

Ohio State Sports Nutrition Manual

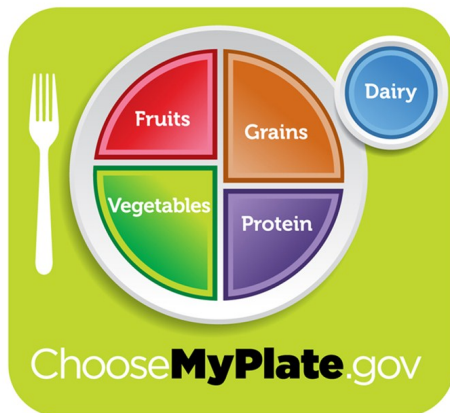
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Start with a Healthy Plate

- Sports Nutrition is centered around general healthy eating
- Just like the fundamentals of a sport, you need to understand the basics of nutrition
- The way you eat is an extension of your training
- To build a high quality athlete, you have to start with high quality materials.

Use your plate as a guide



General Healthy Eating

- 1/2 colorful fruits and vegetables
- 1/4 lean protein
- 1/4 whole grains
- 3 servings of dairy a day

Athletes with Higher Protein Needs

- 1/3 colorful fruits and vegetables
- 1/3 lean protein
- 1/3 whole grains
- 3 servings of dairy a day

Eat at Least 5x a day

every 2-3 hours

- Keeps your metabolism running fast, which helps you burn calories and stay lean
- Helps Build muscle by ensuring the building blocs are always available
- Provides consistent energy for quality workouts
- Encourages a variety of foods, which makes sure all nutrient needs are met
 - Eating 2-3 times a day can make it difficult to meet nutrient needs, especially for athletes

Sample Meal Timing

9:00	Breakfast (within 1 hour of waking up)
11:00	Snack/mini meal
1:00	Lunch
4:00	Snack/mini meal
7:00	Dinner
11:00	Evening Snack/ mini meal



Tips

- When you're "on the go" it is essential to plan ahead and take a snack/mini meal with you. This ensures you will have food when the 2-3 hour mark hits.
- Eating breakfast is crucial. Breakfast kick starts your metabolism after a long night of fasting, and helps you have more energy throughout the day.

Eat a High Carbohydrate Diet

using whole grains, fruits, and vegetables

- Main Fuel source for muscle AND brain during intense exercise
- Spares the breakdown of muscle tissue as an energy source
- Nutrient dense carbohydrate sources (aka quality carbohydrates) provide vitamins, minerals, and other nutrients that are essential in our diet

High Quality Grain Sources

- ☑ Whole grain bread or rolls
- ☑ Whole pasta
- ☑ Brown or wild rice
- ☑ Baked potato or sweet potato
- ☑ Oatmeal
- ☑ Whole grain breakfast cereals: Cheerios, Frosted Mini Wheats, Oatmeal Squares, Raisin Bran, Wheaties, and Kashi



High Quality Fruit and Vegetable Sources

- ☑ All of them!
 - Typically, deeper colors mean more nutrients
 - Eat a variety of colors



Be sure to limit poor quality carbohydrates like cake, cookies, desserts, sodas, and sugary cereals. These foods will not provide long term energy or vitamins and minerals.



Eat Plenty of Lean Protein

spread evenly throughout the day

- Protein is needed to build muscle and helps you recover from a hard training session
- Lean protein provides all essential amino acids (building blocks of protein) without additional unhealthy fat
- Our body can only absorb and use 30-40 grams of protein at a time
 - Equal to 4-5oz of meat of one large chicken breast
- Excess dietary protein is not stored. It is burned for energy or converted to fat.
- Excessively high protein diets can be dangerous and can potentially cause dehydration, low energy, bone calcium loss, and kidney problems.
- Plant proteins are generally incomplete proteins. Be sure to pair different plant proteins together to obtain all essential amino acids.

**YOUR protein
needs**

- Current weight in pounds $\times \frac{2}{3}$ = Total grams of protein per day
- Example: 185lbs $\times \frac{2}{3}$ = 123g protein

Animal

- Chicken
- Turkey
- Fish
- Red meat ('round' or 'loin')
- Ham (boiled)
- Milk
- Egg (whites)



Lean Protein Sources



Plant

- Quinoa
- Beans
- Seeds
- Whole Grains
- Soy
- Lentils
- Almonds
- Peanuts
- Walnuts
- Pistachios

Consume Healthy Fats

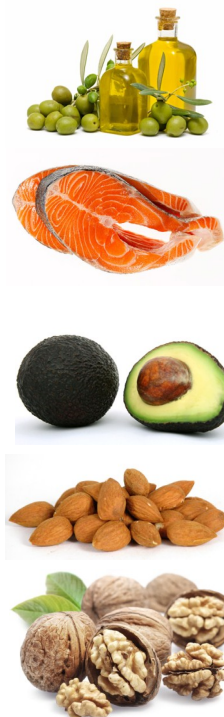
as a way to increase calories after fat and protein needs are met.

- Fat is essential! It protects our organs, maintains cell membrane function and is required for fat soluble vitamins.
- Fat slows down digestion, which can cause an upset stomach or sluggishness during exercise.
- We can get much of the daily healthy fat we need from the foods we eat. Added fat isn't necessary!
- As athletes, want 20-25% of our diet from fat.
- Remember to utilize healthy fats if they are needed for increasing calories
- **Tip** - "Marbling", found in meat, is unhealthy fat

Healthy Fats

Solid at Room Temperature

- ☑ Olive oil
- ☑ Avocado
- ☑ Vegetable Oil
- ☑ Oily Fish
 - ☑ Salmon
 - ☑ Mackerel
 - ☑ Tuna
 - ☑ Herring
- ☑ Nuts
- ☑ Seeds



Unhealthy Fats

Liquid at Room Temperature

- ☑ Fried Foods
- ☑ Butter
- ☑ Stick Margarine
- ☑ Fatty Meats
- ☑ Processed Meats
- ☑ Processed Pastries
- ☑ Creamy Dressing or Sauces
- ☑ Cream Cheese
- ☑ Whole Milk



Calcium

for dense, healthy bones

- Builds strong, dense bones early in life and keeps bones healthy later in life
 - 99% of calcium exists in bones and teeth
- Involved in blood clotting, nerve impulse transmission, muscle contraction
- Especially important in female athletes, weight class athletes, and weight restricted sports.

Calcium Sources

☑ Dairy Foods

- Milk
- Cheese
- Yogurt

☑ Leafy Green Vegetables

- Collard Greens
- Spinach
- Bok Choy

☑ Fortified Cereal

☑ Broccoli

☑ Fruits

- Figs
- Oranges
- Kiwi



Calcium Needs

Age	Men	Women
9-13	1,300 mg	1,300 mg
14-18	1,300 mg	1,300 mg
19-50	1,000 mg	1,000 mg
51-70	1,000 mg	1,200 mg
71+	1,200 mg	1,200mg

Calcium Tips

- ☑ Best absorbed in smaller, frequent doses (about 500mg at a time)
- ☑ Vitamin D, lactose, and Vitamin C enhance the absorption of calcium
 - Eat or drink a citrus fruit when eating plant sources of calcium
- ☑ 3 servings of dairy is recommended per day

Iron

for oxygen delivery

- Iron is an integral part of proteins that supply oxygen to muscle cells
 - Hemoglobin in red blood cells, myoglobin in muscle cells
- Iron depletion can progress to iron deficiency and anemia which impair athletic performance and cause intense fatigue
- Athletes in contact sports (due to cuts and bruises) and women athletes may have higher iron needs

Sources

Heme Iron

Readily Absorbed

☑ Red meat



☑ Dark poultry



☑ Fish



Nonheme Iron

Less Readily Absorbed

☑ Leafy greens



☑ Whole grains



☑ Lentils



☑ Dried Beans

☑ Peas

☑ Nuts

☑ Seeds

Iron Needs

Age	Men	Wome
9-13	8 mg	8 mg
14-18	11 mg	11 mg
19-50	8 mg	18 mg
51+	8 mg	8 mg

Tips

- Consume non-heme iron sources with a vitamin C source (Citrus fruits or juice)
- More is not necessarily better! You do not need to supplement iron unless you are deficient
- Your team physician and dietitian can help you assess your iron needs

Vitamins

for a healthy metabolism

- Vitamins play a critical role in the metabolic reactions that occur in our body.
- Eating a variety of colorful foods, especially fruits and vegetables, is the best way to ensure you get all of the vitamins that you need
- Consuming a daily multivitamin can help ensure we get vitamins that may be lacking in our diet
- There is no proven need or benefit for consuming more than the recommended daily allowance: Megadosing is a waste of money and may even be harmful!



Vitamin A

- Important for eye health, immunity, and skin health.
- Lowers risk of cancer

Sources: Liver and organ meats; Dark green and yellow vegetables and fruit (carrots, pumpkin, sweet potatoes, winter squash, broccoli, cantaloupe)

B Vitamins

- Involved in many metabolic reactions.
- Help our metabolism run smoothly!

Sources: Whole unprocessed grains, fortified grains and cereals, fruits, vegetables, Poultry, milk, beef

Vitamin C

- Helps form the structure of our body
- Important anti-oxidant that aids in immunity
- Helps iron absorption

Sources: Citrus fruits (orange, grapefruit, kiwi, lemon, lime), strawberry, cantaloupe

Vitamin D

- Important for bone health! Aids in the absorption of calcium
- We get most of our vitamin D from sunlight

Sources: Milk, Eggs, fortified orange juice, fortified breakfast cereals

Vitamin E

- Important antioxidant for skin health
- Aids immune system

Sources: Nuts, Seeds, Sunflower oil, green vegetables, fortified breakfast cereals, sunflower oil.

Vitamin K

- Helps the blood clotting process

Sources: Leafy Green vegetables (kale, spinach, collard greens, asparagus, broccoli)

Nutrition and Immunity

nutrients to boost your immune function

- Seasonal illness can affect you both on and off the field. Not only does athletic performance suffer, but mental sharpness and concentration also often decrease when you're feeling under the weather.

Carbohydrates are Essential

Breads, cereals, grains, fruits and veggies are critical fuel sources for both the muscles and the immune cells. Just like muscles, immune cells need carbohydrates during and after activity. It is imperative to consume ample carbohydrates daily and especially during prolonged exercise.

Antioxidants -

The body's way of fighting damage to the immune cells

Food Sources:

- * *Beta-Carotene: Bright yellow & orange veggies*
- * *Vitamin E: Nuts & Oils*
- * *Vitamin C: Citrus fruits*

Iron -

Plays a critical role in immune function by providing the body with oxygen for optimal functionality.

Food Sources:

- * *Red meat & dark leafy veggies*

Pre/Probiotics -

Contain the "good" bacteria that help maintain your stomach and intestine. There is some evidence that these help your overall immunity.

Food Sources:

- * *Active-culture yogurt, kombucha tea, raw garlic, raw asparagus*

Zinc -

Needed for optimum defense against upper respiratory threats and wound healing

Food Sources:

- * *Red meat & poultry*

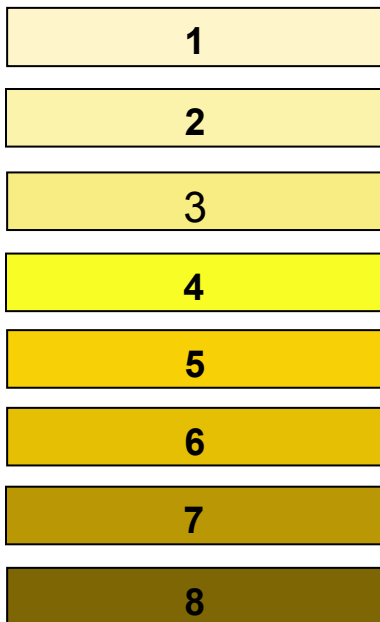
Stay Hydrated

for optimum performance and health

- Delay fatigue and maintain mental acuity
- Optimize ability to regulate body heat, especially in hot environments
- Improve ability to recover quickly from training and competition
- Dehydration can increase your risk of injury because your body needs fluids to function properly
- Dehydration decreases your performance. In other words, if you are dehydrated it feels much harder to do the same exercise task

Am I Hydrated?

Urine Color Chart



Use this chart to assess if you are drinking enough fluids throughout the day to stay hydrated.

Numbers 1-4 = Hydrated

Numbers 5-8 = Dehydrated

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.

Signs of Dehydration

- Thirst
- Dark Urine Color
- Weakness
- Dry/sticky mouth
- Sunken Eyes
- Mental Changes
 - Trouble Focusing, Light Headedness, Dizziness
- Racing Heartbeat
- Stop Sweating

What you should drink

Different needs for different athletes

How much should I drink every day?

General guideline

8-10 8oz glasses of fluid a day

- Every athlete needs different amounts of fluid
- Different fluid needs are based on sweat rate, temperature, amount of food eaten, exercise amount, and medical conditions
- Do NOT drink as much as you possibly can! Consuming too much water can be harmful. Use your thirst, weight, and urine color as a guide.

Fluid Needs for Exercise

Before	During	After
45 Minutes	Every 20 minutes	ASAP
8 oz	6-12 oz	16-24oz fluid for every pound lost

Tip: For every pound of sweat lost, drink 1-1 ½ water bottles!

Water or Sports Drink?



VS.



- Water is your “go-to” choice for hydration, but it does not always meet your needs.
- Sports drinks provide carbohydrates and electrolytes lost in sweat
- Sports drinks are intended for:
 - ☑ High intensity exercise longer than 1 hour
 - ☑ Hot, Humid Days
 - ☑ “Heavy sweaters” with salty sweat

Caffeine and Energy Drinks

What you need to know

- Caffeine is a stimulant that gives you a burst of energy and increases your metabolism
- Consuming caffeine often results in a “crash” in which you have less energy than when you started
- Excess caffeine may result in trouble focusing, jitteriness, and anxiety, which may decrease performance

**Caffeine =
BANNED
substance**

- Consuming more than an average amount of dietary caffeine may result in a positive drug test
- The legal urine level for caffeine is <15 micrograms per millileter
- Individuals metabolize caffeine differently, therefore there is no specific number of drinks to use as a guideline
- Aim to consume less than one cup of coffee or two caffeine containing soft-drinks a day.

Energy Drinks



- Energy drinks (Monster, Rock-star, Red Bull) contain enormous amounts of sugar, caffeine, and other stimulants to give a “rush” of energy•
- Energy drinks are “dietary supplements” and are not regulated by the government in the same way that food is.
- Energy drinks have the potential to contain things that are not listed in the ingredients.
- There have been several cases in which people have died from “caffeine toxicity” from drinking too many energy drinks.

Alcohol

- Not an essential part of the diet, and is a personal choice for athletes over the age of 21
- High energy, nutrient poor fluid which can make it difficult to lose weight, and may increase body fat
- Alcohol is a depressant, which slows down the central nervous system resulting in decreased coordination and poor judgement
- Increases recovery time by decreasing the rate of soft-tissue repair
- Alcohol consumption leads to dehydration

REMEMBER

Ohio State Athletes are eligible for random drug testing.
Alcohol consumption under the age of 21 is illegal!

The Effects of Alcohol on Performance

Short Term	Long Term
Increases soft tissue injury and increases recovery time	Increases fat stores
Causes dehydration	Distracts athletes from properly refueling, rehydrating, and facilitating muscle repair
Slows decision making ability and decreases coordination	Adds unnecessary calories leading to weight gain

Pre-event Nutrition

for peak performance

- Tops off muscle energy stores to provide greater endurance and avoid a “crash”
 - Keeps you from feeling hungry during exercise
 - Consume a carbohydrate rich, moderate protein, lower fat meal 3-4 hours prior to exercise
 - Consume a small, carbohydrate-rich snack ~30 minute prior to event
-

Pre-event Meal Ideas

- ☑ Grilled chicken, rice, and fruit/vegetable
- ☑ Spaghetti w/ meat sauce and fruit
- ☑ Deli Sandwich, yogurt, and fruit/vegetable
- ☑ Breakfast sandwich (lean ham, cheese, egg and muffin) and fruit



Pre-Event Snack Ideas

- ☑ Dried fruit
- ☑ Banana
- ☑ Pretzels
- ☑ Graham crackers
- ☑ Bagel
- ☑ White Bread
- ☑ Granola Bar
- ☑ 100% Fruit Juice



Recovery Nutrition

for peak performance

- Replaces the fuel and fluid used during exercise
 - Provide protein to repair and rebuild muscle tissue
 - 4:1 or 3:1 grams Carbohydrate:Protein recommended
 - 50-75g carb with 10-20 g protein
 - Consume within 15-60 minutes following training, practice, or competition
 - **REMEMBER** to replace fluids lost during exercise
 - 16-24oz of fluid for every pound lost
-

Recovery Ideas



- ☑ Chocolate milk and fruit
- ☑ Bagels with 2% cheese and fruit
- ☑ Fruit smoothies with yogurt
- ☑ Homemade egg sandwich
- ☑ Veggie pizza



Supplements

What you need to know

- Supplement means “in addition to”. They are not intended as a replacement for food.
 - Athletes should focus on the fundamentals of nutrition and a well balanced diet before considering supplements
 - Most athletes can meet their needs using a balanced diet, proper recovery nutrition, and adequate sleep
 - A supplement is “a vitamin, mineral, herb, botanical, amino acid, metabolite, constituent, extract, or any combination of these ingredients”, which is a very broad definition
 - An ergogenic aid is any substance or strategy that improves athletic performance
-

****Buyer Beware****

- Supplements are not regulated in the same way as food
- Supplements **DO NOT** have to be proven safe or effective to be sold
- Supplements may contain ingredients that are not listed on the label including BANNED SUBSTANCES that could cause you to fail a drug test
- Substances that are legal in the United States can be banned by the NCAA
- “Natural” or “organic” is not synonymous with “safe”
- The NCAA holds athletes accountable for what they put in their body. If you choose to use supplements, you are doing so at your own risk.



Supplements

How to tell if they are safe

- Use your resources! Your team dietitian and athletic trainer are committed to your safety.
- Let them know of any products (including vitamins/minerals) you are taking so they can assess them for safety.
- Your team dietitian and athletic trainer can help you understand how the product works, and if it will meet your needs.

If you choose to take a supplement...

- Look for the USP verified, NSF certified for sport, and Informed choice logos on supplements.
- In order to carry these labels, the supplement companies must pay for voluntary testing and auditing for banned substances. What is on the label, is in the product.
- Be sure to purchase them from reputable suppliers. Counterfeit products do exist, especially online.



Certified for Sport™



Is it effective?

- Not all ergogenic aids are effective. The Australian Institute of sport provides classifications on effectiveness of a variety of supplements.

Australian Institute of Sport: <http://www.ausport.gov.au/ais>



Grocery Store Shopping

The first step towards proper sports nutrition is getting the right foods. Following some simple strategies when shopping can ensure you have the materials you need to succeed.



Shop the perimeter of the Grocery Store First!!

The freshest, most healthy foods are usually found in the perimeter of the store. Avoiding going down the aisles can help you avoid the temptation to buy unhealthy, processed foods.



- Don't shop when you're hungry. You're more likely to make impulse purchases on less nutritious items that cost more
- Make and stick to a shopping list. If you keep a running list of items you need at home, you won't have to worry about forgetting anything.
- Organize your shopping list into sections according to the layout of the supermarket to cut down on time spent at the store.
- Pick up non-refrigerated items first, then refrigerated and frozen. Use frozen items to keep your cold items cold in your cart and bags!
- Check for supermarket specials printed in the newspaper or online and plan your shopping trip around what is on sale.

Strategies for Singles

- Buy frozen vegetables and fruit in bags so you can take out what you need and freeze the rest.
- Look for foods sold in single servings such as juice, yogurt, frozen meals, soup and pudding.
- Shop from bulk bins so you can buy smaller amounts.
- Ask the butcher or produce manager for a smaller amount of prepackaged items.
- Buy produce that keeps longer in the refrigerator such as broccoli, Brussels sprouts, cabbage and carrots.
- Buy small loaves of bread or wrap and freeze bread you won't use right away.

Grocery Store Shopping

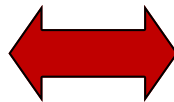
Strategies for safe, healthy food

Produce

- Aim to buy a variety of colors. The deeper the color, the more nutritious the food.
- Choose loose produce rather than packaged so you have more control over what you select
- Don't purchase produce with mold, bruises or cuts.
- Only purchase what you will use within a week! Shopping twice a week can be helpful to ensure you have fresh produce
- When shopping farmers markets be sure to go early in the morning to avoid produce that has been sitting out all day
- Buy only pasteurized juices

Milk and Dairy Products

- Check the "sell-by" date on all dairy products
- When buying eggs, choose a carton that is cold
- Make sure eggs are clean and not broken or cracked
- Buy milk and other dairy products toward the end of your shopping trip. This will lessen the time these items are out of refrigeration.



Meat Department

- Make sure packaging is tightly sealed and cold to the touch.
- Choose packaged chicken that looks pink, not gray.
- Check the "sell-by" date. If the date has passed, don't buy it.
- Always look for the Safe Food Handling label on packages of bacon and fresh sausage. This label means the meat has undergone safe processing and includes handling and cooking tips.
- Select meats and poultry after shopping for non-perishables.
- Ask to have meat and poultry bagged separately from other groceries.
- Buy fish only from reputable sources like grocery stores and seafood markets.
- Check for proper refrigeration of fresh fish. Look to see that flesh is shiny and firm, not separating from the bone and the odor is fresh and mild, rather than overly "fishy."
- Make sure packaged seafood is well-packed in ice and that packages are tightly sealed and free of dents and tears. Avoid packages containing ice crystals. This is a sign the seafood has previously thawed.
- Buy unwrapped cooked seafood such as shrimp, crab or smoked fish only if it is displayed in a separate case or in a separate section from raw fish. Bacteria on raw fish can contaminate cooked fish.

Increasing Body Weight and Lean Mass

Guidelines to Increase Lean mass and strength without adding fat mass

1. Eat all day long – preferable every 2-3 hours with protein and carbohydrates spread evenly throughout the day.
 - Overeating at any meal or skipping meals can lead to the body not using the protein and carbohydrates efficiently that your body depends on for gaining muscle mass
2. Eating within one hour before and one hour after strength training has been proven to be essential to enhancing muscle growth.
 - It is suggested that eating at least 10-20 grams of protein within one hour post exercise along with carbohydrates in a 3-1 ratio (carbohydrates to protein) will help with muscle building
 - It is also recommended if tolerated to consume some carbohydrates and a small amount of protein one hour prior to training to top of glycogen stores needed for energy and have amino acids available to start building muscle.
3. Consume calorie AND nutrient dense foods. The need for higher calories does not give you the green light to eat “junk” food.
 - Ideal choices might be juices, low fat milk, nuts, dried fruit, trail mix, peanut butter sandwiches or yogurt smoothies
4. The way to gain muscle is through strength training not a bunch of extra protein.
 - Protein and carbohydrates are needed for repair and growth, but muscle growth is stimulated by the muscle damage that occurs during strength training
5. The goal is to take in 1.2 -2.0 grams of protein per kg body weight per day.
 - The protein needs to be high quality protein (has all 9 essential amino acids) such as meat, soy, whey and casein (found in dairy products)

Decreasing Body Weight and Increasing Lean Mass

Guidelines to Increase Lean mass and strength without adding fat mass

1. Eat all day long – preferable every 2-3 hours with protein and carbohydrates spread evenly throughout the day.
 - Overeating at any meal or skipping meals can lead to the body not using the protein and carbohydrates efficiently that your body depends on for gaining muscle mass
2. Eating within one hour before and one hour after strength training has been proven to be essential to enhancing muscle growth.
 - It is suggested that eating at least 10-20 grams of protein within one hour post exercise along with carbohydrates in a 3-1 ratio (carbohydrates to protein) will help with muscle building
 - It is also recommended if tolerated to consume some carbohydrates and a small amount of protein one hour prior to training to top of glycogen stores needed for energy and have amino acids available to start building muscle.
3. Consume only 300-500 calories below your estimated energy needs
 - Predicted energy needs are current weight x 10 plus estimated energy use. A registered licensed dietitian/preferably Board Certified Specialist in Sports Dietetics (CSSD) can help you find your caloric needs
4. The way to gain muscle is through strength training not a bunch of extra protein.
 - Protein and carbohydrates are needed for repair and growth, but muscle growth is stimulated by the muscle damage that occurs during strength training
5. The goal is to take in 1.2 -2.0 grams of protein per kg body weight per day.
 - The protein needs to be high quality protein (has all 9 essential amino acids) such as meat, soy, whey and casein (found in dairy products)

Healthy Fast Food Restaurant Guide

Fast Food Burger Chains



Figuring out healthier options at your favorite fast food burger chain can be tricky. A typical meal at a burger joint consists of a "sandwich", some fries and a drink, which can quickly come in at over 1700 calories for something like Burger King's Triple Whopper with a large fries and a 16 oz. soda. A better option would be a regular single patty burger, small fries, and water, which is about 500 calories. Alternatively you may enjoy a veggie burger smothered in grilled onion and mushrooms. Or if you want a large beef burger, then skip the fries and soda and have a side salad and water instead.

Less Healthy choices

1. Double-patty hamburger with cheese, mayo, special sauce, and bacon
2. Fried chicken sandwich
3. Fried fish sandwich
4. Salad with toppings such as bacon, cheese, and ranch dressing
5. Breakfast burrito with steak
6. French fries
7. Milkshake
8. Chicken "nuggets" or tenders
9. Adding cheese, extra mayo, and special sauces

Healthier Choices

1. Regular, single-patty hamburger without mayo or cheese
2. Grilled chicken sandwich
3. Veggie burger
4. Garden salad with grilled chicken and low-fat dressing
5. Egg on a muffin
6. Baked potato or a side salad
7. Yogurt parfait
8. Grilled chicken strips
9. Limiting cheese, mayo, and special sauces

Fried Chicken Chains



Although certain chains have been advertising "no trans fats" in their food, the fact is that fried chicken can pack quite a fattening punch. According to the restaurant's nutrition info, just a single Extra Crispy Chicken breast at KFC has a whopping 440 calories, 27 grams of fat, and 970 mg of sodium. A healthier choice is the drumstick, which has 160 calories, 10 grams of fat, and 370 mg of sodium. Alternatively, if you like the breast meat, take off the skin and it becomes a healthy choice at 140 calories, 2 grams of fat, and 520 mg of sodium.

Less Healthy Choices

1. Fried chicken, original or extra-crispy.
2. Teriyaki wings or popcorn chicken
3. Caesar salad
4. Chicken and biscuit "bowl"
5. Adding extra gravy and sauces

Healthier Choices

1. Skinless chicken breast without breading
2. Honey BBQ chicken sandwich
3. Garden salad
4. Mashed potatoes
5. Limiting gravy and sauces

Healthy Fast Food Restaurant Guide



Mexican Chains

Fast food chains that specialize in tacos or burritos can be caloric minefields or they can be a good option for finding healthy fast food. Rice, beans, salsa and a few slices of fresh avocado can make a very healthy meal. But adding cheese, sour cream and tortilla chips can turn even a good meal unhealthy. Be sure to also remember portion control since these types of restaurants can have enormous menu items (eat half and take the rest for another meal).

Several chains, like Taco Bell and Baja Fresh, have “healthy” menu options that feature less fat and fresher ingredients.

Less Healthy Choices

1. Crispy shell chicken taco
2. Refried beans
3. Steak chalupa
4. Crunch wraps or gordita-type burritos
5. Nachos with refried beans
6. Adding sour cream or cheese

Healthier Choices

1. Grilled chicken soft taco
2. Black beans
3. Shrimp ensalada
4. Grilled “fresco” style steak burrito
5. Veggie and bean burrito
6. Limiting sour cream or cheese

Sub Sandwich Chains



Americans love all types of sandwiches: hot, cold, wrapped, foot long. Usually eaten with a salad instead of fries. The ads promote the health benefits of sandwich shops. Easier said than done... studies have found that many people tend to eat more calories per meal at a sub shop than at McDonalds. This may be because people feel so virtuous eating “healthy” like the ads promise, that they reward themselves with chips, sodas, or extra condiments.

You can make healthier choices at a deli or sub shop but you need to use some common sense.

Less Healthy Choices

1. Foot-long sub
2. High-fat meat such as ham, tuna salad, bacon, meatballs, or steak
3. The “normal” amount of higher-fat (cheddar, American) cheese
4. Adding mayo and special sauces
5. Keeping the sub “as is” with all toppings
6. Choosing white bread or “wraps” which are often higher in fat than normal bread

Healthier Choices

1. Six-inch sub
2. Lean meat (roast beef, chicken breast, lean ham) or veggies
3. One or two slices of lower-fat cheese (Swiss or mozzarella)
4. Adding low-fat dressing or mustard instead of mayo
5. Adding extra veggie toppings
6. Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced

Healthy Fast Food Restaurant Guide

Healthy Asian Food



Asian cultures tend to eat very healthfully, with an emphasis on veggies, and with meat used as a “condiment” rather than being the focus of the meal. Unfortunately, Americanized versions of these ethnic foods tend to be much higher in fat and calories – so caution is needed. But here’s a great tip for all Asian restaurants – use the chopsticks! You’ll eat more slowly, since you can’t grasp as much food with them at one time as you can with your normal fork and knife.

Less Healthy choices

1. Fried egg rolls, spare ribs, tempura
2. Battered or deep-fried dishes (sweet and sour pork, General Tso’s chicken)
3. Deep-fried tofu
4. Coconut milk, sweet and sour sauce, regular soy sauce
5. Fried rice
6. Salads with fried or crispy noodles

Healthier Choices

1. Egg drop, miso, wonton, or hot & sour soup
2. Stir-fried, steamed, roasted or broiled entrees (shrimp chow mein, chop suey)
3. Steamed or baked tofu
4. Sauces such as ponzu, rice-wine vinegar, wasabi, ginger, and low-sodium soy sauce
5. Steamed brown rice
6. Edamame, cucumber salad, stir-fried veggies



Healthy Italian Food

The anti-carbohydrate revolution has given Italian food a bad rap, but Italian is actually one of the easiest types of cuisine to make healthy. Stay away from fried, oily or overly buttery, as well as thick crust menu items, and you can keep your diet goals intact.

Watch out for the following terms, which are common culprits of high fat and calories: alfredo, carbonara, saltimbocca, parmigiana, lasagna, manicotti, stuffed (all have heavy amounts of cream and cheese). Generally Italian places have lots of veggies in their kitchen so it’s easy to ask to have extra veggies added to your meal.

Less Healthy Choices

1. Thick-crust or butter-crust pizza with extra cheese and meat toppings
2. Garlic bread
3. Antipasto with meat
4. Pasta with cream or butter-based sauce
5. Entrée with side of pasta
6. Fried (“frito”) dishes

Healthier Choices

1. Thin-crust pizza with half the cheese and extra veggies
2. Plain rolls or breadsticks
3. Antipasto with vegetables
4. Pasta with tomato sauce and veggies
5. Entrée with side of veggies
6. Grilled (“griglia”) dishes

2000 Calorie Diet Plan

Breakfast

2 cups whole grain cereal
1 cup skim milk
Fruit

Snack

1 cheese sticks
Apple

Lunch

3 oz turkey on 1 sl. cheese sandwich
on whole grain bread
Fruit
8 oz skim milk

Snack

1/2 c. trail mix

Dinner

4 oz steak
1 small baked potato with small
amount of butter
Broccoli
1 cup cut fruit
1 c. skim milk

Snack

1 c. low fat yogurt
1/2 c. fruit

Breakfast

2 pancakes or waffles with small
amount of syrup
2 scrambled eggs
Fruit

Snack

6 oz. low fat Yogurt

Lunch

3 oz grilled chicken sandwich on
whole grain bun
Side vegetable salad with 2 T light
dressing
8 oz skim milk

Snack

1/2 c. of trail mix
Fruit

Dinner

4 oz salmon or any fish
1/2 cup brown or wild rice
Broccoli
1 cup cut fruit
1 c. skim milk

Snack

2 cups whole grain cereal and 1 cup
skim milk

3000 Calorie Diet Plan

Breakfast

2 cups whole grain cereal
1 cup skim milk
Fruit

Snack

2 cheese sticks
Apple

Lunch

3 oz turkey on 1 sl. cheese sandwich on whole grain bread
Fruit
8 oz skim milk

Snack

1 c. trail mix

Dinner

6 oz steak
1 med baked potato with small amount of butter
Broccoli
1 cup cut fruit
1 c. skim milk

Snack

Yogurt

Breakfast

2 pancakes or waffles with small amount of syrup
2 scrambled eggs
Fruit

Snack

Yogurt

Lunch

4 oz grilled chicken sandwich on whole grain bun
Side salad with light dressing
8 oz skim milk

Snack

Snack baggie of trail mix
Fruit

Dinner

6 oz salmon or any fish
1 cup brown or wild rice
Broccoli
1 cup cut fruit
1 c. skim milk

Snack

2 cups whole grain cereal and 1 cup skim milk

4500+ Calorie Diet Plan

Breakfast

Egg, ham and cheese on English muffin
2-3 cups whole grain cereal
1 cup skim milk
8 oz orange juice

Snack

3-4 cheese sticks
1 apple

Lunch

4 oz Turkey and 1 sl. cheese sandwich on whole wheat bread
Fruit
8 oz. skim milk
Yogurt

Snack

1 c. trail mix
16 oz. sports drink

Dinner

6-8 oz. steak
1 large backed potato with butter
Broccoli
1 c. cut fruit
1 c. skim milk

Snack

20-24 oz Fruit and yogurt smoothie

Breakfast

2-3 large pancakes or waffles with syrup
2-3 scrambled eggs
1 c. oatmeal made with 1/2 cup skim milk
*can add sugar to oatmeal
8 oz orange juice

Snack

Yogurt with 1 c. fruit

Lunch

2 c. General Tso chicken
2-3 c. rice
Fruit or vegetable
8 oz. skim milk

Snack

1 c. nuts
16 oz. sports drink

Dinner

2 large chicken breasts
2-3 cup whole grain pasta with marinara sauce
Large vegetable salad with light or thin/runny dressing
1 c. skim milk

Snack

2-3 cups whole grain cereal and 1 cup skim milk