

TIPS FROM THE ATHLETIC TRAINING ROOM:

NUTRITION FOR ST. REGIS RAIDER STUDENT-ATHLETES



This handout is aimed at giving our St. Regis student-athletes and their families a resource with which to choose healthy meals in order to maximize academic and athletic performance, as well as keeping our students healthy through appropriate nutrition.

GREAT SNACKS TO HAVE ON HAND FOR BOOKBAGS / LOCKERS

- * CLIF-BARS / POWERBARS / GRANOLA BARS
- * LOW-SALT PRETZELS
- * BANANA / APPLES / PEARS
- * ROASTED ALMONDS (INDIVIDUAL PACKETS)
- * TRAIL MIX, LOW-SALT NUTS, DRIED FRUIT
- * PEANUT BUTTER CRACKERS AND CHEESE

KEY POINTS TO REMEMBER:

- * BODY NEEDS CONSTANT "FUELING".
- * MUST EAT **WITHIN** 30 MIN. AFTER A WORKOUT.
- * BALANCE OF CARBS, PROTEIN, AND FATS
- * CONSIDER A FOOD-BASED MULTI-VITAMIN
- * UTILIZE V-8 TYPE DRINKS IF SHORT ON VEGGIES
- * **HYDRATION, HYDRATION, HYDRATION!!!!**

HYDRATION:

- * THE MOST KEY COMPONENT IN OVERALL HEALTH AND PERFORMANCE.
- * GATORADE = LOADED WITH SUGAR, **MUST BE BALANCED W/ WATER INTAKE**.
- * SHOOT FOR 8-10 GLASSES OF CLEAR FLUID PER DAY.

CAUTION: *CAFFEINE & ENERGY DRINKS* - INCREASED HEART RATE ENCOURAGES DEHYDRATION.

The following information includes guidelines and ideas for breakfast, lunch, and dinner in order to keep a healthy lifestyle, as well enhance performance in the classroom and in athletic activities

BREAKFAST

- General Points:
- * The saying "Most Important Meal of the Day" is **UNDERRATED... Do NOT Skip This!!!**
 - * Whole wheat and grains are very important, allows body to sustain energy longer.
(Not to mention the dietary fiber is great for digestion & the heart)
 - * If traditional breakfast options are oftend spurned at home, look at other balanced "non-traditional" options that can be substituted (i.e. whole grain spaghetti & sauce)

OPTION 1

Whole Grain Bagel
Light Cream Cheese
Apple / Orange Juice
Banana / Apple (out the door)

OPTION 2

Cheerios / Wheaties
Lowfat Milk
Whole Grain English Muffin
Peanut Butter
Watermelon Pieces
Grape Juice

OPTION 3

Whole Wheat Waffles
Syrup
Handful of Walnuts
Banana
Glass of Lowfat Milk

PLEASE SEE REVERSE SIDE

LUNCH

- General Points:**
- * Important to evaluate cafeteria habits and look at all options available.
 - * Limit fats and oils (THIS INCLUDES CREAMY SALAD DRESSING); they take too long to digest.
 - * Avoid the SODA dispenser, most contain caffeine and sugar which sets you up for "highs and lows" of your energy.
 - * If the served entrée is not your favorite, or if contains a lot of breading and/or fat, consider the salad bar or deli sandwich area of the cafeteria.

OPTION 1

School Main Course
 Mixed Fruit Salad Bowl
 Soup (broth not creamy)
 Pasta Salad
 Water or Skim Milk
 Deli Sandwich
 (pre-practice snack @ 3pm)

OPTION 2

Peanut Butter & Jelly
 Whole Wheat Bread
 Mixed Green Salad
 Italian Dressing
 Cooked / Fresh Veggies
 Water or Apple Juice

OPTION 3

Turkey Deli Sandwich
 Multi-Grain Bread
 Soup w/ Oyster Crackers
 Fruit Salad
 Banana or Apple
 PB&J (for later)
 Water

DINNER (& PRE-GAME MEAL)

- General Points:**
- * "You are what you eat." - ALSO UNDERRATED. Don't be a BIG MAC & LARGE FRY.
 - * Meals high in starches (i.e. breads, rice) are better because they are digested more rapidly than those high in fats or oils.
 - * As a pre-game meal, should be balanced w/ whole grain carbohydrate and lean protein.
 - * Should be about 3 hours before GAMETIME. Small snack 90 minutes prior may be key to maintain energy and encourage hydration.
 - * Night before can be more SUBSTANTIAL meal, pre-game should be lighter.

OPTION 1

Grilled Chicken (use Olive Oil)
 Whole Grain Spaghetti
 ** No Alfredo / Cream Sauce**
 Breadsticks
 Carrots / Green Beans
 Spinach Salad
 Melon / Orange Slices
 Water & Sports Drink

OPTION 2

Baked Chicken
 Mastaccioli
 Garlic Bread
 Fruit Salad / Medley
 Steamed Broccoli
 Water & Sports Drink

OPTION 3

Baked Fish
 Brown Rice (Pilaf)
 Green Salad w/ Vinaigrette
 Side of Pita Bread
 Steamed Corn
 Fruit Slices
 Lowfat Milk and Water

OTHER TAKE-HOME POINTS:

IN-COMPETITION CRAMPING: Usually due to dehydration, poor timing of meals, and lack of carbohydrate consumption in 48 hours leading up to performance. Thirst is poor indicator for hydration (often too late).

NUTRITIONAL SUPPLEMENTS: Can throw off body mineral balance, leading to hydration and performance decline in the adolescent athlete. May contain harmful stimulants under guise of "Proprietary Ingredients".

REGULARITY OF EATING: Student-athlete must not go for long periods without eating.

LINKS: American Dietetic Association: www.eatright.org
 Gatorade Sports Science Institute: www.gssiweb.com
 Supplement Watch: www.supplementwatch.com

Please contact the Detroit Country Day Training Room at 248.646.7717 ext. 1047 for additional info.

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