

## Eating Better on a Budget: A Nutritional Guide for the High School Athlete



## Budget

- Money – Time – Effort
- Not Easy
- US News & World Report Diet Rankings
- Looking for an easier way – Diet Cults by Matt Fitzgerald
- Paleo, Whole 30, Mediterranean, DASH, MIND, raw, Gluten free, organic, vegan, miracle foods, super foods
- Performance, long term health, immunity, recovery, injury prevention, healing

## Hierarchy of Eating

1. **Vegetables**
2. **Fruits**
3. Nuts, seeds, healthy oils
4. High quality meat and seafood
5. Whole grains (100%)
6. Dairy
7. *Processed food (refined grains)*
8. *Low-quality meat and seafood*
9. *Sugary foods/Sweets*
10. *Fried foods*

## Real Life

- Agnostic Healthy Eating Game
- Plan, shop, prepare unprocessed healthy meals
- Takes money, time and effort, quantity of food
- Cook on weekends or when have time and freeze



## Student's Choices

### Sack lunch, school lunch, or no lunch?

- Sack lunch
- School lunch
- No lunch
- Snacks
- Breakfast
- Dinner

## Reality



### Breakfast

- Whole Grains
- Fruit
- Hydrate
- Protein (eggs and vegetables)
- Pre-meet (Toast, waffle, hot or cold cereal, keep it light) (not: bacon, ham)

### Lunch

- Sack Lunch
- School Lunch
- No Lunch
- Fast food
- Pre-meet (healthy, easy to digest, don't over eat)
- Hydrate

### Snacks

- Before practice (rice cake, fruit, bar, crackers)
- Before a meet
- After a meet or practice
- Hydrate

### School Lunches

- 1 slice of pizza w/o processed meat
- Bean and cheese burrito
- Cheese burger
- Veggie burger
- Chicken Caesar salad
- Hummus & veggies
- Spaghetti
- Veggie chili w/ cheese
- Fruit or fruit bowl
- Chicken with Beans or chicken with rice

### Sack Lunches

- Creative sandwiches on 100% whole grain
- Fruit and veggies
- Fig cookies
- Pasta salad
- Nuts
- Dried fruit
- Whole grain crackers and cheese
- yogurt

### Dinner

- At home (cook from scratch)
- On the road (restaurant/fast food)
- Nutritional content (read labels)
- Plan ahead (bring food)

### Fast Food

- Less than 500 cal
- Less than 1000 mg sodium
- Less than 10 g fat
- No trans fat (less than 2 g/day total)
- 20 – 30 g protein
- Grilled Meats (nothing fried)
- Bring your own add-ons like nuts, apple, dried fruit, carrot sticks, yogurt
- Drink water (no soda or shakes)
- Jr. Meals
- Restaurants & Nutrition: Fast Food (App)

### Healthier Options

- Chipotle: Chicken Burrito Bowl with brown rice and no sour cream or 3 Barbacoa Tacos
- Starbucks: Spinach and Feta wrap or Chicken and Hummus Bistro box and a banana or Roasted Vegetable Panini
- In-N-Out: Burger or Cheeseburger with no sauce, no fries, no soda or shake
- Subway: Veggie Delight 6” sub or Oven Roasted Chicken Salad
- Quizno’s: Sonoma Turkey Sammie 6”

- Taco Bell: Fresco Steak Burrito Supreme or Fresco Chicken Soft Taco
- Wendy’s: Large Chili and garden side salad
- McDonalds: Honey mustard snack wrap or Caesar Salad w/ Grilled Chicken and Fruit n Yogurt Parfait
- Burger King: Flame Broiled Hamburger
- Carl’s Junior: Charbroiled Turkey Burger

### Less Healthy

- Processed meats: ham, bacon, salami
- Subway: Meatball Marinara Sandwich
- Processed cheeses: American
- Double Burgers with sauce and bacon (over 1000 cal, 20 g sugar, 65 g fat, 4 g trans fat)

### Hydration

Water  
packaging  
Electrolytes  
coconut water  
Hyponatremia  
color of urine  
drink to thirst

### Pre and Post Workout Snacks

Pre:  
2 hours before  
On the way out to practice  
Individual differences  
Post:  
15 to 45 minutes after  
boys vs girls

### Muscles, Recovery, Metabolism

#### Women

- Smaller muscle mass
- Use more fat when below AT, 39% fat fuel
- Deplete glycogen slower
- Less protein breakdown
- Use less protein in exercise
- Replenish carbs to recover

#### Men

- Larger muscle mass
- Use less fat when below AT, 22% fat fuel
- Deplete glycogen faster
- More protein breakdown due to lack of glycogen
- Need more protein, carbs
- Replenish carbs & protein to recover

### Anti-inflammatory

- Berries
- Fish
- Walnuts
- Flaxseed
- Omega-3's
- Ginger
- Garlic
- Green vegetables

### Get Real!

- High school eating habits
- Journal (food and exercise)
- Look for trends – best running days follow best nutritional days
- Reduce junk food, sodas, sugary processed snacks, fried foods, fast foods, high fructose corn syrup
- Increase healthy food: home-made foods, green leaf salads, smoothies, whole foods, nuts, fruits and vegetables, whole grains, organic food

### Sources

- Diet Cults by Matt Fitzgerald
- The Athlete's Plate by Adam Kelson
- The Athlete's Guide to Recovery by Sage Rountree