



Team Quest Advanced Track Training Program

Nutrition Guidelines

Proper nutrition, hydration and rest are essential components to achieving optimal performance. Eating the proper foods aids you in maintaining the following:

- Desirable Body Weight
- Energy Levels
- Expedient Recovery
- Optimum nerve-muscle reflexes

Eating the proper foods and getting rest will prepare your body for continuous competition and enhance your overall performance.

The following are some examples of food groups with high nutritional value and daily recommended allowance:

- **Milk, Yogurt, and Cheese Group (3-5 servings daily)** 1 serving is an 8 ounce glass of milk, 8 ounces of yogurt or 1 1/2 ounces of natural, unprocessed cheese.
- **Meat, Poultry, Fish, Beans, Eggs, and Nuts Group (3 to 4 servings daily)** 1 serving is 3 ounces of lean, cooked meat, 2 eggs, 1 cup of cooked dry beans, peas, or lentils or 4 tablespoons of peanut butter.
- **Vegetable Group (3 to 5 servings daily).** 1 serving is 1/2 cup of cooked vegetables, 1/2 cup of chopped raw vegetables, 1 cup of leafy raw vegetables such as lettuce or spinach, or 1 glass (6 ounces) of juice.
- **Fruit Group (3 to 5 servings daily).** 1 serving is 1 whole fruit such as a medium apple, banana, or orange, 1/2 grapefruit, 1 glass (6 ounces) of juice, 1/2 cup (4 ounces) of berries, 1/2 cup (4 ounces) of cooked or canned fruit or 1/4 cup of dried fruit
- **Bread, Cereal, Rice, and Pasta (6 to 11 servings daily).** 1 serving is 1 slice of bread, 1/2 hamburger bun or English muffin, one small roll, biscuit, or muffin, 3 to 4 small or 2 large crackers, 1/2 cup cooked cereal, rice, or pasta or 1 ounce ready-to-eat breakfast cereal.

Note: Each athlete body mass and energy exertion is different; therefore intake levels will differ from the daily recommended allowance and should be moderated appropriately.



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Examples of High energy Foods:

Bananas: One of the highest sources of potassium.

Beef: Great source of zinc, high quality protein, iron and creatine.

Beans-Legumes: High in protein and B Vitamins, important for building protein

Broccoli: High in Vitamin C, folic acid, calcium, magnesium and iron.

Brown Rice: Great source for carbohydrates.

Carrots and Carrot Juice: source of beta-carotene

Cheese: Great source of calcium

Chicken: Great protein source

Corn: High carbohydrate source

Dried Fruit: Concentrated sources of energy and good sources of iron

Fig Bars: Strong carbohydrate punch and easy to eat

Grapes: Great source of boron, important in building strong muscles and bones

Kiwi: High in vitamin C

Lentils: Good source of protein, complex carbohydrates, and iron.

Milk/Yogurt: Great source of vitamin D and calcium.

Oatmeal: Great source of fiber and carbohydrates.

Orange Juice: Vitamin C, potassium and more

Papaya: Great source for several nutrients

Pasta: Loaded with complex carbohydrates

Potato: Powerhouse of complex carbohydrates, potassium, Vitamin C and iron

Salmon: High protein and rich source of important omega-3 fatty acids

Strawberries: Vitamin C and fiber

Water: 2 liters a day for athletes is a must!

Whole Grain Cereals. Complex carbohydrates.



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Note: As a reminder, food allergies should be considered prior to eating any of the recommended items.

Pre-Meet preparation:

Proper rest, hydration and nutrition are essential components to achieving optimal performance during competition. Prior to a meet, 8 to 12 hours of sleep is recommended to maintain energy levels throughout competition.

Eight 12 Ounces glasses of water per day is recommended to ensure your body is fully hydrated prior to competition. This may vary based on; physical activity, body mass and other individual physiological factors.

An easily digestible, balanced meal should be consumed three hours prior to competition. Avoid foods that contain substantial amounts of fats or oils (deep fried foods such as potatoes chips, French fries, fried chicken). Fats are more slowly digested than other nutrients. Trying to compete with a high-fat meal still in your stomach will affect performance. Meals high in starches and protein are recommended such as:

- Eggs, wheat toast and juice & water.
- cereal with milk or yogurt & water
- Bacon/sausage and eggs & water
- Oat meal and fruit & water
- Smoothie & water
- Turkey breast and eggs & water
- Pasta Dishes & water
- Tuna Fish & water

All sugary items should be avoided such as: donuts, jelly, candy, syrup, frosted cereal, soda and pastries. Track meets lasting 4 hours or more require more food consumption throughout the day such as:

- Fig Bars
- Power Bars
- Dried fruit
- Granola Bars
- Bananas, apples, oranges, grapes and other fruit, carrots
- Peanut butter sandwiches
- Turkey, Beef or Chicken Jerky



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Post Meet Restoration

After competition, much of the glycogen in your muscle and liver tissue has been used up, and synthesis, or creation, of new muscle protein slows. To promote glycogen recovery, consume nutritious foods and drinks that are high in carbohydrates and protein. When you eat the right foods, your body can replace lost glycogen rapidly, and normal synthesis of new proteins can resume.

Whole foods like cereals, breads, and pastas with a glass of milk are better for total recovery than pure carbohydrate supplements. A mix of whole foods contains proteins, minerals, and vitamins in addition to carbohydrates. You need these other nutrients along with high levels of carbohydrates for a complete, rapid recovery. . Remember, whole foods, such as breads and cereals, when eaten with beverages like milk promote more rapid recovery than pure carbohydrates alone.

To assist in total, rapid recovery, you should consume nutritious foods and drinks as soon as you can tolerate them after an event or workout. Ideally, you should eat food within two hours afterward. However, if you can't tolerate eating that soon, choose what's comfortable for you.

Young athletes often have questions about foods high in fat and sugar, such as candy, soda, and desserts. These foods are called "empty calorie" foods because they're usually high in calories but contain few nutrients. Don't eat many of these foods but they are ok in moderation. Stay away from these foods on meet day. Get your energy from foods that supply ample proteins, vitamins, and minerals as well as calories.

SOURCES:

- **Student Athlete Educational Foundation www.chap.com/diet**
- **Ultimate Sports Nutrition, Frederick C. Hatfield, Contemporary Books**
- **University of Illinois: Sports and Nutrition For Teenage Athletes–A Winning Combination.<http://www.urbanext.uiuc.edu/hsnut/>**