

HEALTHY SNACKS FOR PEOPLE ON THE GOAL

Snacking can be part of a healthy diet and can give you the extra energy to get throughout your day. Having regular meals and snacks in between meal times boosts your metabolism and helps when you are participating in exercise. Here is a list of quick, easy, and nutritious snack choices:

- ❖ Whole grain bagel and light cream cheese
- ❖ String cheese and apple
- ❖ Cereal and low fat milk
- ❖ Cereal bar and low fat milk
- ❖ Trail mix (dried fruit, nuts, cereal, and pretzels)
- ❖ Apple and peanut butter
- ❖ Graham crackers and fruit
- ❖ ½ sandwich (meat, peanut butter and jelly, or cheese)
- ❖ Low fat yogurt and fruit
- ❖ Bread sticks and cheese
- ❖ Bagel and peanut butter
- ❖ Frozen grapes
- ❖ Peanut butter and crackers
- ❖ Carnation Instant Breakfast®
- ❖ Low fat granola bars and fruit
- ❖ Low fat pudding
- ❖ Vanilla wafers and low fat milk
- ❖ Ginger snap cookies and low fat milk
- ❖ Fruit smoothie (yogurt, milk, and fruit blended together)
- ❖ Cottage cheese and canned fruit
- ❖ Low fat granola and yogurt
- ❖ Veggies and low fat dip
- ❖ Soup and crackers

Sport Foods

Athlete Scenario

I am training for my first marathon and looking for sport foods and beverages to help supplement my training diet. I am confused by all the different kinds of products at the store. How do I know which to choose?

Advantages of Sport Foods and Beverages

Carbohydrate-rich sport foods (sports drinks, bars and gels) are convenient and may improve exercise performance. Consider using sport foods for training or competition lasting longer than 1 hour.

Goals of Sport Foods and Beverages:

- Maintain blood sugar levels
- Promote hydration and electrolyte balance
- Optimize exercise performance

Categories:

Sports Drinks

- Purpose: Provide fluid, carbohydrate and electrolytes and prevent dehydration (>2% of body weight)
- Composition: Carbohydrate-based (~9 – 18 grams per 8 fluid ounces and electrolytes (e.g. sodium & potassium))

Sports Bars

- Purpose: Portable source of carbohydrate and protein
- Composition: Generally 40 – 60 grams of carbohydrate and 6 – 20 grams of protein

Sports Gels, Gummies, and Beans

- Purpose: Provide bite-sized carbohydrates
- Composition: 20 – 25 grams of carbohydrates (may contain caffeine, electrolytes or vitamins) caffeine, electrolytes or vitamins)

	SPORTS DRINK	SPORTS BARS	SPORTS GELS, GUMMIES, & BEANS
PRE-EXERCISE	15-20 ounces 1-2 hours before exercise	High-carbohydrate, moderate-protein, lower-fat bar 1-2 hours before exercise	1-2 servings per hour to supplement diet
DURING EXERCISE	6-12 ounces every 15-20 minutes	High-carbohydrate, low in protein and fat	1-2 servings per hour depending on fueling needs along with 4-8 ounces of water
POST-EXERCISE	24 ounces per pound of body weight lost	High-carbohydrate, high-protein bar within 15-60 minutes after exercise	1-2 gels to supplement recovery foods containing protein

Written by SCAN registered dietitian nutritionists (RDN) to provide nutrition guidance. The key to optimal meal planning is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a SCAN Dietitian" at www.scandpg.org



Tips to Take With You

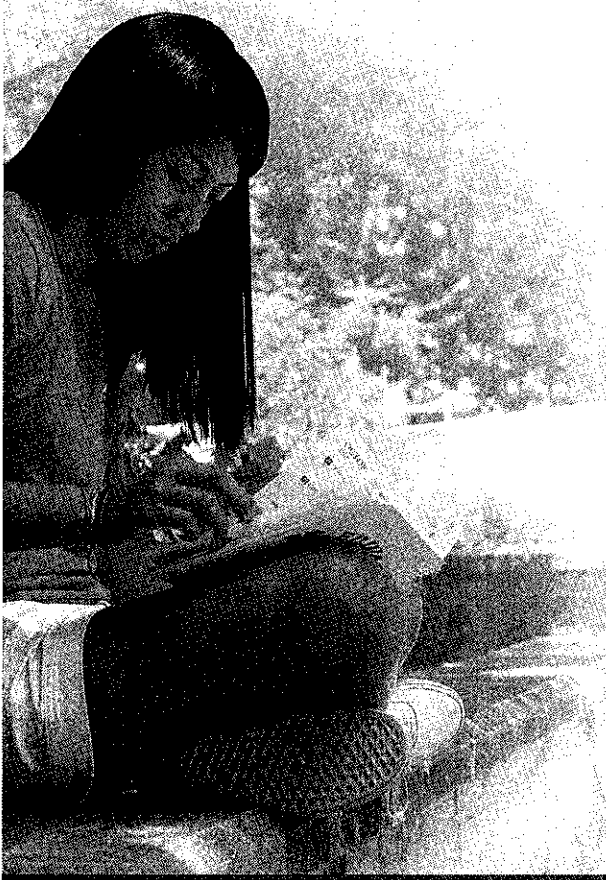
1. Practice with new sport foods during training sessions to determine which products work best for you before competition.
2. For events greater than one hour, use sport foods to supplement a balanced diet and meet energy needs.
3. Meet with a sports registered dietitian nutritionist (RDN) to determine appropriate use of sport foods to meet your fueling and hydration goals.

Contact SCAN

www.scandpg.org
 800.249.2875

EATING FREQUENCY

FOR THE STUDENT-ATHLETE



I am a junior student-athlete. I have morning workouts at 5:30 a.m. and my first class is at 8:30 a.m. I am too busy to eat breakfast and I stop at the cafeteria for lunch between classes. I am back in the pool at 3:30 for a two-hour practice; then I have to grab dinner before going to study hall from 7 to 9 p.m. Sometimes I have to study late into the evening to finish a paper or prep for an exam.

How can I sustain my energy throughout the day to optimize both my academic and athletic performance?

- **START OFF RIGHT:** Breakfast is the most important meal of the day; choose nutrient-rich foods.
- **PLAN AHEAD:** Have portable performance foods in your backpack for fuel every two to three hours between meals and around training.
- **ADAPT TO YOUR NEEDS:** Know what foods sit well with your body. Don't try new foods or meals during days that you have important training sessions or a competition.

(For food options and tips, turn the page.)

Information presented by



www.NCAA.org

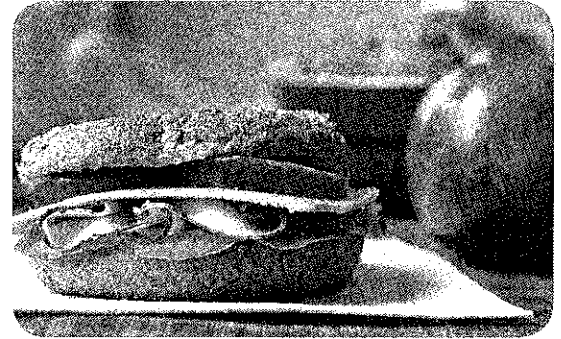
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The key to optimal meal planning is developing a plan to meet the demands of your busy schedule and your body composition goals. There are lots of ways to strategize about eating frequently. A registered dietitian (RD) or Certified Specialist in Sports Dietetics (CSSD) is the food and nutrition professional best qualified to help you design a nutrition plan tailored to your health and performance needs. Check with your athletics department or student health services or go to scandpg.org and click on Find a SCAN RD.

START YOUR DAY OFF RIGHT

- Get a quick carbohydrate boost before the morning training session and eat a balanced breakfast that combines fiber (whole grains) and protein for sustainable energy before class.
- Select meals that are carbohydrate-rich, moderate in protein, and low in fat.
- **Breakfast:** choose eggs, whole grain toast with peanut butter, cereal and milk, fruit or 100% fruit juice, whole grain waffles topped with fruit, or yogurt
- Make lunch count by choosing lean meats to help you recover from a morning session and complex carbohydrates to replenish your body for an afternoon workout.
- **Nutrient-rich lunch options:** pasta with chicken and tomato sauce, steamed rice with vegetables and low-fat milk, grilled chicken sandwich with a fruit and yogurt smoothie, instant oatmeal with dried fruit and low-fat milk, a peanut butter and jelly sandwich, chicken noodle soup with crackers, chicken or turkey wrap, or sliced turkey on a bagel.



FUEL YOUR DAY

- Plan to have healthful food available to consume every two to three hours. This will provide enough physical and mental fuel to sustain intense training on the field of play and in the classroom.
- **Smart snacks:** string cheese, low-fat yogurt, dry cereal, trail mix, whole grain crackers, 100% fruit juice, dried fruit snacks and granola or breakfast bars.
- Establish a routine eating pattern for every day of the week. Athletes with a consistent fueling pattern tend to be leaner and have more energy.
- Some athletes prefer carbohydrate-rich fluids instead of whole foods to avoid feeling full.



KEEP ENERGY UP DURING TRAINING

- If your training will be longer than an hour, plan a small carbohydrate-rich snack or beverage immediately before and during the activity.
- A sports drink during training or intense physical activity provides fuel and replaces lost fluid and electrolytes.
- **Nutrition during training:** granola or sports bars, bananas, dried fruit, and bread with jam or jelly.
- Drink water when consuming carbohydrates during practice to avoid stomach problems.

REPLENISH YOUR BODY DURING RECOVERY

- Plan to have a meal within one hour after training. A meal of carbohydrate-rich foods, high-quality protein, and ample fluids will meet your recovery needs.
- A recovery snack, eaten within 30 minutes, is critical if you don't eat a meal within one hour after training. This is especially important on days with multiple training, competition or tournament sessions.
- **Recovery nutrition:** Low-fat chocolate milk, trail mix, cereal and milk, yogurt parfaits and fruit smoothies.
- Student-athletes do not always have access to food immediately after practice. Be sure to pack recovery snacks in your gym bag so that you can quickly begin to refuel.

