

**University of Washington  
Husky Athletics**

**Performance Nutrition Manual**

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## ***FOOD IS FUEL.***

As a student athlete, you have the power to improve your performance through food. This manual will help guide you in making smart nutrition choices throughout your competitive year. The stress you endure through sport and school increases your nutrition needs. You must have plenty of the right food to compete at your highest level.

**EATING PLENTY OF HIGH PERFORMANCE FOOD +  
SPORT SPECIFIC TRAINING + REST = WINNING ATHLETES**

# THE BASICS- *Make your food work for you!*

If you follow these simple guidelines, you will improve your performance.

## **EAT at the right times**

Maximize your energy stores and your performance by taking in carbohydrate and protein foods every 3-4 hours during the day (see TIMING for more information).

## **EAT the right foods**

Carbohydrates are your major source of fuel. They fuel your muscles for performance. Athletes need high quality carbohydrates throughout the day to maintain energy stores. Without plenty of carbohydrate, you will feel fatigued and will not be able to perform at your best on the field or in the classroom.

## **EAT high quality (hq) protein**

Consume hq protein throughout the day like chicken, fish, turkey, egg, tofu, beans, low-fat dairy, and lean beef (top round, sirloin, filet).

## **DRINK plenty of fluids**

Dehydration causes fatigue, cramping, and a decrease in performance. Drink water, milk, juice and sport drink at regular intervals throughout the day.

## **LIMIT fat intake**

Fat is a necessary part of a healthy diet. However, fat takes a long time to break down and be converted to energy. So, moderating your fat intake (especially around training and competing times) will help you perform better.

## **Make WEIGHT CHANGES in the off season**

Eating too few calories can decrease your metabolism, decrease your strength, and be detrimental to your performance. If you need to lose body fat, consult your sports nutritionist (or this manual) for an eating plan to suit your needs.

## **Be AWARE**

Media presents a picture that the “average American” needs to cut back on food/carbs/fat. You are not “average”. As an athlete your needs are unique and exceed the needs of other non-athletes. Don’t follow the masses, take care of your needs as a student athlete, commit to fueling your body!

## **Use your SUPPORT**

As a UW student athlete you have a lot of support around performance; coaches, team doctor, athletic trainer, strength and conditioning coach, sport nutritionist, among many others. Being a division I athlete require dedication, inspiration and a lot of hard work. Your “team” is here to help you!!

# Energy Requirements

Food = Calories = ENERGY

## *How many calories do I need?*

Calorie needs vary from athlete to athlete and from day to day. Males may need more calories than women. You may have a higher metabolism and that increases your needs. Calculating a range of calories for yourself can be helpful in meeting your goals. Caloric needs should be met with high-energy, nutrient-dense foods. An athlete engaging in high-intensity activity (basketball, swimming, running, etc.) needs 3,000-6000 more calories per day to maintain weight. A simple estimation of calorie, carb and protein needs for an athlete is as follows:

Training	Calories (Calories/lb)	Carbohydrates (Grams/lb)	Proteins (Grams/lb)	Healthy Fats
Mild	12-14	2.0-3.0	.45	Balance of energy for all training levels
Moderate	15-17	2.0-3.0	.5-.75	
Heavy	18-24	3.0-4.5	.7-.8	
Very Heavy	24-29	4.5-5.5	.8-.9	

### Example:

A 160 lb female athlete training in pre-season (heavy) needs how many calories each day?

160 lb x 18 calories/lb = 2880 kcal each day (minimum)

This athlete needs to eat **AT LEAST** 2880 kcal each day to keep her body weight at 160 lbs. If she wants to gain more lean muscle mass, she must eat more food (approx. 500 calories extra). If she wants to lose body fat, she must eat less food (approx. 250-500 calories less).

### MY PERSONAL ENERGY NEEDS:

My weight \_\_\_\_\_ lb x \_\_\_\_\_ calories for my level of training (see chart) = \_\_\_\_\_ Calories per day

**\*\*Remember: Your energy needs will change throughout the season\*\***

If you want to lose or gain weight, consult the UW Sports Nutritionist for body composition testing and nutrition plan.

**Need ideas for what to eat? See MEAL PLANS Appendix A.**

**Need a grocery list for what foods to buy? See GROCERY LIST Appendix B.**

# CARBOHYDRATES: *The ENERGY Provider*

## What are they for?

Carbs are an athlete's primary source of energy. They provide working muscles the energy they need to jump, run, lift and swim. High performance athletes must make sure they are taking in plenty of carbohydrates. Carbohydrates are stored in the muscle and the liver as glycogen; like an internal storage locker for energy! Your glycogen stores will be depleted during workouts and **must be replenished**. If you forget to replace your glycogen stores, you will not have enough energy the next day; scary if it is your game day! 50-70% of your energy should come from carbohydrates.

### Choose these HIGH CARB FOODS

- **Whole Grains:** oatmeal, 100% whole grain breads, whole wheat or corn tortillas, whole wheat bagels and English muffins, pasta, brown rice, low-sugar cereals (ie: All-bran, Cheerios, Total, Kashi, Wheat Chex, Wheaties, Raisin Bran, Smart Start, Basic 4, Blueberry Morning)
- **Fruits (fresh and canned in own juice) and 100% fruit juice**
- **Vegetables:** broccoli, spinach, carrots, green beans, tomatoes, asparagus, bell peppers, cauliflower, celery, eggplant, mushrooms, onions, winter squash, zucchini, lettuce (romaine, green or red leaf), etc.
- **Starchy vegetables:** red or sweet potatoes, yams, corn, green peas, and beans (refried, kidney, black, pinto, chili, etc.)
- **Dairy:** yogurt, low fat cheeses (like moz cheese sticks) 1%, nonfat or skim white or chocolate milk, cottage cheese, pudding

**\*\*To perform at your best LIMIT these “refined” carbohydrate foods: Sugary foods such as cookies, cakes, pies, candy, pop tarts, soda (regular or diet), donuts, candy bars, “white” breads, high sugar cereals\*\***

## Why limit “refined/processed” foods?

Processing removes a lot of the nutrition (fiber, vitamins and minerals) from food. High sugar foods provide little nutrition and can cause extreme highs and lows in blood sugar. Extreme highs and lows will be detrimental to performance. High sugar foods also cause cavities, and no one has time (or money) for cavities!

### **Advanced Info:**

Carbohydrate intake should be from **2.0-5.0 g/pound** body weight.

**2.0-3.5 g/lb** for athletes who train less than 1 hour daily at a moderate intensity.

**3.5-5.5 g/lb** for athletes who train hard daily and need to maximize daily glycogen recovery.

# PROTEINS: *The Muscle Re-Builder*

## What are they for?

Proteins help re-build and repair the body's tissues. Muscle tissue depends on protein to repair the damage done during exercise. Most people get more than enough protein from the food they eat.

High quality, lean choices of meat/protein are listed below. Making lean choices will provide you with the ingredients you need for re-building your muscle. Each ounce of meat will provide you with approximately 7 grams of protein (ex. 4 ounces of chicken breast = 28 grams of protein).

\*\*Note: you also get protein from grains, nuts, beans and vegetables, although it must be consumed in combination in order to be high quality or "complete"\*\*\*

## Choose these Lean Sources of Meat/Protein:

**Beef:** Ground Sirloin, Filet, Round, and Lean Ground Beef (96% lean)

**Fish:** all fish (not fried)

**Chicken/Turkey:** skinless ~ (grilled, baked, broiled)

**Pork:** Center Cut, Lean

**Eggs:** 1 yolk/day plus egg whites/egg substitutes

**Veggie Burgers:** Boca/Morningstar Farms, GardenBurger

**Sausage/Hot Dogs:** Use only low-fat versions like those made by Healthy Choice or Isernios

**Deli Meats:** Lean Turkey, Ham, or Roast Beef

**Soy Products:** Tofu, soy milk, edamame (soy beans)

**Dairy:** 2% sliced cheese (Kraft), parmesan cheese, low fat cream cheese, part skim mozzarella, skim or low-fat milk, yogurt

## Limit or Avoid Medium and High Fat Sources of Meat/Protein:

**Pork/Sausage/Hot Dogs:** ground pork, spareribs, regular hot dogs

**Fish:** Any fish that is fried

**Cheese:** American, Blue, Swiss, mozzarella, and most deli cheese

**Other:** Luncheon style meats like bologna, pastrami, salami, pepperoni

**Sausage:** Polish, Italian smoked

**Other Beef:** T-bone, ribeye, porterhouse, ground beef 85% or 80% lean, roast (rib, chuck, rump), and corned beef

Protein needs range from .55-.9 grams/pound of body weight for collegiate athletes.

\*\*Your protein needs will change throughout your training schedule. You may require more protein in your strength building phase vs your during your competitive season\*\*

### Grams of Protein Needed and How to Consume It

	Per pound of body weight	For 180 lb athlete	Example of amount/day to meet recs
<b>Strength Based Athletes AND athletes in strength building phases of training</b>	0.7 - 0.9 grams	126 g – 162 g	3c. dairy (24g) 4oz turkey (28g) 6oz lean beef (42g) Clif Bar (12g) 1/2 c. beans on salad (8g)
<b>Endurance Athletes AND athletes in endurance building portions of training/competition</b>	0.55 - .64 grams	99 g – 115 g	2 eggs (14g) 2c. dairy (16g) 4oz turkey (28g) 6oz chicken (42g) Clif Bar (12g)

Rosenbloom, C. Sports Nutrition. A Practice Manual for Professionals, 4th ed., 2006.

You will not get stronger by eating extra protein. Consuming adequate amounts of protein along with enough calories to support your training will allow you to optimize your strength. Amino acid pills and powders are a waste of your money and are not adequately regulated to maintain safety.

## FAT: Essential, *but in moderation*

### What is FAT for?

Fat performs a variety of functions in the body. It is an energy source, transports fat soluble vitamins, protects our organs and also provides an ingredient to make hormones. A performance enhancing diet should contain 15-30% of total calorie intake. In grams, just multiply your caloric intake by 15-30% and divide by 9. Example: 4000 kcal diet X 25% (.25) = 1000 calories / 9 cal/g = 110g/day

### Not all fats are created equal...

Limit/Avoid	Limit/Avoid	Include a little	Include the most
<ul style="list-style-type: none"> <li>• High fat versions of animal foods such as meat &amp; poultry, whole fat dairy products, and butter.</li> <li>• Coconut, palm oil</li> </ul>	<ul style="list-style-type: none"> <li>• Chips</li> <li>• Cookies</li> <li>• Most snack foods and commercially baked goods made with “partially hydrogenated oil”</li> <li>• Margarine</li> </ul>	<ul style="list-style-type: none"> <li>• Corn oil</li> <li>• Safflower oil</li> <li>• Soybean oil</li> <li>• Sunflower oil</li> </ul>	<ul style="list-style-type: none"> <li>• Flaxseed</li> <li>• Fatty fish (salmon, trout, halibut, albacore tuna)</li> <li>• Walnuts</li> <li>• Tofu</li> <li>• Soy nuts</li> <li>• Canola &amp; olive oil</li> <li>• Olives</li> <li>• Peanut oil</li> <li>• Avocados</li> <li>• Almonds</li> <li>• Macadamia nuts</li> <li>• Pistachio nuts</li> <li>• Cashews</li> <li>• Sunflower seeds</li> </ul>

### Reminders about fat intake:

- Remember that saturated fat (from high fat animal products), hydrogenated fat (trans-fats), coconut, and palm oils increase risk of cardiovascular disease.
- Monounsaturated, omega-3 fatty acids, and polyunsaturated fats can decrease risk of cardiovascular disease, and decrease inflammation.
- Try to trim all fat and/or skin from beef and chicken breast before cooking
- Limit or avoid foods that are fried, creamy salad dressings, mayonnaise, gravy, butter and margarine.
- Most fast food items are extremely high in fat, so make healthy choices (see **fast food not fat food** page 18)

## Increasing Lean Muscle Mass

### *Strength. Power. Speed.*

Putting on lean muscle mass can be even harder than losing body fat. It takes a great deal of dedication and perseverance and lots of **FOOD FOR FUEL** to build bigger muscles. But you can do it!!

### There is no short cut to gaining muscle.

Use caution when purchasing supplements. Many are not regulated by the Food and Drug Administration, and may contain NCAA banned ingredients. And many do not work. FOOD is your best supplement; it is less expensive, easy to find, and the most effective for helping you gain muscle.

### **Tips for Gaining Weight:**

- **Never skip meals.** Yes, this means you need to get up in time for breakfast, that you can't skip lunch, and that dinner actually needs to be prepared and eaten.
- **Eat three snacks every day.** That's right: midmorning, midafternoon and evening. In order to gain weight, you need to fuel your body at regular times.
- **Drink caloric beverages.** Choose low-fat milk 100% fruit juice or sports drinks.
- **Choose calorie-dense foods.** That means eating potatoes, corn or peas instead of celery and carrot sticks. Or choosing a banana or cranberry juice instead of an apple or orange juice. Granola cereal is more calorie-dense than puffed rice.
- **Eat more when you can.** Take seconds and even thirds when possible.

# Fat Loss

## *losing the baggage*

Losing weight is a delicate balancing act. You must consume enough calories to maintain your muscle mass and preserve your metabolism while creating a slight energy deficit. Creating new lifestyle habits (reducing fat intake, modifying junk food habits) is always the best way to go!

**\*\*Be careful:** if you cut back on calories too much, the weight you will lose can be **mostly muscle**. Exercise must be included in your weight loss plan. Use body composition testing to help monitor your weight loss.\*\*

### **TIPS TO HELP LOSE BODY FAT:**

- **Eat frequently throughout the day: boosts metabolism, maintains lean muscle tissue.**
- **Limit or restrict high fat and fried foods.**
- **Minimize late night eating. Eating late at night can be detrimental to weight loss, due to late night choices. If you are hungry, EAT, but choose fruit, vegetable or low fat dairy.**
- **Eat higher fiber foods.**
- **Add plenty of fresh fruits and vegetables.**
- **Eat smaller portions.**
- **Add additional cardiovascular exercise, when advised by your conditioning coach.**

# Timing is Everything- *Make your food work for you*

Examples of how to spread food appropriately around practice, depending on your practice/game time. Remember that when you eat is just as important as what you eat!

## Morning Workout and Midafternoon Practice

5:00	5:30 Preworkout snack
6:00	6:00-7:00 Workout
7:00	7:15 Postworkout Snack and/or Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	Preworkout Snack
3:00	3:30-5:30 Practice
4:00	
5:00	
6:00	Postworkout snack and/or Dinner
7:00	
8:00	
9:00	Snack (optional)

## Morning Workout

5:00	5:30 Preworkout snack
6:00	6:00-7:00 Workout
7:00	7:15 Postworkout Snack or Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	
3:00	Snack
4:00	
5:00	
6:00	Dinner
7:00	
8:00	
9:00	Snack (optional)

## Midafternoon Practice

7:00	Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	Preworkout Snack
3:00	3:30-5:30 Practice
4:00	
5:00	
6:00	Postworkout snack and/or Dinner
7:00	
8:00	
9:00	Snack (optional)

# Recovery Nutrition

To recover from the high demands of strenuous exercise/training, you should **refuel your muscles with high carbohydrate foods within 15-30 minutes of exercise**. Remember, carbohydrates are the gasoline for your body. They keep your body's fuel tank FULL. You will recover faster and minimize fatigue. Plan ahead to have the right foods available. (See **Snack Attack** pg.13)

## Common refueling mistakes:

- **Greasy, fatty foods** ~ donuts, burgers, pastries, nachos, fries, chips, and other high fat choices **WILL NOT** refuel your body and can inhibit performance. Many also lack nutrition.
- **Too much PROTEIN** ~ by filling up on steak, chicken, rather than adding potato, pasta, rice, and whole wheat bread at dinner time. Remember, protein can help with recovery, but will not help restore glycogen (your gas tank) if quality carbohydrate foods are not available.
- **TOO FEW Calories** ~ this is very common amongst weight conscious athletes. They may mistakenly believe carbohydrates are "fattening" and may refuel with protein rich cottage cheese, tuna, turkey and fish. The rest of the diet (salads and vegetables) offers too few carbohydrates to replace depleted glycogen stores. Performance will suffer.

An optimal recovery diet is especially important if you train or compete more than once a day. The following tips can help you design an effective recovery diet into both your daily training program and after game/event meals.

### For HIGH PERFORMANCE RECOVERY:

- **Eat a high carb snack within 15-30 minutes of training**
- **Follow up with a high carbohydrate meal within 1 hour of training**
- **High Performance combination recovery meals/snacks**
  - **Bowl of cereal, low fat milk, and fruit (breakfast)**
  - **2 slices of wheat bread and fruit**
  - **Pasta, rice, potato, or bread with protein at dinner**
  - **Yogurt and Fruit or Pretzels (small bag)**
  - **Energy Bar**
  - **Smoothie**

## Determining Your Carbohydrate Needs After Exercise

You must eat your required amount to fully replace carbohydrate stores.

Body Weight	Carbs (grams)
120 lb	55
140 lb	64
160 lb	73
180 lb	82
200 lb	91
220 lb	100
240 lb	109
270 lb	125
300 lb	140

## Common Carbohydrate Foods for Recovery

Food	Amount	CHO (g)
Rice, cooked	1 cup	50
Pasta, cooked	1 cup	34
<b>Bagel</b>	1	50
English muffin	1	30
Oatmeal, regular	1 cup	24
Raisin Bran	1 cup	42
<b>Grapenuts</b>	1 cup	89
<b>Low-fat granola cereal</b>	1 cup	85
<b>Whole-wheat bread</b>	1 slice	12
<b>Granola bar (NV)</b>	1 pkg	30
<b>Fig Newton</b>	1	11
Pizza (cheese) *	1 slice	39
<b>Kashi Go Lean</b>	¾ cup	30
<b>Raisins, seedless</b>	½ cup	59
<b>Grapes</b>	1 cup	37
<b>Banana</b>	1	30
Potato, mashed	1 cup	35
Corn	1 cup	42
Baked beans	1 cup	52
Milk, skim or 1%	1 cup	12
Frozen yogurt, low fat	1 cup	34
Pudding, chocolate	1 cup	60
Low-fat vanilla shake	1 serving	72
<b>Gatorade</b>	8 oz	14
<b>Cranberry juice box</b>	1 cup	36
<b>Power bar</b>	1 (63g)	41
<b>Crunchy granola bar</b>	1 (46g)	16
<b>Chewy granola bar</b>	1 (28g)	21
<b>Builder Bar</b>	1	30
<b>Clif Bar</b>	1	52
<b>Harvest Bar</b>	1	45
<b>Met-Rx High Protein</b>	1	57
<b>Protein Plus Power Bar</b>	1	40

**\*\* Food in bold letters are ones that you can pack in your bag, no excuses!**

# Snack Attack

Eating frequently throughout the day is the best way to rev up your metabolism, as well as stay fueled for competition. Snacking between meals can increase your energy levels and improve performance. Add these snacks to your shopping list (see appendix B) and take them with you in your bag or keep non-perishables in your locker.

- **Sandwich:** lean turkey, ham, roast beef, or chicken breast on 2 slices of whole grain bread. Light on mayo and mustard.
- **Peanut butter and jelly** (use all fruit jelly) on whole wheat bread
- **Energy Bars:** Clif Bar, Builder Bar, Balance, or Zone Bar
- **Whole wheat crackers** (i.e. Multi-grain wheat thins, Kashi Crackers)  
Top with cheese or peanut butter for added protein
- **Beef jerky**– dried, in bags – one small bag at a time
- **Nuts**– ~15 cashews, almonds, peanuts, pistachios yields ~100 calories
- **Small cup of cottage cheese**– can add fresh fruit and/or sunflower seeds
- **Fresh fruit, with a source of protein and/or fat**- nuts, cheese, peanut butter
- **Baked chips with salsa**– top with a little 2% shredded cheddar for more protein
- **Tortilla Roll-Up**- on whole wheat tortilla with turkey, ham, roast beef, chicken
- **Quesadilla**- with 2% cheese and veggies w salsa
- **Granola Bar**- add to it a handful of almonds
- **Odwalla Shake**- With protein
- **Whole Wheat Fig Newtons**
- **Frozen Bananas dipped in yogurt**
- **Fun treats**– Small bag peanut M&M's, or 2 Fun Size candy bars
- **“No Sugar Added” Applesauce** (ex. Mott's or TreeTop) with 1 tablespoon of Peanut Butter or 1oz of low fat cheese
- **Yogurt** (ex. Cascade Fresh or Yoplait) with Granola in it
- **High Performance Smoothie:**
  - 8-12 ounces of Skim or 1% Milk or Yogurt
  - 2 T of peanut butter or scoop protein powder
  - Fresh or Frozen Fruit (Banana or strawberries)
  - Blend with Ice and serve.
- **Boost, Ensure, Carnation Instant Breakfast Drink**
- **Hummus and veggies**
- **Skim latte and almond biscotti cookie**

# Fluid Replacement

Fluid replacement is one of the most important factors affecting exercise performance. While many coaches, trainers, and athletes of today are becoming more knowledgeable about the roles that fluid plays, it is often an overlooked component of competition.

Sweating is the primary way in which the body cools itself during exercise. When more fluid is lost through sweating than is replaced by drinking, we become dehydrated.

## Why not rely on thirst alone?

Unfortunately for athletes, your body's thirst mechanism can be an unreliable signal to drink because exercise can blunt thirst. Plan to drink before you are thirsty. By the time your brain signals thirst, you may have lost 1% of your body weight, which is the equivalent of 1½ pounds of sweat for a 150 lb. person. This 1% loss corresponds with the need for your heart to beat an additional three to five times per minute. A 2% loss can significantly hurt your performance, and can lead to heat exhaustion or eventually heat stroke. This is especially true for football players since the classic uniform of heavy clothing and equipment hinders the body's ability to dissipate heat. To be safe, always drink enough to quench your thirst, plus a little more.

## Avoiding Dehydration

Ideally, pre- and post-exercise body weights should be the same, indicating that intake has equaled output. This is rarely the case, however. Remember that weight loss during exercise represents **fluid loss and not fat loss**; the following recommendations should be followed to minimize dehydration:

- ♦ Weigh yourself before and after exercise. For every 1 lb lost, drink 2 cups (16 oz) of fluid.
- ♦ Always drink fluids before, during, and after exercise.

How Much Fluid	When
Up to 3 cups (24 oz) of fluid	2 hours before competition or practice
2 cups (16 oz), 15-30 minutes pregame	Pre-Game
1 cup (8 oz) every 15-20 minutes	During Event
2 cups (16 oz) of for every 1 lb of lost body weight	Post-Game
½ your body weight in ounces (example: if 160 lbs., drink 80 oz. water/d)	Daily

## What to drink: Fluids of choice

### “Winners”

- ♦ Water
- ♦ Sport Drink
- ♦ Juices
- ♦ Milk

### “Losers”

- ♦ Alcohol
- ♦ Soda/Pop
- ♦ “Energy Drinks”

**Water:** the preferred fluid before, during, and after competition for a sport like football.

**Sport drink:** also appropriate before, during, and after exercise to aid in hydration. Sports drinks may provide a competitive edge during continuous exercise for 60 min or longer.

**Juice:** best if consumed after exercise to replace fluids and carbohydrates. Their concentrated fructose content can cause cramping and diarrhea if consumed during a game.

**Alcohol:** Not a performance enhancer.

**Carbonated beverages:** Usually high in concentrated sugar which can cause diarrhea and cramping. Also can cause bloating and limit the amount of fluid an athlete can drink.

## The Effects of Alcohol on Performance

### Alcohol + Athletes = Poor Performance

Alcohol has a wide variety of negative effects on the body, from societal to physiological, accounting for approximately 100,000 deaths yearly in the United States. From a physiological perspective, two situations are critical for the collegiate athlete who consumes alcohol. Moderate consumption of alcohol can have a negative effect on motor skills and physical performance. Chronic use may impair physical performance, cause muscle damage, and weakness. Bottom line is regular consumption of alcohol (3-4 days/week) and more than 2-3 drinks, can decrease or prevent improvement in strength and performance.

Alcohol has been named the most abused drug by the NCAA. Each gram of alcohol provides seven calories. If you are trying to maintain or lose weight, consumption of alcohol can make reaching that goal, very difficult. One serving of alcohol is considered:

1. 12 ounces of beer
2. 5 ounces of Wine
3. 1 ½ ounces of spirits (vodka, gin, rum, bourbon)

## Calories contained in Alcohol

12 ounce beer = 90-110 calories (light beer)  
                                  120-200 calories (dark beer)  
1 oz of liquor = 100-120 calories  
5 ounces of wine = 120-160 calories

**How to GAIN BODY FAT: DRINK** 8-10 beers = 800-1000 calories **or** 6-7 mixed drinks (rum and coke) = 1200-1400 calories **or** 5 glasses of wine = 600-800 calories. If you drink two-three times/week, that's an additional 2500-3500 calories and **3500 calories = 1 pound of fat.**

In addition, alcohol consumption causes dehydration. It functions as a diuretic pushing water out of the cells, which puts you in a dehydrated state. As you already know, dehydration decreases performance and puts you at risk for heat stroke.

**NOTE: There are no benefits of alcohol consumption and performance. Avoiding alcohol will provide you with a greater advantage to achieve your performance goals.**

# On the Road Again...

## Performance nutrition while traveling

Travel can be tough on athletes. With some planning and dedication you can make your travel as healthy as when you are home.

**Remember: Eating healthy will enhance your performance. Be a WINNER!!**

### **TIPS for EATING ON THE ROAD:**

- ✓ **Keep WATER with you at all times.** Plane and bus travel tends to dehydrate our bodies. Dehydration = poor performance. Carry your water bottle and fill it up.
- ✓ **USE CAUTION if carbo-loading before your competition.** It may make you feel heavier due to the water that is stored with glucose (carb) in the muscle. For most sports, carbo loading will not help. Eat your normal high carbohydrate diet (plenty of grains, fruits and veggies). Remember that BIG pasta/pizza meals can be high in fat and that will not help your sport. If you want to splurge, do it after your big WIN!
- ✓ **Make HEALTHY choices.** Choose baked or grilled foods not fried, limit sweets (*notice* limit not eliminate), and avoid heavy cream sauces.
- ✓ **EAT FREQUENTLY throughout the day.** Eating every 2-3 hours will keep you fueled!
- ✓ **Stay on SCHEDULE.** Following your normal routine will help you perform at your peak. Eat, drink and sleep according to your normal routine.
- ✓ **EAT a high carb, low fat BREAKFAST.** Remember to fuel your body in the morning with plenty of high quality foods that will digest easy.

# Fast Food not FAT Food

## Restaurant Guide

Common fast food meals contain 1200-2200 calories per meal. Making smart selections when eating at your favorite fast food restaurant can help you stay lean, fast and strong.

Be sure to make smart substitutions to avoid eating a high calorie/fat meal. Choose a salad with light or low fat dressing, or order only small fries. Drink Water or Unsweetened Tea with meals.

<b>Restaurant/Fast Food</b>	<b>Healthy Choice</b>
<b>Burger King</b>	Hamburger no mayo BK Broiler- no special sauce Chicken Whopper Jr- no mayo Whopper Jr – no mayo Chicken Caesar or Garden Salad Light or Fat free Dressing
<b>McDonald's</b>	Small Hamburger Grilled Chicken Sandwich-no mayo Grilled Chicken Salad-fat free dressing Egg McMuffin Caesar Salad Chef Salad
<b>Taco Bell</b>	Bean Burrito Regular Soft Taco/Chicken Soft Taco
<b>Wendy's</b>	Chili – larger or small Grilled Chicken Sandwich- no mayo Grilled Chicken Salad Spring Mix Salad/Mandarin Chix Salad Hamburger- no mayo
<b>Subway</b>	All low fat subs Light mayo, baked chips, with water Add all vegetables
<b>Taco Del Mar</b>	Naked Burrito Soft Tacos Black or Whole Beans
<b>Azteca</b>	Chicken (Pollo) or Beef (Carne) Asada Whole (not refried) beans Chicken Enchilada Fajitas (hold the sour cream and cheese)

UW NUTRITION MANUAL  
APPENDIX

# Appendix A

## Sample Meal Plans

Below are a few sample meal plans that are GUIDELINES for what your intake should look like in order to get adequate high performance nutrition. Your caloric intake is unique to you and must be calculated on an individual basis.

### ***Sample 2500 Calorie Meal Plan***

<b>8:00</b>	<b>Breakfast</b>	1 Egg plus 2 egg whites 2 slices of wheat bread w/ 1t margarine 1 small banana
<b>12:00</b>	<b>Lunch</b>	4-5 ounces of sliced lean beef 1 slice cheese 2 slices of wheat bread Lettuce and tomato 1 cup of milk or juice 1 cookie
<b>3:00</b>	<b>Snack</b>	Nature Valley Granola Bar Fresh Fruit and Water
<b>6:00</b>	<b>Dinner</b>	4-5 ounces (large deck of cards) of Grilled Fish 1 Cup of Salad with Vegetables 2 Tablespoons of light dressing Medium Baked Potato ~ light on toppings (ex. Butter, cheese) 1 cup of juice and water
<b>9:00</b>	<b>Snack</b>	1 serving (on box) whole wheat crackers 2 pieces of string cheese Water

## ***Sample 3500 Calorie Meal Plan***

<b>7:30 AM</b>	<b>Breakfast</b>	1 cup oatmeal with skim or 2% milk 1 cup of low fat yogurt Banana
<b>11 AM</b>	<b>Lunch</b>	Turkey/Ham Sandwich 1 piece of fresh fruit 2 cups of juice Small bag of baked chips 1 cookie
<b>2-4 PM</b>	<b>Workout</b>	3-4 cups of Sports Drink
<b>4:30 PM</b>	<b>Snack</b>	½ Peanut Butter Sandwich Small Bag of pretzels Gatorade/Powerade
<b>6:30 PM</b>	<b>Dinner</b>	4-5 oz (lg deck of cards) of grilled chicken breast 1 cup rice or pasta 1 cup of broccoli Salad with light dressing 1 wheat roll ~ teaspoon butter 1 cup of low fat milk or Water
<b>9:00 PM</b>	<b>Snack</b>	6-8 Triscuits with 1 tablespoon of Peanut butter Fresh fruit

## **Sample 4500 Calorie Meal Plan**

<b>7:30 AM</b>	<b>Breakfast</b>	2 frozen waffles (Nutrigrain) 2 T. Peanut Butter Banana 1 cup skim milk
<b>11 AM</b>	<b>Lunch</b>	Footlong Subway Turkey and Cheese 1 piece of fresh fruit 2 cups of juice Small bag of baked chips 1 cookie
<b>2-4 PM</b>	<b>Workout</b>	3-4 cups of Sports Drink
<b>4:30 PM</b>	<b>Snack</b>	Clif Bar 1 piece of fruit Gatorade/Powerade
<b>6:30 PM</b>	<b>Dinner</b>	6-7 oz of grilled steak 1 baked potato w 1t. butter 1 cup of broccoli Salad with light dressing 1 wheat roll 1 cup of low fat milk or Water
<b>9:00 PM</b>	<b>Snack</b>	1 peanut butter and jelly sandwich 1 cup low-fat yogurt

# Appendix B

## Grocery List

Use this list at the store to help you navigate healthy high performance choices. Circle the foods you need.

### **Carbohydrates (Starches)**

Whole Wheat Bread  
Whole Wheat Buns  
Baked Potato  
Sweet Potato  
  
Whole wheat pasta  
Regular Pasta or Spaghetti noodles  
White or Brown Rice  
Baked Beans  
Refried Beans  
White Beans  
Red Beans  
Quaker Instant Oatmeal  
Pancakes  
English Muffins  
Eggo Multigrain Waffles  
Wild Rice  
Corn  
Peas

### **Other Important Carbohydrates**

#### **Cereals**

Total  
Special K  
Multigrain Cheerios  
Cheerios  
Kashi Go Lean  
Kashi Good Friends  
All Bran  
Wheaties  
Corn Flakes  
Shredded Wheat  
Kashi Heart to Heart

#### **Soups**

Campbell's Health Request  
Soups by Healthy Choice

### **Other Snacks** (You can stock these in your pantry)

Whole grain Crackers  
Low Fat Ice Cream  
Healthy Choice Popcorn  
Baked Chips or Soy Chips,

### **Fruits**

All Fresh Fruit  
Fruit Cocktail  
Fruit Juice  
Canned Fruit (packed in  
Juice ~ not syrup)

### **Drinks/Fluids**

Water  
Skim, 1% or 2% Milk  
Sparkling Water  
100% Fruit Juice  
V8 or V8Splash

### **Vegetables**

Broccoli  
Cauliflower  
Green Beans  
Green/Red Pepper  
Mushrooms  
Tomato  
Carrots  
Celery  
Cabbage  
Zucchini  
Cucumber  
Onions  
Lettuce (Romaine)  
Asparagus  
Collard/Mustard Greens  
Spinach

Hummus  
Low Fat Yogurt and low-fat ice cream

### **Protein Foods**

Chicken Breast (skinless)  
Turkey Breast or Lean Ground Turkey (skinless)  
Lean Turkey Deli Meat  
Lean Roast Beef/Deli Meat  
Healthy Choice Hot Dogs  
Lean Ham/Deli  
Tuna-can in water  
Chicken-can in water  
Salmon-can in water  
Baked, Grilled Fish, or Boiled Fish (Tuna, Salmon, Trout, Crab, Shrimp, Lobster, Halibut, Talapia)  
Lean Ground Beef (At least 90-96% lean)  
Other Lean Beef Choices (sirloin, eye of round, flank, filet, top round)  
Canadian Bacon  
Lean Pork Tenderloin, Center Cut Pork Chops –Grilled or Baked  
Deer or Venison Sausage  
Eggs, Egg Substitute  
Reduced Fat Peanut Butter or Natural Peanut Butter (try Smucker's All Natural/ or Almond Butter (this is a natural peanut butter)  
Low-fat Cottage Cheese (Light N Lively)  
Low fat sliced or cream cheese  
Veal-baked or grilled  
*Veggie Burgers* (any product made by BOCA or MORNINGSTAR FARMS) ~ make good sausage patties (1 minute in microwave)

### **Condiments**

Fat-Free or Low fat Mayonnaise  
Mustard  
Ketchup  
Low Fat or Fat Free Sour Cream  
Lite Margarine  
Hot or Creole Mustard  
Horseradish  
Relish  
Salsa  
Pickles, dill, unsweetened  
Soy Sauce

### **Healthy Fats**

Olive Oil  
Canola Oil  
Low-fat Mayo  
Nuts/Seeds (peanuts, almonds, etc.)  
Low/Reduced Fat Dressing  
Peanut Oil  
Avocado  
Brummel and Brown Butter

### **Fats to limit/avoid (Saturated)**

Butter, Bacon, Coconut Oils  
Heavy Whipping Cream, Salt, Pork,  
Coffee Creamer, Fast Food,  
Pastries, Cakes, Pies, Cookies,  
Chips, Candy, Whole Milk,  
High Fat Meats

# Nutrition Resources for UW Athletes

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Resource	Overview	Link
• Gatorade Sport Science Institute	Informative sports nutrition articles	<a href="http://www.gssiweb.org">www.gssiweb.org</a>
• Power Bar Nutrition Resource Center	Nutrition information and calculators	<a href="http://www.powerbar.com/NutritionResource">www.powerbar.com/NutritionResource</a>
• The Center for Mindful Eating	Nutrition articles, handouts, resource lists	<a href="http://www.tcme.org">www.tcme.org</a>
• National Strength and Conditioning Association's Performance Training Journal	Free publication regarding sports and sports nutrition	<a href="http://www.nasca-lift.org/Perform">www.nasca-lift.org/Perform</a>
• Nutrition Analysis Tools and Systems	Nutrition analysis and energy calculator	<a href="http://nat.crgq.com">http://nat.crgq.com</a>
• USDA Nutrient Data Laboratory	Nutrient Database: find nutrition information for almost any food	<a href="http://www.nal.usda.gov/fnic/foodcomp/search">www.nal.usda.gov/fnic/foodcomp/search</a>
• Epicurious	Good resource for all sorts of recipes	<a href="http://www.epicurious.com">www.epicurious.com</a>
• Australian Institute of Sport	Research, fact sheets, recipes, and other extensive information on sport and nutrition	<a href="http://www.ais.org.au/nutrition">www.ais.org.au/nutrition</a>
• Sport Science	Peer reviewed online journal with research in sport and nutrition	<a href="http://www.sportsci.org">www.sportsci.org</a>
• The American Dietetic Association	Current nutrition information and resource lists	<a href="http://www.eatright.org">www.eatright.org</a>
• International Food Information Council	Thorough information on various nutrition topics	<a href="http://www.ific.org">www.ific.org</a>
• Something Fishy: Website on Eating Disorders	Information and support for eating disorders	<a href="http://www.something-fishy.org">www.something-fishy.org</a>
• Human Kinetics	Resources in sport nutrition. Includes excerpts from Nancy Clark's <i>Sports Nutrition Guidebook, 3rd edition</i>	<a href="http://www.humankinetics.com">www.humankinetics.com</a>
• Healthlinks (eJournals) Research journals, accessible with UW net id:	ACSM's Health and Fitness Journal British Journal of Sports Medicine Clinical Journal of Sport Medicine International Sports Journal	<a href="http://healthlinks.washington.edu">http://healthlinks.washington.edu</a>

**\*\*For in-depth information on your nutrition plan contact  
UW Sport Nutritionist Emily Edison, MS.RD. [edisone@u.wash.edu](mailto:edisone@u.wash.edu) or 206-221-4626 GO DAWGS!!**