

Nutrition

Eating good food is a very important part of every single day. Nutrition is what keeps your body going whether you are playing baseball or swimming, while you are walking to practice and even when you are sleeping!

The right kind of food will make you a better athlete and will make you feel good. It's up to you to eat right, but this guide will give you some options to make healthy choices in your diet.

This guide is to provide you with healthy choices. You must **CHOOSE** healthy foods in order to feel good about what you are eating.

Fruits = 3-4 servings per day



Apples (red or green)



Peaches, Nectarines



Oranges



Grapefruits



Plums



Pears



Grapes



Bananas



Watermelons



Kiwis



Strawberries



Blueberries



Raspberries



Blackberries



Cherries



Pomegranates



Limes



Lemons



Mangoes



Pineapples



Papayas



Melons (green or orange)

Vegetables = 3-6 servings per day



Broccoli



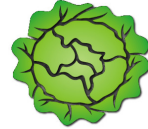
Celery



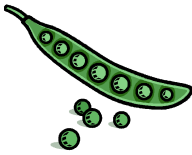
Spinach



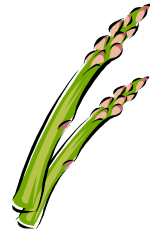
Romaine Lettuce



Iceberg Lettuce



Peas



Asparagus



Green Beans



Corn



Green Onion



Cauliflower



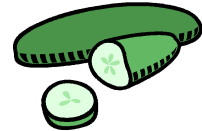
Eggplant



Avocadoes



Tomatoes



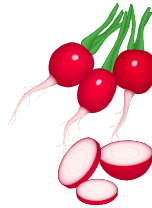
Cucumber



Red Pepper



Green Pepper



Radishes



White Potato



Carrots



Mushrooms



Onions



Yams and Sweet Potato

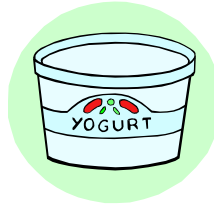
Milk and Dairy = 2-4 servings per day



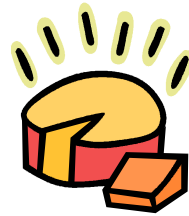
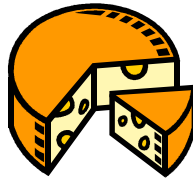
Milk (2%, 1% or Skim)



Yogurt: LOW FAT Plain or Fruit



Cottage cheese



Cheese

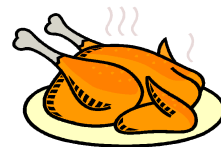
Meat and Alternatives = 2-3 servings per day



Roast Beef



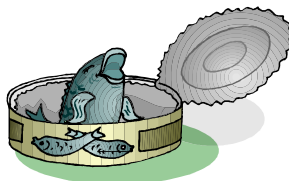
Steak



Chicken (roast, wings, breast, thigh)



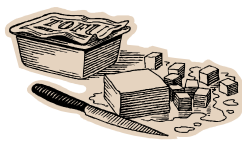
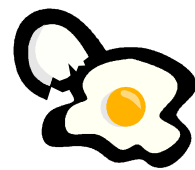
Fish (salmon, tuna, halibut)



Canned fish (tuna, salmon)



Eggs



Tofu



Peanut Butter



Nuts



Beans (kidney, black, garbanzo, lentil)

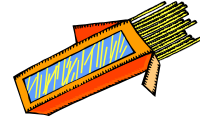
Grains = 7-9 servings per day



Pasta – Tortellini, Ravioli



Spaghetti



Fettuccini



Pita Bread



Tortilla



Brown Sliced Bread



Bagel



French Bread



Rice



Cold Cereal

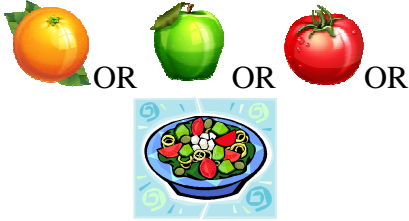
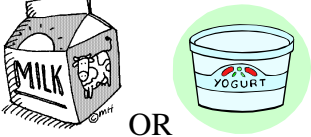
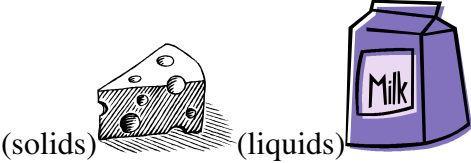
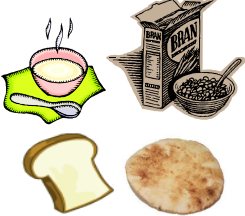
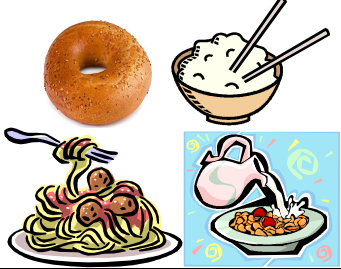

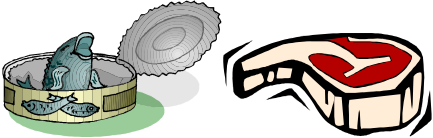


Granola



Hot

What do Serving Sizes look like?

Serving Size	FOOD	What it looks like	Food Examples
1	Fruits or Vegetables		<ul style="list-style-type: none"> - A piece of fruit - ½ Cup. Fruit salad - ½ Cup Vegetable salad - ½ Cup Applesauce - ½ Cup Chopped vegetables
1	Milk and Dairy		<ul style="list-style-type: none"> - 1 container of yogurt - 1 small milk carton (1/2 cup) - 1 small bowl of cottage cheese (1/2 cup) - 1 small piece of cheese
2	Milk and Dairy		<ul style="list-style-type: none"> - 1 large piece of cheese - 1 medium milk carton (1 cup) - 1 medium bowl of cottage cheese (1 cup) - 1 small bowl yogurt (1 cup)
1	Grains		<ul style="list-style-type: none"> - 1 pita - 1 slice of bread - 1 small bowl hot cereal - 1 small bowl cold cereal
2	Grains		<ul style="list-style-type: none"> - 1 bagel - 1 plate of pasta - 1 medium bowl of cereal - 1 medium bowl of granola - 1 bowl of rice
1	Meat and Alternatives		<ul style="list-style-type: none"> - 2 eggs - 1 small chicken breast - ½ can of tuna - 1 small fish steak - 3 tablespoons of peanut butter - ½ block of tofu
2	Meat and Alternatives		<ul style="list-style-type: none"> - 1 can of tuna - 1 steak - 8 small chicken wings - ½ block of tofu

How Many Calories Should You Eat Each Day?

Age and Sex	NOT ACTIVE	ACTIVE
Children 2-3 years	1000-1165 calories	1000-1500 calories
Children 4-8 years	1200-1500 calories	1400-2000 calories
Females 9-13 years	1600-1750 calories	1600-2400 calories
Males 9-13 years	1800-2000 calories	1800-2850 calories
Females 14-18 years	1800-2000 calories	2000-2750 calories
Males 14-18 years	2200-2500 calories	2400-3800 calories
Females 19-30 years	2000-2300 calories	2000-2800 calories
Males 19-30 years	2400-2800 calories	2600-3500 calories
Females 31-50 years	1800-2000 calories	2000-2500 calories
Males 31-50 years	2200-2500 calories	2400-2500 calories
Females 51+ years	1600-1750 calories	1800-2500 calories
Males 51+ years	2000-2300 calories	2200-3200 calories

Shopping List – healthy foods you can buy at the grocery store

Veggies:

Lettuce
Asparagus
Green beans
Cauliflower
Tomatoes
Potatoes
Spinach

Onions
Broccoli
Corn (on the cob, in a can)
Carrots
Peppers (red, green, yellow or orange)
Celery

Fruits:

Oranges
Apples
Bananas
Strawberries
Blueberries
Raspberries
Blackberries

Mangoes
Pineapples
Peaches
Nectarines
Cherries
Lemon/limes
Applesauce

Grains:

Whole wheat bread
Whole wheat crackers
Whole wheat english muffins
Whole wheat bagels

Whole wheat tortillas
Whole grain cereal
Pancake mix
Brown rice

Dairy

Cheddar cheese
Cream cheese
Cottage cheese

Low-fat yogurt
Eggs
Skim or 1% milk

Meat and meat alternatives:

Chicken breasts – or wings for BBQ
Frozen chicken fingers
Frozen fish fingers

Lean ground beef for pasta sauce
Tofu for stir fry
Beans (any type, canned or dry)

Condiments:

Mustard
Peanut butter
Jam (any type of jam is OK).

Almond butter
Maple Syrup
Honey

Drinks:

Apple Juice
Cranberry juice
Orange juice

Tomato juice
Milk

Meal Ideas

Breakfast Ideas

1. Breakfast smoothie: [Fruit, yogurt, milk, juice, blender].
 - any fruit of your choice – put in your favorites
 - yogurt or skim milk, or skim milk powder
 - fruit juice if you like
 - put it in a blender, and enjoy
2. Instant Oatmeal
 - Add hot water and cook in microwave
 - Add raisins or cinnamon.
 - Enjoy with glass of milk or juice
3. Cold Cereal with Milk
 - Any cold cereal on the “OK CEREALS” list
 - Add cold skim milk.
 - Add fruit on top if you like – berries are a great addition
4. Eggs!
 - Scramble eggs in a bowl and microwave or fry them
 - Put them on toast or a tortilla
 - Add cheese or salsa, or both.
5. Muffin and Juice
 - A whole wheat muffin or oatmeal muffin
 - Glass of juice
 - Piece of cheese
6. Fruit and Yogurt.
 - Mix fresh or canned fruit
 - Put low fat yoghurt on top.
 - Berries, peaches, apples, pears, bananas...any fruit works!
7. Bagel and Cream Cheese
 - Toast a bagel
 - Add cream cheese or peanut butter
 - Enjoy!
8. OK Cereals:
 - Raisin Bran
 - Cheerios
 - Crispix
 - Wheatabix
 - Muselix
 - Shreddies
 - Life Cereal
 - Oatmeal, Red River
 - Special K
 - Fiber 1
 - All Bran
 - Vector

Lunch Ideas:

1. Pasta and Veggies

- Stir fry some veggies in a frying pan
- Mix them with soy sauce, teriyaki sauce, or sweet chili sauce.
- Add your favourite pasta, rice or left over chili, casserole or stew.
- Eat with a glass of milk and a piece of fruit.

2. Mixed Salad with Cheese

- Take a bag of mixed salad greens and toss with fresh chopped veggies, your favourite cheese and salad dressing.
- Eat with whole grain bread or put it inside a pita or tortilla wrap!
- Enjoy with a glass of milk, fruit juice or V8 juice.

3. Soup it up!

- Try black bean, tomato with lentils, squash, carrot, cauliflower or broccoli soup.
- Eat your soup with pumpernickel bread, or a whole wheat bagel and a slice of cheese.
- Don't forget the fruit for dessert!

4. Wrap it up!

- Take a can of tuna or salmon or a hard boiled egg or chicken.
- Add mayonnaise, salt, pepper and celery to make a salad.
- Fill a whole wheat tortilla with lettuce, green pepper and green onions. Add your mayonnaise salad.
- Enjoy with a glass of milk.
- Have yoghurt for dessert!

5. Snack it!

- Have hummus dip (garlic, red pepper, black pepper, mixed veggies any flavour is Great!)
- Eat the hummus with a whole wheat pita, baby carrots and sliced green, red and yellow peppers.
- Eat some melon for dessert and a glass of fruit juice or milk.

6. Spicy Curry.

- Enjoy some vegetable curry on noodles.
- Top with plain low fat yogurt.
- Enjoy with water or fruit juice.

7. Savoury Soup

- Heat up some lentil soup from the grocery store.
- Have baby carrots, whole grain bagel and a slice of cheese.

8. Fill that Pocket.

- Spread hummus on the inside of a whole wheat pita.
- Fill pita with any veggies you like: lettuce, shredded carrots, tomatoes, alfalfa sprouts or cucumbers.

- Finish it off with a glass of milk.

Dinner Ideas

1. Presto Pasta

- Brown some onions and garlic in a skillet.
- Add canned or bottled tomato pasta sauce and canned drained lentils.
- Serve over pasta or couscous.
- A tossed green salad and glass of milk complete the meal.

2. Hot and Spicy

- Cook boneless chicken strips in a fry pan until juices run clear and meat is brown.
- Add sliced carrots, red peppers and onions, cook until soft.
- Add raisins and curry paste and a little bit of water.
- Serve with couscous or rice.
- A glass of milk.

3. Fast Chili!

- Brown lean ground beef in a fry pan.
- Add chopped onions, green peppers and cook for a few minutes.
- Stir in one can of tomatoes, a can of tomato soup, a large can of kidney beans, and 1 Tablespoon of chili powder.
- Serve with whole grain toast.

4. Easy omlettes!

- Choose your fillings: cheese, ham, peppers, green onions, mushrooms, tomatoes, or any other veggies.
- Fry the veggies first and remove from pan.
- Mix 2 eggs together add a little bit of milk and add them to a no stick frying pan that is on medium.
- Once the eggs start cooking add the veggies on top. Let the omlette cook.
- Flip it in half, and cook through.
- Enjoy with a glass of orange juice and a whole grain piece of toast.
- Have some fruit for dessert.

5. Beautiful Bean Salad!

- Take canned black beans, or kidney beans or garbanzo beans (chick peas).
- Add a can of corn niblets.
- Add chopped tomatoes, onions and red, yellow peppers.
- Cook brown rice and throw the salad on top.
- Add some cheese and salsa!
- Enjoy with a glass of milk or water.

Snacks

1. Fresh fruit or individually packed containers of cut-up fruit.

2. Raw vegetables including carrots, peppers, zucchini, cherry or grape tomatoes.
3. Baby carrots and whole wheat pita triangles with hummus.
4. Pumpernickel bagel with peanut butter and banana.
5. Fresh, frozen or canned fruit with low fat yogurt or in a smoothie.
6. Sweet red, yellow or green peppers and bread sticks with salad dressing or low fat dip.
7. Whole wheat tortilla wrap made with salmon or tuna and salad dressing, onions, celery and green peppers.
8. English muffin with melted cheese and apple slices.
9. Dry mixed cereal and a container of milk.
10. Dark green leafy salad with orange sections and almonds.
11. Nuts, pumpkin or sunflower seeds.
12. Plain popcorn.
13. Popsicles made with 100% fruit juice or yogurt.
14. Water, milk, fortified soy beverage or 100% fruit juice

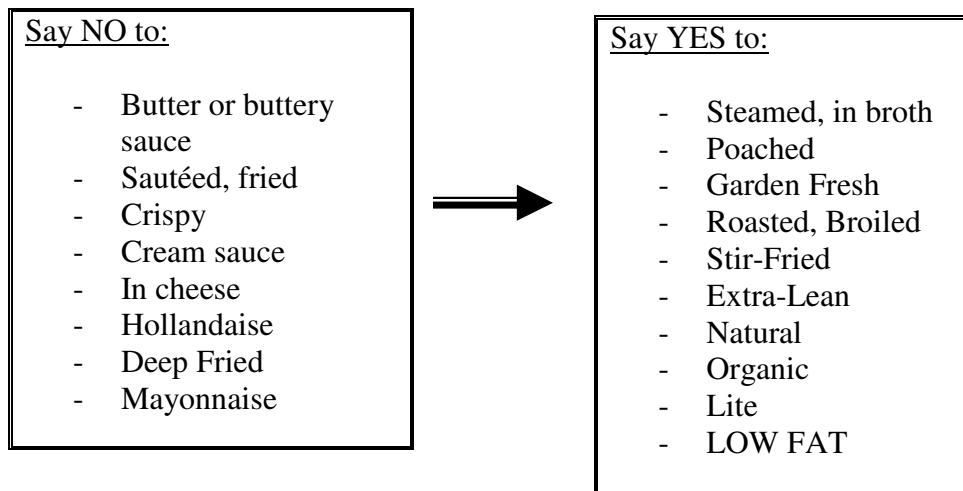
Tricks to making healthy choices

Eating healthy on the road

1. Eat high carbohydrate, LOW FAT meals that have food from the 4 major groups
2. Drink lots of WATER during, before and after all practices and competitions.
3. Avoid eating junk food: hot dogs, tube steaks, McDonalds, and other fast food restaurants. Eat only in quality restaurants that serve fresh vegetables and fruit.
4. Avoid raw fish, or uncooked meat.
5. Eat as much fresh fruit and vegetables as you can. Preferably fruits and veggies that can be peeled or that have been washed.
6. Choose to have salad instead of French fries on the side. Salad will give you good energy and make you feel great.

Eating Out Restaurants

(if you have to eat out, follow these rules to stay healthy)



Cooking, Good and Bad

<u>Vegetables</u>	<u>Meat:</u>	<u>BEST</u>
<ul style="list-style-type: none">- Raw- Steamed- Baked- Broiled- Sautéed- Microwave- Fried- Deep Fried	<ul style="list-style-type: none">- Broiled- Grilled- Baked- Seared- Sautéed- Fried- Deep Fried	↓
		<u>WORST</u>

TIPS – Fruits and Veggies

- Veggies are good canned or fresh or frozen.
- Drain and rinse canned veggies to reduce salt content.
- Choose unsweetened juice and fruit products.
- Buy pre-packaged veggies and fruit to save time.
- Eat veggies and fruit before drinking juice – because they are better for you.
- Read the labels, and make sure what you are buying is actually made of fruits and vegetables. Many packages actually contain salt and fat.
- Try a new fruit or veggie, some examples are:
 - Lychee, papaya, guava or passion fruit.
- Choose colorful fruits and veggies such as:
 - Cantaloupe, watermelon, mangoes, peaches, nectarines, oranges, berries, cherries and grapes.

TIPS - Grains

- Choose grains that are whole wheat
- Eat a variety of grains such as pasta, bread, quinoa, couscous and rice.
- Buy cereal that is made with whole grains.
- Choose “High Fiber”
- Limit cookies, doughnuts and chips
- Eat bagels and toast instead of sugary pastries

TIPS – Milk and Alternatives

- Drink 1 glass of 1% or skim milk each day.
- Choose low fat dairy products.
- Limit ice cream, whipping cream, coffee cream and sour cream, these are very high in fat.

TIPS – Meat and Alternatives

- Eat beans and lentils more often.
- Limit red meat
- Eat fish
- Use nuts and seeds on top of salads.
- Look for lean meats
- Avoid processed foods as much as possible

TIPS – Fats and Oils

- Good oils include: canola, corn, flaxseed, olive, peanut, soybean and sunflower. Choose these ones.
- Say no to butter
- Say yes to unsaturated
- Say yes to NO trans fat

Question – How much water do I need to drink, and when should I drink it?

Answer:

- When practicing or during a game, always carry a water bottle with you
- Make sure you fill your water bottle before practice or a game
- Keep your water bottle filled with water only
- Drink every few minutes between drills
- During the day try to drink 5-6 bottles of water
- Do not drink your entire water bottle at once
- Make sure to drink the entire bottle during practice
- Drink 1 bottle of water during the hour after practice

Question – How do I know if I am drinking enough water?

Answer – You can tell if you are drinking enough water by monitoring the colour of your urine. If you are visiting the washroom frequently and your urine is clear, you are drinking enough water. If your urine appears dark yellow, and you feel thirsty, you are probably not drinking enough.

Question – I drink Gatorade and other sport drinks. Are these better for me than water?

Answer – No! Most sport drinks contain a lot of sugar, which can be dehydrating. Stick to water unless you are at a day-long event such as Provincial Games.

Question – I like to drink a can of pop following a game. Is this bad for me?

Answer – this is bad for you! Stop! If you crave sugar after a competition, then drink Gatorade or another sports drink. Otherwise, drink water; it is the best form of hydration.

Question – What else should I avoid?

Answer – In addition to soft drinks and too many sports drinks it is also a good idea to avoid: Salt, Coffee/Caffeine, Alcohol before during and after practice.

What Do You Like to Eat?

These are my favourite foods

Breads and Cereals

1. _____
2. _____
3. _____
4. _____

Fruits and Vegetables

1. _____
2. _____
3. _____
4. _____

Milk and Dairy

1. _____
2. _____
3. _____
4. _____

Meat and Alternatives

1. _____
2. _____
3. _____
4. _____

These are my Favourite Meals

Breakfast

1. _____
2. _____
3. _____
4. _____

Dinner

1. _____
2. _____
3. _____
4. _____

Lunch

1. _____
2. _____
3. _____
4. _____

Snacks

1. _____
2. _____
3. _____
4. _____

