

Nutrition

6 Nutritional Facts to follow:

1. Stay away from fast food it does not provide the fuel you need.
2. Know the general principles of nutrition – good food equals good energy.
3. Watch your food portions when eating.
4. It is best to eat through out the day in small portions to maintain good fuel.
5. Eat good proteins, carbohydrates (Omega 3 and whole wheat), and good fats.
6. Eat more greens and fruits (natural glucose and good carbohydrates)

Must do everyday:

Stay hydrated everyday (8 to 10 glasses (16 oz.) of water). Also 2 to 3 hours before running. Check urine in the morning. **Lemonade color = hydrated, Apple juice (darker) color = dehydrated.**

Pre-workout meet Plan

1. Load on good carbohydrates two nights before the meet. High-energy foods (breads, cereals, pasta, rice, fruit, and vegetables). The meal should include a lean protein like turkey, chicken, eggs, and milk)
 - 2/3 (169 grams) of a plate with high carbohydrate options (brown rice, whole-grain pasta, beans, whole wheat bread, whole oats, whole-grain barley, bananas, berries, lowfat yogurt, oatmeal, almonds, sweet potatoes, fruits, greens), 88 grams of protein, and 35 grams of good fat.
2. Eat a healthy meal before the meet.
3. Eat a nutritional (good) breakfast the morning of the meet. (bagel, oatmeal, waffle)
4. 3 to 4 hours before practices and meets will allow you to have enough energy.

Example Menu 1

Ravioli with meat sauce, Italian bread, steamed vegetables, fruit, lowfat / nonfat milk.

Example Menu 2

Ham / veggie sandwich on whole grain bread, Fresh fruit salad, fig bars, sports drink (Gatorade or Powerade)

Example Menu 3

Baked chicken breast, steamed broccoli, fruit yogurt, fruit juice

Example of small portions through out the day:

Good Eats A day of carbo-loading for a 150-pound runner

BREAKFAST 1 bagel with 2 tablespoons strawberry jam (71 g) 1 medium banana (27 g) 8 ounces fruit yogurt (41 g) 8 ounces orange juice (26 g)

MORNING SNACK 2 Nature Valley Oats 'n Honey Granola Bars (29 g) 8 ounces Gatorade (14 g)

LUNCH 1 large baked potato with 1/4 cup salsa (69 g) 1 sourdough roll (40 g) 8 ounces chocolate milk (26 g) 1 large oatmeal cookie (56 g)

AFTERNOON SNACK 1 Cliff Bar (42 g) 8 ounces Gatorade (14 g)

DINNER 1 chicken burrito with rice, corn salsa, and black beans (105 g) 1 2-ounce bag Swedish Fish (51 g)

CARB TOTAL 611 g

Keep snacks in your backpack at all times (during school and meets) Carbohydrates = glucose, fructose, and sucrose

Granola Bars

Dried Fruit – Raisins, apricots, peaches, etc.

Dry cereal

Pretzels

Graham crackers

Peanut butter snacks

Oatmeal cookies

Fig Bars

Animal crackers

Sport drinks with electrolytes (sodium and potassium) Sodium helps blood volume

Fruit

Fresh vegetables

Cheese sticks

Trail mix, nuts, almonds

Rice cakes

After Running

Protein bars are good after a practice. The body will absorb 80% of it. It helps rebuild the muscles after running.

Carbohydrates are good to refuel your body after running.