Nutrition

Types of Foods

Carbohydrates- cereal, bagels, muffins, granola bars, pretzels, crackers, trail mix, mixed fruit, sports bars, english muffins, whole grains (toast, pita bread, hamburger/hotdog buns, dinner rolls, tortillas, pastas)

Proteins- cheese, chicken, beans, eggs, fish, milk, nuts, peanut butter, pumpkin seeds, sports bars, Greek yogurt, lean turkey, lean roast beef, turkey bacon, roast pork, lean ham, tuna, cottage cheese, swiss cheese, lean ground beef, salmon, edamame, green peas, quinoa, chocolate milk

Fats- avocados, nuts (almonds, peanuts, pecans), seeds, oils (olive, canola, sesame), olives, flax seed, walnuts, peanut butter, soy milk, tofu, salmon, tuna

Hydration- 16 oz/hour (3-H)- drink sport drinks: When it is HOT, the workout is HARD, and workout will last longer than an HOUR. Should drink 16 oz for every pound lost post workout.

What to eat to prevent cramping- tomatoes, beans, milk, potatoes, cantaloupe, bananas, watermelon, and avocadoes

Breakfast Ideas

Low fat Greek yogurt with fruit and granola

Toast or muffin with avocado

Oatmeal with dried fruit and chopped nuts

Scrambled eggs, whole wheat toast, and milk

Oatmeal and peanut butter

Whole grain toast/bagels, pancakes, waffles

Fruit and veggie smoothie

Cottage cheese and fruit

Breakfast burrito (scrambled eggs, cheese, veggies, and ham)

Milk

Mid Morning Snack

Almonds

Banana, celery, apple with peanut butter

String Cheese and an apple

Hummus and veggies or crackers

Pretzels and peanut butter

Trail mix

Lunch Ideas: Pregame Meal: 3-4 hours before game time

Roasted turkey sandwich with cheese on whole wheat bread (lettuce, tomato, and avocado), whole wheat pretzels, low fat chocolate milk

Spaghetti with meatballs, tossed green salad (balsamic vinegrette)

Grilled salmon, sweet potato or rice, green beans

Chicken and veggie wrap, fruit

Pita with hummus and veggies

Chicken Salad

Grilled chicken, baked sweet potato, roasted veggies

Taco bowl with chicken, corn, lettuce/veggies, and brown rice

Baked potato loaded with chicken, steamed veggies, and avocado

Chicken w/ Fried Rice (brown rice, grilled chicken, stir fry veggies, lite soy sauce)

Snack options after school before a game/practice (1 hour)

8 oz sports drink and half a banana

Fig bar

Fresh fruit

Trail mix with dried fruit, nuts, and seeds

Crackers with peanut butter

Sports bars (with carbs and protein)

Banana bread

Half of wheat bagel with jelly

Hummus with pita, crackers, or pretzels

Greek yogurt with fruit and granola

String cheese and crackers

Cottage cheese and fruit

Post-workout Snack (within 1 hour after workout)

Chocolate Milk

½ PBJ and water

Trail mix and sports drink

Cheese/crackers and water

Protein bar

Greek yogurt with fruit

Crackers with hummus

String cheese and 100% juice

Postgame Meal competition

Grilled salmon, brown rice, and broccoli

Taco salad with lots of veggies

Chicken, baked potato, broccoli, and black beans

Whole wheat pasta with ground beef or turkey, marinara sauce, and asparagus

Turkey burger with sauteed squash

Chicken and veggie pizza with a side salad

Fried rice with veggies and shrimp, pineapple, steamed broccoli

Evening Snack

Popcorn

Smoothie popsicles

Chips and salsa

Yogurt and berries

Apple and peanut butter