

# Starting Line-Up

## Tip-Off

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The information in this book does not replace medical advice.

## Tip-Off

This section covers the fundamental role of nutrition for athletic performance in growing athletes, as well as the basic nutritional concepts and terminology essential to an understanding of the growing athlete's unique needs.

Topics Include:

- Achieving a Healthy Diet: the amount and type of foods
- The Athlete's Food Pyramid
- Energy Nutrients for Performance: carbohydrates, protein and fats
- Essential Minerals and Vitamins for the Athlete, and how to best obtain these through food choices

This essential material is provided in a concise, easy-to-understand manner, and tables are included to best illustrate food choices:

### Sample

#### Calcium in Foods

| <b>Best</b><br>20-40% of Requirement /<br>serving | <b>Good</b><br>10-19% of Requirement /<br>serving | <b>Moderate</b><br>5-9% of Requirement /<br>serving |
|---|---|---|
| <b><i>Dairy Sources</i></b>                       |   |   |
| Lactaid Calcium Fortified<br>Milk (nonfat), 1 cup | Cheddar Cheese, 1 oz<br>American Cheese, 1 oz     | Cottage Cheese, 2%, ½ cup                           |

## Feeding Zones

This section covers the role of various meals and snacks throughout the day, the importance of each feeding zone, the downside to skipping over a zone, and how to best plan for these zones.

Tables and illustrations make this section attractive to read.

### Sample

#### **The Downside to Skipping Breakfast**

- Difficulty concentrating
- Inability to think clearly
- Grogginess and slowness
- Grumpiness

### Featured Zones

- Breakfast
- Lunch
- Dinner
- Snacks

### Within Each Zone

- Choosing appropriate foods
- Non performance-enhancing foods
- Typical foods eaten in each specific zone, and how to make the best choices
- Old and new food / meal ideas
- Quick preparation tips for foods / meals
- Planning ahead
- Eating for these zones on the road
- Making restaurant and fast food choices

See the following pages for excerpts from the book.

## PICKING A CEREAL

Choose:

- **Iron enriched** – this can help prevent fatigue. This is particularly important for those who restrict their intake of red meat (e.g. vegetarians).
- **Whole grain** and bran-based cereal. While providing more nutrition, and important health benefits, these non-refined cereals will also provide your athlete with a more steady supply of energy.
  - Refined (non-whole grain) cereals will provide “quick” but non-lasting energy for your athlete. However, they may play a role in recovery (see Special Teams section topic on Recovery).
- Look for 3g or more .....

## Working with:

### RESTAURANT AND FAST FOOD BREAKFASTS

- Ask for egg substitute or egg whites; choose eggs scrambled or poached.
- Order whole wheat over white toast; ask for toast, etc. to come unbuttered.....

## CONSTRUCTING THE SANDWICH / WRAP / ROLL-UP

Pick either a meat or vegetarian filling then a topping, and dressing:

| (1) Filling                         |                       | (2) Topping                        | (3) Dressing            |
|-------------------------------------|-----------------------|------------------------------------|-------------------------|
| Meat and Fish                       | Non-Meat              |                                    |                         |
| Deli Meats: roast beef, ham, turkey | Roasted eggplant      | Shredded lettuce or lettuce leaves | Low fat mayonnaise      |
| Tuna, salmon, chicken salad         | Black beans* and rice | Alfalfa / bean ...                 | Low fat salad dressings |

## DINNER FROM HOME

### PLANNING FOR DINNER AT HOME

- Maintain a stocked pantry and freezer of staples that allow you to create a quick, balanced meal – even if you have failed to plan (see Stocking-up ideas below).
- Devise a plan to .....

## IDEAS FOR DINNER AT HOME

### I QUICK, BASIC MEALS

#### Requiring Very Little Preparation

- **Cooked Elbow Macaroni, mix with:**
  - Canned tuna and canned cream of mushroom soup. Sprinkle with Parmesan cheese and breadcrumbs.....
  -

#### USING LEFTOVER OR STORE-BOUGHT ROTISSERIE CHICKEN

(OR quickly prepare cooked chicken by covering in water and boiling until no longer pink)

#### Shred / chop and add to:

- Salad dressing and lettuce and use in wraps or pita pockets. Serve with side of fruit.
- Ramen Noodles.....

### Quick Ideas for the:

#### CROCK-POT

#### NO PREP IDEAS – JUST THROW IT ALL IN

- Pot Roast: potato wedges; baby carrots; sliced/chopped onion; pork roast; oregano; basil; onion soup mix; .....

## IV DINNER IN A POCKET

Pocket dinners require some preparation, but the effort is worthwhile to obtain nutritious, personalized, creative, varied, and plan-ahead dishes for everyone in the family. Pocket dishes (also.....

### PERFORMANCE DINNER ON THE ROAD

#### I DINING OUT - GENERAL GUIDELINES

##### Dining Out Fundamentals

Choose dishes / foods that have been cooked by any of the following methods:

- Broiled
- Boiled
- Steamed

##### Working With:

##### FAST FOOD

###### Better Choices:

- Veggie Burger (Burger King) - order two and do without the fries.....

###### Avoid:

- Double cheeseburger sandwiches. ....

###### Be careful of:

- Dressings, mayonnaise and cheese on ....

##### Working With:

##### CHINESE FOOD

###### Best Choices:

- Soups: egg drop; Wonton;.....

###### Avoid:

- Any fried rice

###### Watch for: Hidden Unhealthy Traps:

- "Twice-cooked" usually means that...

PERFORMANCE TIPS:

**Non-Performance-Enhancing,  
Typical Teen Snacks**

Chips, Nachos  
French Fries  
Burgers / Cheeseburgers / Hot Dogs

**QUICK BITES**

**Energy / Sports Bars**

- They are portable, and do not spoil and are resistant to crushing (although the chocolate coated options can lead to a sticky mess).
- A convenient and fast way to obtain calories to fuel activity or recover. Because of this, they do encourage appropriate pre-activity fueling.
- Those .....

## Extra Points

This final section gives focused, practical insight into several popular performance topics:

- Recovery
- Hydration
- Intentional Weight Gain
- Planned Weight Loss
- Pre-Game Meals
- Dietary Supplements

Within each topic the following is covered:

- Facts regarding the impact of these practices on performance
- Different components involved in being successful in achieving the goals implicit to these activities
- Strategies for success
- Parental tips – addressing how parents can best support their athlete in achieving their goals in these areas

### Excerpts

#### HABITUAL HYDRATION STRATEGIES

- Habitual hydration strategies ensure that all body systems have optimal fluids throughout the day and leading up to activity. Last minute efforts to drink volumes of water before activity are often counterproductive.
- Drink liberally during meals – milk, fruit juice, water, sports drinks, (be cognizant of the caloric content of drinks if the athlete is concerned about unplanned weight gain).....

#### INTENTIONAL WEIGHT GAIN

##### FACTS

- The cornerstone principle of weight gain for young athletes is to first and foremost eat sufficient calories to meet age, growth, and activity needs. Only then can attention be paid towards weight gain.
- All children grow and mature at different rates and times. Oftentimes, it is not until their junior year at college that male athletes are able to pack on significant muscle weight gain.....