

## NUTRITION SUGGESTIONS FOR YOUNG ATHLETES

BREAKFAST	LUNCH	DINNER	SNACKS	FAST FOOD
*Eggs (plain or omelets w/ cheese and vegetables) *Lean ham, organic bacon/sausage *Whole wheat toast *Whole grain bagel w/ peanut butter or cream cheese *Fresh-squeezed OJ (or at the very least 100% juice) *Fresh fruit *Yogurt *Milk *Whole grain cereals (use fruit, raisins or honey to sweeten) *Real butter	*Lean lunchmeat (sliced in deli) * PB&J (all natural PB and all fruit jelly) * Cut up fresh veggies w/ light dressing or hummus * Whole wheat tortillas with beans/cheese * Organic or home-made mac & cheese * Pretzels * Whole grain crackers *100% natural cheese *Cottage cheese *Mustard	*Grilled or baked meat, fish and seafood * Grilled, baked or steamed vegetables *Corn on cob * Mashed or baked potatoes w/ skins *Pasta w/ tomato sauce or pesto or olive oil and spices * Chinese meats/veggies w/ brown rice *Beans/lentils *Sushi *Pizza with whole grain crust *Chili	*Choco. milk *Nuts & dried fruit * Plain-flavor ice cream and sherbet *100% fruit Popsicles * Homemade pop (½ club soda, ½ juice) *Popcorn *Homemade fruit smoothies *Grapes *Banana or apple with peanut butter *Guacamole w/ real corn chips *Unsweetened applesauce * Fig newtons	*Panera *Bakehouse *Jimmy Johns *Subway *Pita Pit *Chipotle *Pizza X (they have multigrain crust) *Roly Poly *B'ton Bagel Co.
ITEMS TO AVOID	ITEMS TO AVOID	ITEMS TO AVOID	ITEMS TO AVOID	FAST FOOD TO AVOID
*Pop tarts *Sugary cereals *Donuts & Pastries *White bread *Juice w/ added sugar and artificial flavors *Artificial butter and margarine spreads	*Packaged lunchmeat *Miracle Whip *Fake cheeses like Velveeta/CheezWhiz/ Nacho Cheese *”Lunchables” *Doritos, Cheetohs & all packaged chips *Twinkies & packaged desserts	*Fried foods (ie, french fries) *Frozen meals *Canned fruits & vegetables *Campbells soup *Spaghetti O’s *Hamburger Helper products *Hot dogs	*Soft drinks *Chewy fruit snacks *Candy *Movie theatre popcorn *Kool-Aid and Country Time Lemonade *Energy drinks & chews	*Burger King *McDonalds *Wendy’s *White Castle *Rally’s *Hardees *Arby’s *Taco Bell *Buffalo WW *KFC *Little Cesar’s

- Fluids, fluids, fluids. Drink lots of water, not gatorade.
- The longer the shelf life of something, the less healthy it is.
- Don't put kids on low-salt or gluten-free diets unless your pediatrician says so. Athletes need salt and whole grains.
- Organic options to all the foods above make the foods much healthier – even some of the “items to avoid” can be much healthier if they are organic.
- Be wary of food items that say “100% Natural” – that still might mean a lot of natural sugar, fat/oils and salt.
- The saying “You are what you eat!” is very true. You don’t want to be junk. ☺