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.
 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 	 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 	 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

SPORTS NUTRITION TIPS



BREAKFAST IDEAS

Breakfast is an opportunity to provide <u>fuel</u> 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
- 2. Season with salt and pepper. Add milk if desired for softer texture.
- 3. Microwave for 45 seconds. Stir.
- 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: DRINKHALF OF YOUR BODY WEIGHT IN OUNCES OF WATER

100-150LBS GOAL: 50-750Z.



PER Day 150-200LBS GOAL: 75-1000Z.



PER DAY

BEFORE TRAINING: AF



WEIGH-IN (DRY CLOTHES)

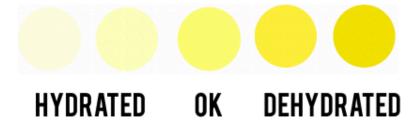
AFTER TRAINING:



WEIGH-OUT (DRY CLOTHES) DRINK 20-240Z.FLUIDFOREVERY POUNDLOST.



MONITOR URINE COLOR:



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:



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:

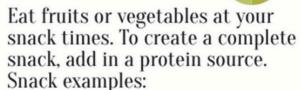
- Add fruit to your oatmeal or cereal
- Add vegetables like bell peppers, spinach, or tomatoes to your eggs

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



- 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

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