON WITH RICE AND BAKED ASPARAGUS

Salmon filets
Brown rice
Steamed mix veggies
Banana bread

BEFORE PLAY

Granola bar
Fruit
Applesauce
Crackers
Goldfish
Pretzels
Cereal Bar
Fig Newton
Fruit cup
Nutri-Grain bar

*Mostly Carbohydrates

BETWEEN MEALS

PB & J
Trail mix
Hard boiled eggs
Peanut butter
Crackers
Popcorn
Protein bar
Cereal & Milk
Nuts
Beef Jerky
Yogurt
Veggies

*Protein

*Nutrient Dense

SWEET CRAVINGS

Chocolate milk
Cereal with milk
Fruit cup
Yogurt with granola
Dark Chocolate
Almonds
PB & J
Whole fruit
Kind Bar

*Nutrient Dense

BEFORE BED

Yogurt
Cereal & milk
Trail mix
Protein bars
Protein shakes
Beef jerky
Chocolate milk

*Protein

CARBOHYDRATE SOURCES

- Pre-cooked or instant rice, noodles, couscous, quinoa, or pre-cooked lentils
- Instant oatmeal, cream of wheat
- Granola, muesli (higher fiber options)
- Shelf-stable bread
- Instant mashed potatoes
- Granola bars, sports bars, fig bars
- Snack crackers (graham, rice cakes, wheat)
- Fruit snacks (dried, dehydrated, leathers)
- Instant soup mixes
- Instant breakfast or meal replacement powder
- Dried veggies (peas, beans)
- Pureed fruit and veggie packets
- Powdered sports drinks, gels, gummies

PROTEIN SOURCES

- Tuna, salmon, chicken packets
- Tofu (shelf stable)
- Mountain meals
- Jerky (turkey, beef, bison, lamb, salmon)
- Edamame, chickpea packets
- Peanut or almond butter
- Dried hummus mix
- Nuts and seeds
- Non-fat dairy milk
- Recovery drink mix
- Protein powder (whey, soy) – NSF certified
- Protein bars

*Note: some foods require equipment to prepare (e.g. hot pot, electric kettle) or spices/seasonings.

RESTAURANT GUIDE

RESTAURANT	CHOOSE	LIMIT/AVOID
AMERICAN	Grilled/baked/broiled chicken, fish, turkey, pork (tenderloin), or lean beef (sirloin, tenderloin, flank, or brisket); baked potato (limited sides); low-fat salad dressing (on the side); grilled vegetables; whole wheat dinner rolls	Anything with the work “fried”, creamy dressings, mayo, large amounts of butter, sour cream, and cheese, French fries
CHINESE	Chicken, beef, or seafood stir-fry; steamed rice (brown if available); hot and sour soup; wonton soup; beef, seafood, chicken with vegetables, Moo Goo Gai Pan	Fried rice; fried egg rolls, fried wontons, sweet and sour pork; orange chicken/beef, kung poa chicken/beef, general tso’s chicken/beef, lo mein/chow mein
ITALIAN	Pasta (whole grain if available) with marinara, marsala, red clam, or tomato sauce; cheese pizza (light on the cheese, heavy on the veggies), minestrone soup or any chicken/beef/vegetable broth based soup, salad with vinaigrette dressing, bread sticks with little to no butter, any vegetable/lean meat combo/pasta combo toasted in olive oil	Cream sauce (alfredo and other cheese sauces), chicken carbonara, eggplant or chicken parmesan, high-fat dressing or desserts, pizza with extra cheese and loaded with high-fat meats
MEXICAN	Soft corn or flour tortillas, chicken or bean burritos (black beans preferably) or soft tacos, fajitas, rice, salsa	Fried taco shells and chips, refried beans made with lard, cheese, high-fat condiments such as sour cream and queso cheese, chimichanga
BREAKFAST	Pancakes (whole grain), whole grain toast, bagels and cereals, low-fat muffins, turkey sausage, eggs, low-fat dairy, oatmeal, granola bars, peanut butter, lean ham	Pre-buttered items such as croissants, biscuits, and muffins; high fat meats such as sausage and bacon, sausage gravy, limit coffee

COOKING TERMS

- **HEALTHY COOKING TERMS**
 - Roasted, broiled, blackened, grilled, baked, steamed, poached, stir-fry
- **HIGH-FAT COOKING TERMS**
 - Deep fat fried, fried/pan fried, scampi sauce, cheese sauce, crispy, creamy, gravy, breaded, au gratin, sauteed

What you need to know:

- The U.S. government does not test supplements for safety or purity.
- Athletes need to have a “food first” philosophy before considering supplements. Supplements should be used to “supplement” the diet, not replace anything.
- All supplements must be evaluated by the Coordinator of Sports Nutrition to determine if it is legal to consume based on the NCAA banned substance list, safe to consume, effective, supported by research, and third party tested for finished product purity.
 - “Natural”, “Safe” & “Proven” – These words carry no guarantee, or even definition
 - “Caffeine Free” & “Ephedra Free” – Does not mean free from similar compounds which may still contain a stimulant
 - Many names can exist for one ingredient or compound found in a supplement, which makes it difficult to evaluate
 - Avoid supplements that contain “fat burning”, “thermogenic” or “anabolic” on the label!

BOTTOM LINE – supplement companies target athletes, so if it sounds too good to be true, it probably is!

RESOURCES TO CHECK OUT

- NSF Certified for Sport: <http://nsfsport.com/>
- Resource Exchange Center, REC:
www.drugfreesport.com password ncaa1
- Consumer Lab: www.consumerlab.com
- Informed Choice: www.informed-choice.com