



How to Handle Breakfast With Your Busy Life

Quick & Healthy Breakfast Ideas

- * Peanut Butter on toast with a piece of fruit or 100% fruit juice
- * A wrap or tortilla smeared with PB (or Nutella for a nice treat) wrapped around a banana
- * Fruit with a cheese stick
- * Yogurt with fruit (add some dry cereal or low-fat granola to make the popular parfait)
- Cottage cheese with fruit
- * Luna, Clif or other energy bar with milk, 100% fruit juice or a non-fat latte
- Warmed or toasted whole grain waffle topped with PB plus fruit or 100% fruit juice
- * Hard-boiled egg in bread or English muffin
- * Bagel with (low-fat) cream cheese or PB
- * Bagel, english muffin wheat bread sandwich (meat, veggies or other fillings or the classic PBJ)
- Leftovers from dinner (even pizza)
- * Breakfast shake (Carnation Instant Breakfast, Ensure, Boost, Slim Fast, etc.)
- * Homemade smoothie or shake (include fresh or frozen fruit, yogurt &/or milk, instant/dried non-fat milk powder)
- Dry cereal (ideally ≤ 5 g sugar and ≥ 3 g fiber/serving) with 1% (low-fat) or non-fat milk or yogurt
- Hot cereal (oatmeal, cream of wheat, grits, etc.) made with 1% (low-fat) or non-fat milk
- Egg (poached, scrambled or pan-“fried”) with cheese on toast, a bagel, english muffin or in a wrap (flavor with salsa, BBQ sauce, ketchup, jam or chutney if desired)
** Makes a great “Grab & Go” breakfast*

Poor Breakfast Choices:

- Skipping it...
- High-sugar (usually high in fat as well) items; muffins, scones, donuts, danish
- Ultra low-cal items (too short-lived); “chewy” granola bars, 100-cal packs, etc.



Performance Nutrition: Pre-Practice Ideas

Breakfast:

- Hot or Cold cereal (whole grain)
- Low or non-fat milk, Yogurt
- Fruit (ex. banana, orange) or 100% fruit juice
- Toast, bagel or English muffin (with jam, PB, honey or trans-fat free margarine)
- Pancakes or waffles
- Poor choices: sausage, bacon, gravy (high in fat), donuts, croissant, Danish
- *If choosing eggs or omelets, must have carbohydrate servings as well

Lunch & Dinner:

- Lean-meat sandwich (only small amount of mayo and ≤ 1 slice of cheese, skip the bacon)
- Noodle or rice-based soup
- Pasta with tomato or pesto sauce (not alfredo or other cream sauces)
- 2-4 oz of lean meat with a large portion of rice or potatoes (baked, boiled, mashed, roasted)
- Burritos or fajitas filled with beans, rice or potatoes, veggies and lean meat
- Include : rice, pasta, potatoes, yams, carrots, bread or rolls, tortillas, beans, veggies
- Poor choices: Meals with lots of meat &/or cheese, overly spicy dishes, ice cream, frappes, salad as a meal without carbohydrates alongside, French fries, fried rice, buttery potatoes

Snacks (I usually suggest 2 food groups for a snack):

- Fruit: bananas, pineapple, figs, raisins, juice
- Yogurt or low/non-fat milk
- Crackers, pretzels or granola bar
- Small (or half) sandwich (only small amount of mayo and ≤ 1 slice of cheese, skip the bacon)
- Cereal (hot or cold), bagel or toast
- Left-over pasta or soup
- Energy bar (not the low-carb/high-protein varieties)

General Advice on Timing of Meals & Snacks

- People tolerate pre-activity eating differently, so you will need to experiment with both food choice and timing before the competitive season to know what you can handle
- Some are very sensitive to spicy, high-fat or high-fiber foods, so go easy with these

Before Intensive Morning Activity:

- The day before: Plan a high-carb dinner and evening snack the night beforehand
- That morning: eat a light meal (ex. 1-2 slices of toast &/or cereal, fruit, milk or yogurt)

Before Afternoon Activity:

- That morning: Eat a high-carb breakfast (3-4 servings of high-carb foods)
- Lunch: Choose a carb-based meal light on protein and fat

Before Evening Activity:

- Breakfast & Lunch: should be a "hearty" meal; include 2-3 servings of high-carb foods
- Dinner: Choose a carb-based meal light on protein and fat approx 1-2 hrs before activity



Pre & Recovery Nutrition

Why is this important?

- The foods you choose to eat do make a difference, they can:
 - * Build up the body's stores of carbohydrates in the days before activity
 - * Become the fuel that gets you through your workouts
 - * Help replace the energy (glycogen) stores in your muscles
 - * Help to repair muscle tissues after workouts
 - Help to keep your immune system strong
- Having a thoughtful approach to nutrition throughout the day, especially in the training & competitive seasons, is important to your performance.
- Even the most carefully planned meals and snacks before and after a competition cannot make up for routine poor eating habits.

Pre-Workout/Competition Intake:

- Why?
 - * To fuel muscles- "top-off" stored energy (glycogen) in muscles
 - * To fuel the brain- maintains blood glucose levels which improves concentration
 - * To prevent hunger, light-headedness and feelings of fatigue
 - Fluids help to control body temperature
- What? Try to eat or drink before intense exercise, even if it feels "too early"
 - * Choose these good sources of carbohydrate:

~ Bread, bagel, English muffin	~ Milk (nonfat or 1%)
~ Tortilla, muffin, pita or dinner roll	~ Fruit: orange, apple, peach, pear
~ Dry or cooked cereal, rice, pasta	~ Pretzels, graham or saltine crackers
~ Sweet potato	~ Cereal with milk
~ Yogurt (fruited), or milk	~ Fruit juice or smoothie
~ Sports drinks (Boost, Gatorade, etc)	~ Maple syrup or honey
~ Instant Breakfast drinks	~ Nutri-grain or granola bar
 - * Meals should include a lean source of protein (chicken, turkey, fish, etc.), but carbs should fill more than ½ of your plate, protein less than ½.
 - * Avoid large amounts of sugar, protein or fats, especially high-fat meats
 - ~ May take longer to pass through your digestive system and leave you with cramps, nausea or indigestion
 - * Avoid foods that cause you gas, heartburn, sour stomach, etc.
- When?
 - * Eat your meal with ~16oz of water 2-4 hours before working out in order to give your body enough time to digest
 - * Snacks may be eaten ½ - 1 hour before event as tolerated (ex. toast with juice, banana & PB, applesauce and crackers, raisins and pretzels, fig bars with milk)
 - * If you have trouble tolerating food in the early morning, it will be important for you to



Pre & Recovery Nutrition

have a high-carbohydrate dinner & evening snack the night before

- * Between periods of high-intensity exercise (such as tournaments)
 - ~ Follow recovery guidelines given below after first event, then repeat pre-workout routine 2 hours before next event

Post-Workout Intake for Recovery:

- Why? To replace the muscle's energy stores used during training to be ready for the next day. If you don't "refuel" properly, you won't have enough glycogen in your muscles to fuel the next day's workout.
- What? Choose high carbohydrate foods as listed above, include protein as tolerated
 - * Examples:
 - ~ 1/2- whole sandwich
 - ~ Crackers with cheese or PB
 - ~ Chocolate milk
 - ~ Cereal with milk or yogurt
 - ~ Fruit juice or smoothie
 - ~ Fruit and yogurt
 - ~ Pretzels with peanuts or dry fruit
 - ~ Real energy bars or drinks (Boost, not Red Bull)
- When?
 - * Eat or drink carbohydrates within 20-40 minutes after exercise
 - ~ Remember to pack a snack in your locker, gym bag, school bag, and bring on the road
 - * Follow with a mixed meal (protein & carbohydrate) within 2 hours, including a source of protein to repair and rebuild muscles
 - ~ Ex. meat sandwich, pasta with meat sauce, chicken burrito with rice and beans

What about during workouts?

- Replacing fluids during workouts is critical, don't wait until you are thirsty!
- Breaks: When your workout is longer than 45-60 minutes, it helps to replace carbohydrates and electrolytes using a sports drink like Gatorade.

On the Road

- Be sure to pack snacks to have available between meals and during long travel days

Carbohydrates: What's the deal?

- Carbohydrates are essential to providing energy, for maintaining your blood glucose levels and for refueling/restoring your muscle's energy stores after your workout.

CARBS ARE GOOD FOR ATHLETES!

- Some carbs will raise blood glucose more quickly and are beneficial for recovery nutrition, especially liquids (ex. juice, Gatorade, milk, honey)
- Some carbs have a slower effect on blood glucose, and may be beneficial when eating meals ~4 hours before activity (ex. high-fiber, eaten with protein)



On-The-Go Snack Ideas:

Combine food groups to get a variety of nutrients

- Fresh fruit with cheese or yogurt
- Yogurt with fresh/dried fruit or dry cereal
- Cheese with fresh fruit or veggies
- Fresh veggies (baby carrots or celery sticks, cucumbers, snap peas)
- Mini-bagel or english muffin (whole grain is best) with PB or cream cheese
- ½ sandwich (whole wheat bread, go easy on cheese and mayo, if using)
- Banana wrapped in a (whole wheat) tortilla smeared with PB
- Snack Mix, to make ~6 servings combine:
 - 2 Cup dry cereal, (choose a low-sugar ($\leq 5g$), high-fiber varieties ($\geq 3g$);
ex. may mix Wheat Chex, Cheerios, Life, Shredded Mini-Wheats)
 - ¼ Cup raisins &/or dried cranberries, apricots, mixed fruit
 - ½ Cup mixed nuts
- Pretzels
- Graham crackers
- Animal crackers
- Baked crackers or chips
- Granola bars
- Dry cereal (combine with yogurt to make more substantial)
- Peanuts, cashews, almonds, etc.
- Hard-boiled eggs
- Pudding or Jell-O cups
- Fruit cups
- Dried fruit
- Fig Newtons
- Grapes, orange slices or baby carrots in bags