

SNACK IDEAS



Before Play	Between Meals	Recovery
Choose a carbohydrate rich snack prior to exercise for energy.	Eat protein rich foods every 3-5 hours. Choose options such as these between meals.	Replenish energy with carbs and repair muscle with protein.
<ul style="list-style-type: none"> • Fruit • Dried Fruit • Oatmeal • Applesauce • Dry Cereal • Cereal Bar • Granola Bar • Crackers • Pretzels • Rice Cakes • Sports Drink • English Muffin • Bagel • Bread and Honey • Sports Gels • Plain Popcorn 	<ul style="list-style-type: none"> • Jerky • Milk • Greek Yogurt • Cottage Cheese • String Cheese • Eggs • Kefir • Tuna • Deli Meat • Edamame • Tofu • Protein Bar • 3rd Party Tested Protein Powder • Nuts • Seeds • Nut Butters 	<ul style="list-style-type: none"> • Chocolate Milk • Greek Yogurt + Fruit • Greek Yogurt + Granola • Flavored Kefir • Recovery Bar • Fruit Smoothie • Recovery Drink • Cottage Cheese + Fruit • Milk and Cereal • Turkey Wrap + Fruit • Bagel + Eggs • Rice + Meat • Overnight Oats with Protein

For Nutrition Consultations:
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SPORTS NUTRITION TIPS



BREAKFAST IDEAS

Breakfast is an opportunity to provide fuel for the day and stimulate protein synthesis.

Try to include a source of high quality protein, carbs, and a bit of color.

Consider including some of these options into your breakfast routine.

OVERNIGHT OATS

1. Use a jar of your choice and fill with desired amount of old-fashioned oats
2. Flavor oats with cinnamon, cacao powder, vanilla, etc.
3. Add protein powder and mix ingredients
4. Pour milk
5. Leave in fridge overnight
6. Top with desired fruits and nuts or nut butters (chia seeds, flax seeds, or walnuts)

Old-fashioned oats are high in fiber and will provide energy throughout the day.



QUICK EGGS

- EGGS IN A CUP
1. Crack 2-3 eggs in a microwave-safe bowl or mug.
 2. Season with salt and pepper. Add milk if desired for softer texture.
 3. Microwave for 45 seconds. Stir.
 4. Microwave for an additional 30-45 seconds.

Each whole egg has 6 grams of protein. Aim for at least 2-3 in order to meet protein needs.



YOGURT BOWL

1. Use a small packaged greek yogurt or scoop portion into a bowl
2. Top with fruits, granola, or honey, nuts and seeds



Greek yogurt contains plenty of high quality protein and will stimulate muscle growth and repair

SMOOTHIE

1. Add in desired ingredients in a blender such as milk, Greek yogurt, fruits, veggies/greens.
2. Add nuts/nut butters, honey, vanilla or cinnamon for added flavor

Smoothies are an easy way to incorporate more fruits and vegetables in your diet.

With milk and Greek yogurt, protein needs should be easy to meet, but if necessary, whey protein can be included.



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Oak Ridge Hydration



GENERAL DAILY GOALS: DRINK HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER

100-150LBS
GOAL: 50-75 OZ.



TO

PER
DAY

150-200LBS
GOAL: 75-100 OZ.



TO

PER
DAY

BEFORE TRAINING:



WEIGH-IN
(DRY CLOTHES)

AFTER TRAINING:



WEIGH-OUT
(DRY CLOTHES)

DRINK
20-24 OZ. FLUID FOR EVERY
POUND LOST.



= 32 OZ.

MONITOR URINE COLOR:



HYDRATED

OK

DEHYDRATED

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SPORTS NUTRITION TIPS



Recovery

REPLENISH

Carbohydrate is the primary source of fuel for muscle. After intense exercise it becomes depleted and you must replace what is lost.

Replace 0.5 grams carbohydrate per pound of body weight within 1-2 hours of exercise.

Choose carbohydrate containing protein & other micronutrients that aide in muscle recovery.

1 Carbohydrate Serving = 15 grams

1/2 cup fruit

1/4 cup dried fruit

1/3 cup yogurt

1 slice of bread

1/2 cup bean/legume/oatmeal

1/3 cup rice/cereal/quinoa

6" tortilla

1 cup milk

REPAIR

High quality protein is needed to stimulate muscle growth and repair after intense exercise.

Consume 20-40 grams of protein within 1 hour of activity and with each meal thereafter (every 3-5 hours).

Ensure protein intake with recurrent exercise sessions with less than 8 hours for recovery.

1 Protein = 7 grams

1 oz lean meat (beef, fish, pork, chicken, turkey)

1 egg or 2 egg whites

1/3 cup yogurt

8 oz low fat milk

1/2 cup bean

1 oz low fat cheese

1/4 cup low fat cottage cheese

EXAMPLES:



16 oz High
Protein Milk



8 oz Greek
Yogurt based
Smoothie with
Fresh/Frozen
Fruit



Whole Grain
Turkey Sandwich
with Low Fat
Cheese &
Veggies

To schedule a nutrition consult with a dietitian:



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4 WAYS TO INCREASE FRUIT AND VEGETABLE INTAKE

Fruit and vegetable intake is extremely important for health and athletic performance. They are important because they can:

- Provide important macro and micronutrients
- Provide fiber for gastrointestinal health
- Help support recovery from exercise



EAT WITH THE 1ST MEAL OF THE DAY



Plan to eat fruits and vegetables as part of your first meal of the day.

Examples:

- Add fruit to your oatmeal or cereal
- Add vegetables like bell peppers, spinach, or tomatoes to your eggs



INCORPORATE THEM INTO COOKING

Try and incorporate fruits and vegetables into your cooking.

Examples:

- Add a handful of leafy vegetables to smoothies
- Adding in bell peppers and mushrooms to spaghetti sauce
- Mix veggies into soups

EAT AT SNACK TIMES



Eat fruits or vegetables at your snack times. To create a complete snack, add in a protein source.

Snack examples:

- Berries with yogurt
- Apple and peanut butter
- Carrots and hummus
- Fruit and nut mixes



MAKE IT FUN



Try new ideas!

Example:

- Add veggies to your pizza, or make a fruit dessert pizza
- Grill your vegetables for a new twist on flavor
- Try fruit or vegetable kebabs
- Add new veggies into a stir fry

Schedule a nutrition consult:

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