

## NUTRITION

A balanced diet consists of:      60-70% carbohydrates                      15-20% protein                      15-20% fat.

Eat **COMPLEX CARBOHYDRATES** like whole grains, fruits, vegetables and beans. Complex carbohydrates are your master fuel, and they give you the energy you need to run your best. Complex carbohydrates are also needed for brain and healthy body function. If you eat too few complex carbohydrates, you may experience chronic fatigue. Your goal should be to eat at least nine (9) servings of complex carbohydrates each day...eat as many colors as you can.

Examples of complex carbohydrates are:

- Mix dried fruit with almonds for a snack
- Fruit smoothie for breakfast or after a workout
- Carrots dipped in hummus
- Fresh fruit with lunch or on your cereal
- Salad with 4 different color vegetables
- Pineapple after a workout...pineapple contains enzymes that repair muscles
- Fruit with high water content (watermelon, cantaloupe)

Stay away from **REFINED CARBOHYDRATES** like white bread, cookies, candy, chips, donuts, and soda. Refined carbohydrates are not good fuel sources for your body.

Eat **PROTEINS** like lean meats, chicken, fish, low fat milk, cheese, and peanut butter. Protein helps build and repair body tissues like muscles, tendons and ligaments. Too much protein is not good...it can stress the digestive tract, kidneys and liver.

Eating **FAT** is important for maintaining healthy skin, cell membranes, hormones and transporting vitamins. Be careful what type of Fat you eat.

**GOOD fat** is found in olive oil, nuts, seeds, avocados and olives. Saturated fat is found in beef, pork, poultry skin, butter, cheese and milk. Good fat should be eaten in moderation.

**BAD fat** is trans-fat (hydrogenated and partially hydrogenated fat). Trans-fat is fat that has been altered to give food a longer shelf life. Trans fat is found in cookies, crackers, cakes, fast food, and highly processed food. Trans fats are very hard for your body to break down, and cause fatty deposits in the liver and arteries.

## RECOMMENDED MEALS

Examples of meals that will give you energy and good fuel for your body.

### **Breakfast:**

Whole grain cereal with low fat milk and fruit.

Bagel with peanut butter and banana.

### **Lunch:**

Turkey sandwich on whole wheat bread, trail mix, fruit, pretzel and water.

Peanut butter sandwich on whole wheat bread, fruit, carrots and water.

### **Dinner:**

Grilled chicken, baked potato, green beans, whole wheat roll.

Spaghetti and meatballs with salad.

## EATING BEFORE YOU RUN

### **Morning practice:**

It is helpful to eat something at least **one hour** before a morning run. Avoid high sugar, high fat, or dairy products before you run. In the morning, your blood sugar is low, so you need to eat a bit for energy.

Half a bagel with a little peanut butter

One slice of toast

Piece of fruit (banana, peach, pear)

Granola bar or energy bar

### **After school practice:**

It is helpful to eat a very light snack after school, before practice.

Piece of fruit (orange, grapes)

Half a bagel, plain

Granola bar

Drink water at lunch and throughout the day.

## EATING AFTER YOU RUN

### **After practice:**

It is important to eat something within 30 minutes after practice. This is how you replenish your muscles and help them recover. Bagels, fruits, pasta, vegetables, yogurt, cereal with low fat milk, toast and peanut butter, smoothie, fluid replacement drinks, granola bars or energy bars.