Increased nutrient needs for athletes on a budget:

* Buy in bulk! Extra fruit, vegetables, and meats can be stored for later if you have a large freezer. Cabinet space is great for storing bulk quantities of grains and cereals in sealed containers.
* Add oats and seeds to your favorite yogurt for a supercharged snack.
* Does your produce have a tendency to go bad before you use it? Buy frozen produce rather than fresh.
* Store your ripe fruits and vegetables away from unripe. Ethylene gas is created when produce ripens, and will make the other produce around it ripen as well.
* Turn overripe bananas into smoothies or banana bread! Add chocolate chips, dates, or walnuts for extra flavor.
* Utilize concentrated sources of calories such as nuts/nut butters. These can be added to fruit, crackers, or blended into your favorite protein shake or smoothie. Oils such as flaxseed or avocado are also high-calorie additions to beverages.
* Add olive oil to salads or steamed vegetables.
* Mix nonfat powdered milk into a glass of 1%, 2%, or whole milk for “super milk.”
* Save your leftovers and be creative! Chicken and vegetables from last night’s dinner can be shredded up and transformed into a chicken salad wrap for lunch.
* Read labels and be mindful of marketing. Oftentimes, the nutritional values for generic vs. name brands are nearly identical.

UCSD Community Health. (September 2017). Ethylene in Fruits and Vegetables. Retrieved from <https://ucsdcommunityhealth.org/wpcontent/uploads/2017/09/ethylene.pdf>

UCSF Health. (n.d.). Healthy Ways to Increase Calories and Protein. Retrieved from<https://www.ucsfhealth.org/education/healthy-ways-to-increase-calories-and-protein>