

Your attitudes about food influence your choices... be it for the better or worse. Examine your attitudes and try to get into the mindset that:

- All whole foods contribute nutrients that you need to perform.
- A healthy diet includes a mix of carbohydrate, protein and fat.
- There are no "bad" foods. It's just a matter of how much and how often you eat them.
- The best diet is not a perfect diet but rather one that is balanced and realistic.

Common pitfalls for female athletes include inadequate calorie intake and the tendency to eat too little protein. To avoid this problem, consider your individual energy needs:

- Current weight (lbs) X 20 = calorie needs per day for to stay the same weight
- Current weight (lbs) X 20 + 500 = calorie needs per day to gain weight
- Current weight (lbs) X 20 - (250 to 500) = calorie needs per day to lose weight

Compare your intake to the recommendations on the following pages to ensure you reach the appropriate calorie intake and balance of foods on most days.

Carbohydrate, protein and fat all contribute important fuel and nutrients for your performance.

Timing of Meals and Snacks

Do not skip meals.

Eat within 1 hour of waking then continue on a routine of eating 4-6 times per day.

Eat every 3-4 hours during the day.

The closer you are to the time of your exercise, choose foods that are carbohydrate rich and lower in fat and protein.

Post event meal should include carbohydrate and protein.

Drink fluids all day. Multiply current body weight X .3 for total ounces you need each day.

Choose sports drinks with dilute carbohydrate (14g/8oz) during exercise.

Recovery Tips

Eat 200-400 calories of carbohydrate rich food within 15 minutes of finishing.

Follow with a protein/carbohydrate combination meal within 2 hours of finishing.

Replace fluid by drinking 2-3 cups fluid for every pound lost.

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For more information or questions concerning this material, you may contact Bon Appétit's Registered Dietitian, Terri Brownlee MPH, RD, LDN at askterri@cafebonappetit.com.



Sports Performance

for
the Female
Athlete



Good nutrition and training are essential to the success of any athlete. However, there are many misconceptions about what to eat, when to eat and what constitutes a healthy diet for an athlete. Use the information in this brochure to guide your food choices on campus, at home, on the road or anywhere you eat... your performance will thank you!

Key nutritional issues to consider for optimal sports performance:

- Attitudes about Nutrition and Food Choices
- Balance
 - ~ Adequate energy intake
 - ~ Variety of food choices
 - ~ Adequate fluid intake
- Timing of Meal and Snacks
- Best Practices for Recovery



Carbohydrates improve your sports performance as the primary source of fuel for activity particularly high-intensity, bursts of activity and is essential for refueling muscles for future performance.

Recommendations

- Choose carbohydrate foods at all meals and snacks.
- Fill 2/3 of your plate with carbohydrate foods.
- Choose a variety of colors to ensure plenty of fruits and vegetables.
- Opt for unrefined choices over sugary carbohydrate foods.
- Avoid simple sugars or large portions too close to exercise.
- Use diluted carbohydrate (no more than 14g/8oz.) during exercise.
- Eat 200-400 calories from carbohydrate foods immediately after exercise.

Eat these carbohydrate foods for optimal sports performance:

Unrefined starches and grains

(Depending on calorie needs, eat a minimum of 5 carbohydrate selections each day. Each selection listed below provides ~ 240 calories and 50 grams of carbohydrate)

- 2-3 slices bread
- 1-1/2 hotdog, hamburger bun or English muffin
- 1 large bagel
- 1 cup rice or beans
- 1-1/2 cups pasta
- 1 large potato
- 1 cup grains
- 1-1/2 cups unsweetened cereals
- 1 cup sweetened cereals
- 1-1/2 cups oatmeal
- 3 (4-inch) pancakes
- 1-1/2 cups corn or peas
- 6 cups popcorn
- 2 cereal or granola bars
- ½ to 1 sports bar
- 1 low fat muffin
- 6 rice cakes

High sugar carbohydrate selections to be used for 1 or less selection per day:

- 20 jelly beans
- 8 small caramels
- 1.5 oz. chocolate
- 1 small package M&M's
- 10 marshmallows
- 2-3 small cookies
- 1-1/2 cups frozen yogurt

Fruits

(Aim for 3-5 fruit servings per day. Selections listed below provide ~ 60 calories and 15 grams of carbohydrate)

- 1 piece whole fruit
- 1 cup cut mixed fruit
- Small handful dried fruits
- 1 cup melons and berries
- ½ cup fruit juice

Vegetables

(Aim for 3-5 vegetable servings each day. Selections listed below provide ~ 25 calories)

- 1 cup raw vegetables
- ½ cup cooked vegetables
- ½ cup vegetables juice
- 2 cups raw salad greens

Limit high fat or sugary carbohydrate foods such as doughnuts, ice cream, sugary desserts, candy, chocolate, cookies, pies and sodas especially 3-4 hours prior to exercise. When choosing fries, pizza or chips, consider they also contain fat.

Protein is essential for muscle building, recovery and a healthy immune system although it is not a key fuel source during exercise. How much is enough?

- Current body weight (lbs) X .5 = minimum grams of protein per day
- Current body weight (lbs) X 1 = maximum grams of protein per day

Recommendations

- Choose lean protein foods 2-3 times per day.
- Fill ¼ of your plate with lean protein foods
- Your body can use protein from all food sources.
- Protein supplements are not necessary.
- Reduce protein in meals the closer you are to an event while protein in post-game meals is essential for recovery.

Eat these protein foods for optimal recovery from exercise:

Protein Foods

(Eat a minimum of 3 protein selections each day. The selections listed below will vary in fat and calorie content but provide ~ 21 grams of protein each)

- A computer mouse size piece of chicken, turkey, beef, fish or pork
- 3 slices of lean deli meat

- 3 slices of low fat cheese
- 3 eggs*
- 6 egg whites
- 1 vegetable burger
- ¾ cup cottage cheese
- Burger the size of your palm*
- 8 oz. tofu
- 6 Tbs. peanut butter*
- 3 cups skim milk

Vegetables, beans, grains and nuts also contribute to your protein intake.

Limit high fat protein foods such as fried meats, highly marbled meats, whole milk, full fat cheeses, bacon, sausage, high fat deli meats.

Fat is an important fuel source for longer duration, lower intensity activities. However, even the leanest athlete stores plenty of fat to meet this need. Daily fat requirements are based on calorie needs and satiety.

Recommendations

Choose healthy fat such as oils, nuts, nut butters and low fat condiments. Bon Appetit uses canola and olive oils in our homemade salad dressings and only canola oil is allowed in our fryers

Eat fat to support adequate calorie intake.

(Aim for some fat at most meals but limit before exercise. Selections listed below provide ~ 100 calories and 8-10 grams of fat each)

- 1 Tbs. peanut butter
- 2 tsp. regular mayonnaise
- 2 Tbs. low fat mayonnaise
- 2 tsp. oil
- 2 pats butter or margarine
- 2 Tbs. cream cheese
- 4 Tbs. sour cream
- 1 Tbs. regular creamy salad dressings
- 2 Tbs. oil and vinegar type salad dressing
- 2 Tbs. low fat salad dressing
- 4 Tbs. nuts

When choosing high fat foods such like French fries, fried meats, a cheeseburger, a slice of pizza or creamy sauces, count them as part of the basic food group(s) AND an fat selection

Meal Planning for Female Athletes

1. Determine your individual calorie goal:

Weight in pounds X 20 = daily calorie intake for weight maintenance

Weight in pounds X 20 + 500 = daily calorie intake for weight gain

Weight in pounds X 20 - (250 to 500) = daily calorie intake for weight loss

2. Consider the balance of foods you choose to meet your calorie needs.

To achieve optimal performance, your diet should contain

60% carbohydrate

15% protein

25% fat

3. Use this chart in making food selections throughout the day.

Find your weight and estimated calorie needs below to understand the balance of food groups that will help you achieve the optimal diet for sports performance.

Weight	Calories	Complex Carbohydrate selections	Fruits	Vegetables	Protein selections	Fat selections
100	2000	5	3	3	3	2
110	2200	5.5	3	3	3	3
120	2400	6	3	3	3.5	3.5
130	2600	6	4	4	3.5	4
140	2800	7	4	4	4	4
150	3000	7.5	4	4	4	4.5
160	3200	8	5	5	4.5	4.5
170	3400	8.5	5	5	4.5	5
180	3600	9	5	5	5	5
200	4000	9.5	5	5	6	5

See brochure text for quick reference to selections for each food group.

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Sample 2800 Calorie Day

Breakfast

- 1 large bagel with 2 tablespoons cream cheese
- 1 whole banana
- ½ cup cottage cheese
- 1 cup skim or 1% milk

Lunch

- 2 cups stir-fry vegetables with chicken over 1 cup brown rice
- 2 cups mixed salad with 2 tablespoons low fat dressing
- 1 pear

Snack

- ½ cup trail mix with dried fruit and nuts

Dinner

- 2 pieces baked chicken or fish, skin removed
- 1 cup baked beans
- 1 large dinner roll with 2 pats butter
- 1 cup carrots

Snack

- ½ bag of low fat microwave popcorn
- 1 cup skim milk or yogurt

It is also possible to fit in higher fat favorites... or those traditional "forbidden" foods, with a bit more planning. When choosing high fat foods such like French fries, fried meats, a cheeseburger, a slice of pizza or creamy sauces, count them as part of the basic food groups AND additional fat. For example, 1 cup of French fries will count as a carbohydrate selection and a fat selection.

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Breakfast

- 1 large bagel with jelly
- 1 cup orange juice
- 6 egg white omelet with cheese
- 1 cup skim or 1% milk

Lunch

- Sandwich made with 3 slices turkey, lettuce, tomato and mustard on 2 slices whole wheat bread
- 1 cup vegetable soup
- 1 apple

Snack

- 1 cup low fat yogurt

Dinner

- 2 slices pizza of choice
- 2 cups mixed salad with 2 tablespoons low fat dressing
- 1 cup broccoli

Snack

- 1 apple with 1 tablespoon peanut butter
- 1 large handful pretzels

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