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