

Lady Kats Track & Field
NUTRITION 101

Goal #1: Eat THREE meals everyday – breakfast, lunch, and dinner.

Goal #2: Work towards drinking ½ - 1 gallon of water every day.

Goal#3: Track your success at CHAMPIONSHIP eating and drinking every day.

<u>Breakfast</u>	<u>Option #1 – Big eaters</u>	<u>Option #2 – Light eaters (choose ONE)</u>
<ul style="list-style-type: none"> Most important meal of the day Gets your metabolism going Best to always eat protein Allow your body to use energy from food instead of feeding off your boy 	<ol style="list-style-type: none"> Boiled Egg (s), Toast with Jelly, Fruit Oatmeal, Fruit <p>*Use salt/pepper, lemon pepper, or seasoning salt on boiled eggs</p>	<ol style="list-style-type: none"> 1 piece of toast w/ peanut butter and fruit 1 cup of oatmeal and fruit 1 boiled egg and fruit
<u>LUNCH</u>		
<ul style="list-style-type: none"> All student-athletes must eat something in the middle of the day to keep blood sugar level Eating a complex carbohydrate is ideal The school lunch line has some great options for a championship lunch 	<ol style="list-style-type: none"> Sandwich – wheat bread, turkey or ham, cheese, veggie fixings, etc. Pretzels are better than chips Raw veggies (carrots, cucumbers, celery, etc) helps you get the fiber you need...to boo boo) Fast food = FAT DEPOSITS and flabby stomach If you must eat out, then choose SUBWAY Keep mayo and ranch to a minimum 	<ol style="list-style-type: none"> ½ turkey sandwich 1 cup of raw veggies + cheese stick + pretzels YOU MUST EAT SOMETHING!
<u>Dinner</u>	<u>Options to try to cook for yourself...</u>	<u>If you're NOT feeling hungry at night</u>
<ul style="list-style-type: none"> Try to eat dinner 2 hours before you go to bed Choose a day or two in the week that you can cook dinner for your family (ask parents) Limit processed foods Pasta dishes are always good for you at this age 	<ul style="list-style-type: none"> Baked or pan seared chicken thighs Baked or pan seared fish Turkey burgers 1 or 2 vegetable(s) – steamed with salt/pepper 1 carbohydrate – rice or pasta 	<ul style="list-style-type: none"> Eat a balanced meal on a small plate Eat 2 fork/spoon fulls of everything that is cooked.
<u>WATER</u>		
<ul style="list-style-type: none"> The first place your body gets water from, if you're dehydrated, is your joints! YIKES! Muscle cramps from dehydration feels like a muscle pull! 	<ul style="list-style-type: none"> 8 oz. in a cup...16 cups in a gallon 33 oz. in a liter...4 liters in a gallon 	<ul style="list-style-type: none"> Caffeine drinks dehydrate you! High Fructose Corn Syrup, which is in EVERY drink, is the sugar that makes us all fat...for no reason! ☺

Your Name: _____

Week of: _____

FOOD JOURNAL

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Breakfast							
Lunch							
Dinner							
Water							