

Sports Nutrition Panel Makes Recommendations For High School & College Athletes

We asked a panel of 11 sports nutrition experts about the diet of today's high school and college athletes and how to improve it. We asked them what foods they recommend that athletes add to their daily diet NOW to increase performance and fill current nutrient gaps. Their top answers:

- 1) **Greek Yogurt** – teens are not getting enough calcium. Greek yogurt comes in a variety of options and is an easy, portable snack that contributes probiotics, calcium and high quality protein to the diet.
- 2) **Iron Fortified Oatmeal** – for a simple start to the day and for needed fiber to balance glucose levels, oatmeal provides iron, magnesium, phosphorus and zinc (prepare it with milk instead of water and boost calcium, protein and Vitamin D).
- 3) **Dark Green Leafy Vegetables** – Add at least one serving of dark green leafy vegetables to the daily diet (broccoli, spinach & kale) for much needed fiber, vitamins and other minerals.



Next we asked our experts to identify those foods that they recommend athletes limit in their diet NOW to increase performance. Their top answers:

- 1) **Sugary Drinks** – high calorie, low nutrient beverages including sports drinks, fruit juices and soda add sugar and no nutrition to the diet. Better choices are water during game time and low fat milk or chocolate milk after games to replace nutrients and hydrate.
- 2) **Fatty Meats** – especially processed meats like bacon and sausage add a greater percentage of fat than protein to the diet. Choose leaner cuts of meat like turkey, chicken or boneless pork.
- 3) **Refined Grains** – Reach for whole grains all the time in order to give your body the energy it needs with additional nutrients that are missing in refined grains. Choose whole grain bread, pasta and cereal.

We asked our panelists to recommend their top protein-packed snack for athletes and 9 out of 11 said a Greek yogurt parfait. The combination of Greek yogurt, fresh fruit and granola or whole grain cereal is an ideal snack that provides a powerhouse of nutrients. Sports nutrition expert Molly Morgan, RD, CDN, CSSD, nutrition consultant for the Ottawa and Binghamton Senators (NHL/AHL hockey), shares her [recipe for Baked Apple Pie Parfaits!](#)

[Download Performance Plate Enhancing Handout:](#)

BUILD A PERFORMANCE-ENHANCING PLATE Properly fueling can provide an edge over other athletes who don't focus on their nutrition.

► Calorie and nutrient needs vary depending upon intensity and phase of training.
► This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.

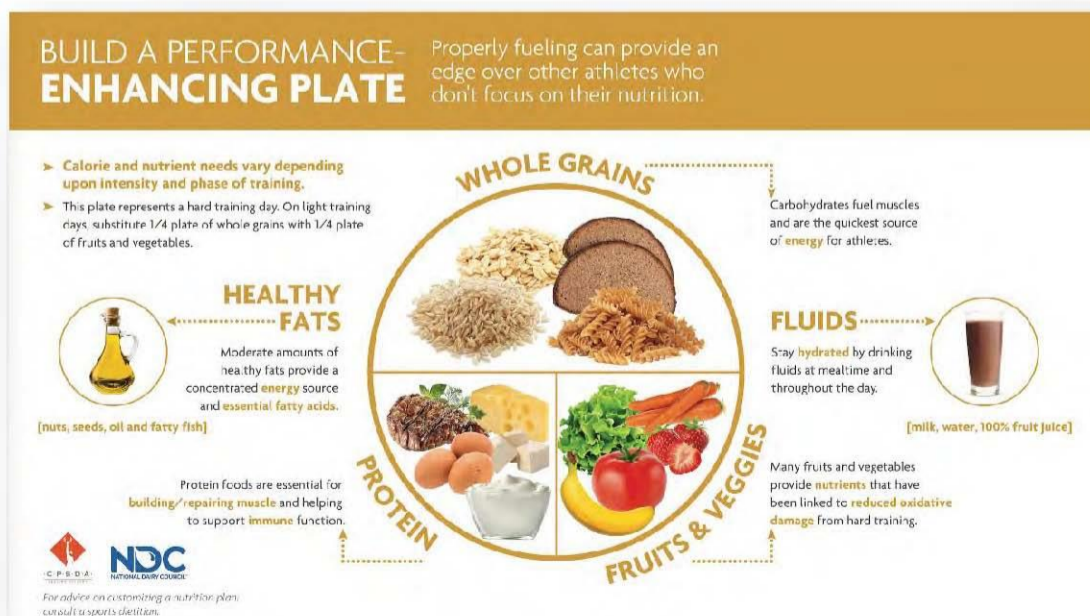
HEALTHY FATS
Moderate amounts of healthy fats provide a concentrated energy source and essential fatty acids.
[nuts, seeds, oil and fatty fish]

PROTEIN
Protein foods are essential for building/repairing muscle and helping to support immune function.

WHOLE GRAINS
Carbohydrates fuel muscles and are the quickest source of energy for athletes.

FLUIDS
Stay hydrated by drinking fluids at mealtime and throughout the day.
[milk, water, 100% fruit juice]

FRUITS & VEGGIES
Many fruits and vegetables provide nutrients that have been linked to reduced oxidative damage from hard training.



C.P.S.D. NATIONAL COACH
For advice on customizing a nutrition plan, consult a sports dietitian.