





TIGER FUEL



EVERY HIGH SCHOOL ATHLETE IN AMERICA LIFTS WEIGHTS BUT WHAT SETS APART THE ATHLETES THAT HAVE THE BIGGEST GAINS IN THE WEIGHT ROOM OR ON THE FIELD? THE ANSWER IS THE ATHLETES WHO CONCENTRATE ON PROPER NUTRITION ALL YEAR LONG. BELOW ARE BASIC GUIDELINES THAT WILL GIVE YOU THE BEST CHANCE FOR MAXIMUM GAINS, STAY ENERGIZED DURING TRAINING SESSIONS, ENHANCE RECOVERY, MAINTAIN A HEALTHY BODY COMPOSITION, AND HELP TO PREVENT INJURY.



TIGER FUEL



LIFT / RUN / PRACTICE

THE ATHLETE'S PLATE
HARD TRAINING DAY
For a high intensity practice or competition day

GRAINS - CARBS 25%
- Bread
- Pasta
- Rice
- Corn
- Beans

LEAN PROTEIN 25%
- Turkey
- Chicken
- Beef
- Pork
- Fish
- Eggs
- Soy (Tofu, Tempeh)
- Legumes (Beans)

FRUITS - VEGETABLES 25%
- Fruit (Apple, Banana, Orange, etc.)
- Vegetables (Broccoli, Spinach, etc.)

HYDRATION
- Water
- Sports Drink (Gatorade)

FLAVORS
- Salt
- Pepper
- Vinegar
- Oil

FOOTWORK / RECOVERY

THE ATHLETE'S PLATE
MODERATE TRAINING DAY
For a moderate intensity practice or competition day

GRAINS - CARBS 25%
- Bread
- Pasta
- Rice
- Corn
- Beans

LEAN PROTEIN 25%
- Turkey
- Chicken
- Beef
- Pork
- Fish
- Eggs
- Soy (Tofu, Tempeh)
- Legumes (Beans)

FRUITS - VEGETABLES 25%
- Fruit (Apple, Banana, Orange, etc.)
- Vegetables (Broccoli, Spinach, etc.)

HYDRATION
- Water
- Sports Drink (Gatorade)

FLAVORS
- Salt
- Pepper
- Vinegar
- Oil

OFF DAY

THE ATHLETE'S PLATE
EASY TRAINING DAY
For a low intensity practice or competition day

GRAINS - CARBS 25%
- Bread
- Pasta
- Rice
- Corn
- Beans

LEAN PROTEIN 25%
- Turkey
- Chicken
- Beef
- Pork
- Fish
- Eggs
- Soy (Tofu, Tempeh)
- Legumes (Beans)

FRUITS - VEGETABLES 25%
- Fruit (Apple, Banana, Orange, etc.)
- Vegetables (Broccoli, Spinach, etc.)

HYDRATION
- Water
- Sports Drink (Gatorade)

FLAVORS
- Salt
- Pepper
- Vinegar
- Oil

SAMPLE EATING SCHEDULE

7:00 - BREAKFAST
9:00 - SNACK
11:15 - LUNCH
1:00 - SNACK
3:00 - PRE-WORKOUT SNACK
5:45 - POST-WORKOUT SNACK
7:00 - DINNER

POWER HOUR SNACKS

- SNACK 60 MIN BEFORE PRACTICE / GAME / WORKOUT
- SNACK 15-60 MIN AFTER PRACTICE / GAME / WORKOUTS
- PRE-WORKOUT: CARBS TO FUEL WORKOUT
- FRUIT, GRANOLA BAR, SPORTS DRINK, PRETZELS - EASY TO DIGEST FOOD
- POST-WORKOUT: CARBS & PROTEIN TO REBUILD
- CHOCOLATE MILK, PB&J W/ MILK, PROTEIN SHAKE

HYDRATION LEVELS

HYDRATED
HYDRATED
HYDRATED
MILDLY DEHYDRATED
MODERATELY DEHYDRATED
MODERATELY HYDRATED
DEHYDRATED
SEVERELY DEHYDRATED

5 NUTRITION HABITS TO BUILD A CHAMPION

1. HYDRATE
2. REFUEL
3. EAT AT REGULAR INTERVALS
4. CHOOSE A VARIED AND BALANCED DIET
5. MEET YOUR ENERGY NEEDS

1. HYDRATE

STAY HYDRATED - YOU CAN'T GET HYDRATED OVERNIGHT 2-3 DAY PROCESS

- DRINK AT LEAST 1 CUP OF WATER EVERY HOUR
 - CARRY A WATER BOTTLE WITH YOU AT ALL TIMES
 - DRINK A MINIMUM OF $\frac{1}{2}$ YOUR BODY WEIGHT IN WATER EACH DAY

- DRINK 1-2 CUPS OF A SPORTS DRINK 15 MINUTES PRIOR TO EXERCISE
- DRINK 3 CUPS OF A SPORTS DRINK AFTER EACH EXERCISE SESSION

MONITOR HYDRATION

URINE COLOR - URINE SHOULD BE CLEAR TO PALE YELLOW IN COLOR AND A FREQUENT NEED TO URINATE IS A SIGN OF ADEQUATE HYDRATION. DARK URINE REFLECTS DEHYDRATION AND YOUR BODY NEEDS FLUIDS FOR PROPER FUNCTIONING.

2. REFUEL

TIMING

REFUELING NEEDS TO START WITHIN THE FIRST 30 MINUTES AFTER EXERCISE. DURING THIS TIME, YOUR BODY CAN MAXIMIZE ABSORPTION OF CARBOHYDRATES AND PROTEIN.

RECOMMENDED FOOD COMBINATIONS:

- WHEY PROTEIN AND A SPORTS DRINK (GATORADE)
- 2 CUPS OF LOW FAT CHOCOLATE MILK AND A BANANA
- PEANUT BUTTER AND JELLY SANDWICH AND A SPORTS DRINK
- BAGEL AND STRING CHEESE
- 8 OZ. OF LOW FAT YOGURT W/ ½ CUP OF GRANOLA CEREAL
- 2 CUPS OF CEREAL AND SKIM MILK

3. EAT AT REGULAR INTERVALS

RECOMMENDATIONS (EAT EVERY 2-3 HOURS)

EAT AT THE FOLLOWING TIMES:

- 7:00 BREAKFAST (MOST IMPORTANT MEAL)
- 9:00 SNACK
- 11:15 LUNCH
- 1:00 SNACK
- 3:00 (PRE WORKOUT SNACK)
- 5:45 (POST WORKOUT SNACK) (2ND MOST IMPORTANT MEAL)
- 7:00 (3RD MOST IMPORTANT MEAL)

AIM FOR 3-4 BALANCED MEALS DAILY.

- BEGIN YOUR DAY WITH A MEAL, EVEN IF IT IS NOT A TRADITIONAL BREAKFAST
- REGARDLESS OF YOUR WORK OR CLASS SCHEDULE, MAKE SURE TO INCLUDE A LUNCH
- PREPARE OR PURCHASE A DINNER THAT IS ABOUT THE SAME SIZE AS BREAKFAST AND LUNCH
- FOR WEIGHT GAIN, EAT A FOURTH MEAL TO HELP CONSUME MORE CALORIES
- STARVING ALL DAY AND BINGING AT NIGHT WILL SABOTAGE BOTH WEIGHT LOSS AND WEIGHT GAIN EFFORTS

AIM FOR 2-4 SNACKS DAILY

- INCLUDE A SMALL SNACK BETWEEN MEALS, IT WILL CONTROL YOUR HUNGER
- EATING A HIGH CARBOHYDRATE SNACK PRE-WORKOUT WILL PROVIDE QUICK ENERGY
 - IF YOUR TRAINING SESSION IS DIRECTLY AFTER SCHOOL YOU SHOULD EAT YOUR SNACK AT OR BEFORE THE DISMISSAL BELL

- REFUELING AFTER EXERCISE IS ESSENTIAL FOR ALL ATHLETES

4. CHOOSE A VARIED AND BALANCED DIET

FOLLOW THESE THREE STEPS TO ENSURE YOU REACH NUTRIENT RECOMMENDATIONS:

STEP 1: EAT ANTIOXIDANT-RICH FRUITS AND VEGETABLES

GOALS

1. AIM FOR 2-3 PIECES OF FRUIT PER DAY
2. AIM FOR 3-5 SERVINGS OF VEGETABLES PER DAY
 - 1 SERVING: 1 CUP RAW OR 1/2 CUP COOKED VEGETABLES
 - EXAMPLES: FRESH FRUIT, FROZEN FRUIT, CANNED FRUIT IN WATER OR JUICE, 100% FRUIT JUICE, DRIED FRUIT, FRESH VEGETABLES, FROZEN VEGETABLES, CANNED VEGETABLES, 100% VEGETABLE JUICE

STEP 2: EAT ENERGY-SUPPLYING CARBOHYDRATES

GOALS

1. AT LEAST HALF OF YOUR CALORIES SHOULD COME FROM CARBOHYDRATES
2. INCLUDE A SOURCE OF CARBOHYDRATES IN EVERY MEAL AND SNACK
 - EXAMPLES: WHOLE GRAIN BREAD, CEREAL, PASTA, RICE, OATS, STARCHY VEGETABLES SUCH AS POTATOES, SWEET POTATOES, WINTER SQUASH, CORN
 - LIMIT EMPTY CALORIES SUCH AS SODA, SWEET TEA, CANDY, AND SUGARY DESSERTS

STEP 3: EAT MUSCLE-BUILDING, LEAN PROTEIN SOURCES

GOALS

1. UP TO 1/4 OF YOUR CALORIES SHOULD COME FROM PROTEIN
2. INCLUDE A SOURCE OF LEAN PROTEIN IN EVERY MEAL
 - EXAMPLES: CHICKEN BREAST, SIRLOIN STEAK, LEAN GROUND BEEF, FISH, EGG WHITES, BEANS, LOW-FAT DAIRY PRODUCTS SUCH AS SKIM MILK, LOW-FAT YOGURT, AND 2% CHEESE

5. MEET YOUR ENERGY NEEDS

MATCH YOUR FOOD INTAKE TO YOUR BODY COMPOSITION GOALS

- INCREASE TOTAL CALORIES TO GAIN LEAN MUSCLE MASS
- DECREASE TOTAL CALORIES TO SHED EXCESS BODY FAT
- MAINTAIN TOTAL CALORIES TO AVOID WEIGHT GAIN OR LOSS

FIVE SAMPLE MEAL PLANS HAVE BEEN PROVIDED AT VARYING ENERGY LEVELS TO GUIDE YOUR FOOD CHOICES. NO BEVERAGES ARE LISTED WITH FOOD ITEMS; SELECT WATER, CRYSTAL LIGHT, OR UNSWEETENED ICED TEA. DIET SODA MAY BE CONSUMED IN MODERATION BECAUSE IT HAS BEEN SHOWN TO CAUSE SUGAR CRAVINGS IN SOME INDIVIDUALS.

YOUR SPECIFIC NEEDS AND FOOD PREFERENCES MAY DIFFER FROM THOSE PROVIDED. ALL OF THE ABOVE AND BELOW SAMPLES/EXAMPLES ARE SUGGESTIONS. A REGISTERED NUTRITIONIST CAN DESIGN A SPECIFIC MEAL PLAN FOR ATHLETES.

2500 CALORIE DIET

Appropriate for female athletes who are involved in cross-country, softball, diving, and golf as well as some low body weight female athletes in tennis, volleyball, and swimming.

Breakfast	2 packets instant oatmeal mixed with 1/2 cup skim milk and 1 cup strawberries
Morning Snack	1/4 cup of dry roasted almonds
Lunch	Tuna salad sandwich on 2 slices rye bread made with 3 oz. tuna, 2 tsp mayonnaise, celery, lettuce, and topped with tomato slices 1 medium pear 16 wheat thin crackers dipped in 1 Tbsp hummus
Afternoon Snack	1/4 cup of granola cereal mixed in 6 oz. low-fat yogurt
Dinner	3 oz. grilled or roasted chicken breast 1 large baked sweet potato topped with 2 tsp brown sugar and 1 Tbsp margarine 1 whole wheat dinner roll 2 cups salad with mixed greens, cucumber, tomato, sunflower seeds, and 1 Tbsp red wine vinaigrette dressing
Evening Snack	3 cups of reduced-fat popcorn 2 pieces part-skim mozzarella string cheese
During Practice	Approximately 4 cups of Powerade

3000 CALORIE DIET

Appropriate for female athletes who are involved in basketball, track, soccer as well as some female athletes from volleyball, tennis, and swimming. Male athletes who maintain a low body weight or want to lose weight may also follow this plan.

Breakfast	4 frozen multigrain waffles topped with 1/2 cup of blueberries, 1 Tbsp of margarine, and 2 Tbsp of maple syrup
Morning Snack	1 medium banana covered with 2 Tbsp natural peanut butter
Lunch	6" steak sub on wheat bread with 3 oz. grilled sirloin, 1 slice part-skim mozzarella cheese, onion, and green pepper 1 cup skim milk
Afternoon Snack	8 triscuit crackers dipped in 3 Tbsp of hummus
Dinner	1-1/2 cups whole wheat pasta with marinara sauce containing grilled chicken breast, tomatoes, and broccoli 1 whole wheat dinner roll with 1 tsp margarine spread 1 cup skim milk
Evening Snack	1 Oats 'N Honey granola bar
During Practice	Approximately 4 cups of Powerade

3500 CALORIE DIET

Appropriate for some male athletes from tennis, cross-country, swimming, baseball, golf, and diving. Some very active female athletes may require this calorie level to maintain their weight.

Breakfast	Egg sandwich with 1 scrambled egg and 1 slice of 2% cheddar cheese on a whole wheat English muffin 1 cup of 1% milk 1 grapefruit with 1 Tbsp sugar
Morning Snack	1 cup of grapes 6 oz. of low-fat yogurt with 1/4 cup granola cereal
Lunch	Chicken Caesar pita with 1/2 grilled chicken breast, romaine lettuce, tomato, cucumber, 2 Tbsp Caesar salad dressing, and 1 Tbsp Parmesan cheese 1 medium orange 1/2 cup goldfish crackers
Afternoon Snack	1 cup applesauce 1/4 cup dry roasted almonds
Dinner	Stir-fry with 5 oz. sirloin steak, 1 cup brown rice, and sauteed green pepper, onion, sugar snap peas, and broccoli
Evening Snack	1 large baked tortilla dipped in 1 cup thick-and-chunky salsa 1 cup of 1% milk
During Practice	Approximately 5 cups of Powerade

4000 CALORIE DIET

Appropriate for most male athletes involved in sports such as football, basketball, track as well as some from baseball, tennis, cross-country, and swimming.

Breakfast	1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk 1 cup of 100% orange juice
Morning Snack	Peanut butter and jelly sandwich on 2 slices of whole wheat bread
Lunch	1 baked chicken breast with 2 cups of rice 1/2 cup of peas and 1/2 cup of corn 1 cup of 2% milk
Afternoon Snack	12 baby carrots dipped in low-fat ranch dressing 1 small bowl of pretzels
Dinner	3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick-and-chunky salsa
Evening Snack	1 medium apple dipped in 6 oz. of low-fat yogurt
During Practice	Approximately 6 cups of Powerade

5000 CALORIE DIET

Appropriate for high weight football players as well as basketball or football players trying to gain weight.

Breakfast	3 large scrambled eggs 2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp jelly 1 cup of 100% apple juice
Morning Snack	1 medium orange 1 whole wheat bagel topped with 2 Tbsp of natural peanut butter
Lunch	1 chicken breast with 1 cup of macaroni and cheese 1 cup mixed vegetables 1 cup of 100% grape juice
Afternoon Snack	1 muscle milk 1 medium apple
Dinner	6 oz. sirloin steak 2 cups black beans and rice 2 cups mixed salad greens and vegetables with Italian dressing 1 cup of 100% orange juice
Evening Snack	2 cups of 2% chocolate milk 1/2 cup dry roasted almonds
During Practice	Approximately 6 cups of Powerade

TIGER FUEL

<u>CHOOSE THIS FOOD</u>	<u>INSTEAD OF THIS FOOD</u>
BAKE POTATO	FRENCH FRIES
EGG WHITES	FRIED EGGS
BROWN RICE	WHITE RICE
WHOLE WHEAT PASTA	WHITE PASTA
HOMEMADE FOOD FROM FRESH INGREDIENTS	PROCESSED FOOD
FRESH FRUIT WITH ITS SKIN	CANNED FRUIT
WATER	SODAS
WHOLE WHEAT BREAD	WHITE BREAD
GRILLED CHICKEN BREAST	FRIED CHICKEN
FAT FREE FROZEN YOGURT	ICE CREAM
SHREDDED WHEAT & BRAN	FROSTED MINI-WHEAT
BROILED/GRILLED/STEAMED FOOD	BREADED/FRIED FOOD
FRESH VEGETABLES	CANNED VEGETABLES
WHOLE WHEAT BAGEL	DONUTS
GROUND LEAN STEAK	HAMBURGER
OATMEAL	HIGH SUGAR CEREAL
BAKED POTATO CHIPS	FRIED POTATO CHIPS

FUELING CHAMPIONS

TRAINING FOR ATHLETIC PERFORMANCE DOES NOT STOP AFTER YOUR WORKOUT. YOUR TRAINING IS A 24/7 ACTIVITY WITH NUTRITION BEING ONE OF THE KEY COMPONENTS OF IMPROVEMENT AND PERFORMANCE.