

**Craftsbury Academy High School Distance Program**  
**2019 Cross-Country**

**Nutrition Management Resource**

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## **GENERAL PRINCIPLES OF SPORT NUTRITION**

1) Consume a diverse diet emphasizing at least three of the five food groups for each meal

- Avoid an unnecessarily repetitive diet of the same foods each week
- Incorporating diversity in food, and beverage, choices will promote corresponding diversity in vitamin, mineral, and other required nutrient intake
- Example: Consume two to three different cereals each week with two to three distinct fruit combinations

2) Select and consume foods in their natural state

- Foods in their natural (i.e. unprocessed or lightly processed) state have greater overall nutritional value
- Foods in their natural (i.e. unprocessed or lightly processed) state contain less undesirable constituents
- Examples: Oranges instead of orange juice, bananas instead of energy bars, and whole-wheat bread instead of white bread

3) Emphasize moderation

- The foundation of an excellent diet is healthful foods
- Occasional, moderate consumption of lower, or even low, nutritional quality foods and beverages can be a component of a nourishing nutritional program
- Example: Eighty-five to ninety percent of nutritional intake should emphasize high quality foods/beverages while approximately ten to fifteen percent can be represented by foods/beverages of lesser nutritional quality/density

## THE FOOD "PYRAMID"

Five Primary Food Groups:

1) Grains

2) Fruits

3) Vegetables

4) Dairy (Milk)

5) Protein (Meats & Beans)

## EXAMPLE OF PRINCIPLE-BASED MEAL SELECTION

<u>Food Group</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Grain	Oatmeal	Whole Wheat Wrap	Pizza Crust/Bread
Fruit	Banana	Apple	Green Peppers/Olives
Vegetable		Lettuce/Tomato	Tomato Sauce (low added sugar/salt)
Dairy	Milk	Yogurt (low sugar)	Cheese (real cheese)
Protein	Almonds	Turkey/Chicken	Beef

## SAMPLE FOODS / BEVERAGES / MEALS

### **Breakfast**

#### Cereals

*Total*

*Frosted Mini Wheats*

*Grape Nuts*

*Raisin Bran*

*Cheerios*

*Wheaties*

#### Additional Food Ideas

Whole Wheat Bagel

Instant Oatmeal

Yogurt (low added sugar)

Raisins

Graham Crackers

#### Beverages

Orange Juice

Milk

Water

#### Fruits

Oranges

Apples

Bananas

Grapefruit

#### Sample Meal

One-and-one-half (1.5) cups of Total topped with one sliced banana

One (1) yogurt

One (1) glass orange juice

## SAMPLE FOODS / BEVERAGES / MEALS

### **Lunch**

#### Sandwiches

Turkey Sandwich

Peanut Butter (& Jelly) Sandwich

Tuna Sandwich

Bean Burrito

#### Additional Food Ideas

Yogurt (low added sugar)

“Sports” Salad (Emphasize selections such as Romaine lettuce, spinach, tomato, corn, carrots, peas, green peppers, cooked rice, orange sections, diced apples, raisins, banana slices, toasted croutons, and/or whole grain bread slices) (w/ low-fat or no salad dressing)

Pretzels

Whole Wheat Bagel

Certain Granola Bar or Trail Mix options with low added sugar etc

#### Beverages

Milk

Water

Gatorade

#### Fruits

Oranges

Apples

Bananas

#### Sample Meal

Turkey Sandwich

Low added sugar Granola Bar

Milk

## SAMPLE FOODS / BEVERAGES / MEALS

### **Dinner**

#### Main Course

Chicken Breast or Lean Hamburger or Turkey Burger

English Muffin Pizza

Tuna Sandwich

Spaghetti

Bean Burrito (frozen or made with canned refried beans, salsa, and tortilla)

Whole Wheat Pasta topped w/ tomato sauce, spinach, and/or vegetables

Baked, Steamed, or Broiled Fish

#### Additional / Other Foods

Wheat Crackers

Peanut Butter

Tomato Soup

Oatmeal

Steamed Rice

Pretzels

Broth-based Soups (vegetable, chicken & rice, etc.)

#### Beverages

Milk or Water

#### Vegetables

So Many Option (Broccoli, Spinach, Squash, Peppers, Potatoes...)

#### Sample Meal

Pasta w/ tomato sauce, spinach and other vegetables

Cup of Chicken Soup

Glass of Milk



## ALLIED NUTRITIONAL CONSIDERATIONS & STRATEGIES

### **Vitamin and/or Mineral Supplementation**

#### 1) Supplementation Research

- Optimal nutrition is fundamentally predicated on consumption of whole foods and corresponding beverages
- There is no evidence that relatively high intakes of vitamins or minerals improve athletic performance ☒
- Collectively, available evidence therefore suggests vitamin or mineral supplementation may serve as dietary “insurance” – supplementation may support an already adequate diet but cannot correct a nutritionally deficient diet

#### 2) Recommendation

- Aim for average daily dietary intake of 1,300 mg of calcium
- Corresponding Vitamin D supplementation is likely unnecessary assuming regular consumption of Vitamin D fortified milk
- Consider daily or every-other day supplementation with a multi-vitamin-mineral supplement such as Centrum Multivitamin

### **Hydration**

#### 1) Water Intake

- A student-athlete should seek to consume 1.0 to 1.5 milliliters of water per dietary calorie of average daily energy expenditure
- Example: A student-athlete expending 3,000 dietary calories per day should consume 3,000 milliliters or, equivalently, 3.0 liters of water per day (approximately 100 fluid ounces per day)

## CONCLUDING PRINCIPLES & RECOMMENDATIONS

1) Maintain a commitment to consuming three (3) quality meals each day based on the various food and beverage options previously listed in this resource.

2) Do not focus on measuring your weight but rather focus on consumption of a diet based on the various food and beverage options previously listed in this resource and your body will respond. Weight is not an important number – remember muscle weighs more, and looks better, than fat!

3) Always be aware of and, ideally, always incorporate both the general principles of sport nutrition and the complementary Food Pyramid when considering your food and beverage choices.

4) Multivitamin/mineral supplementation may be unnecessary if your commitment to quality nutrition is consistently emphasized and maintained - nevertheless, consumption of a multivitamin/mineral supplement may provide a measure of dietary “insurance” as one seeks to optimize overall nutrient intake and associated micronutrient status

5) Sustain a daily commitment to adequate water and iron intake that reflects consideration of physical activity level (i.e. training)

6) Remember – food is fuel but it should also be enjoyed! Use good judgment when selecting foods but give yourself room to be human.