

## **Baseball**

Carbohydrates and Protein are the keys to driving the ball and moving around the field.

Eating three meals plus two snacks every few hours throughout the day, with the goal of meeting calorie needs and maintaining muscle mass. Without a steady dose of protein, roughly 25 grams of protein per meal, along with substantial calories from foods like grains, pasta, rice, potatoes, beans, peas, corn, bread, vegetables, fruits and low fat dairy, injury, stress and illness become ones' personal three strikes towards dietary disaster.

### **On The Road**

Take a stash of sport or breakfast bars, shakes, sport drinks, crackers, trail mix, healthy soups like vegetable, bean, noodle or minestrone, small cereal boxes, fresh fruit and mini bagels to practice, on the bus or plane. When ordering out, have a sub with lean meat, all the vegetable fixings and a dab of light mayonnaise or mustard, or try a grilled chicken salad or sandwich or grilled burger at the local fast food joint. At a more formal restaurant go for the soup, salad, warm dinner rolls, grilled fish, seafood, poultry or game.

### **Daily Diet**

Typically baseball players need about 3,000 calories a day with 50% being carbohydrates.

### **Morning**

Scrambled egg whites with light cheese, greens, tomato and mushrooms  
Whole wheat raisins bagel or wheat toast with jam and light cream cheese  
1 cup lowfat milk  
1 cup orange juice  
1 cup fresh fruit or banana

### **Mid morning**

Sport shake or bar or small bag trail mix or yogurt smoothie

### **Lunch**

12" turkey sub with greens, tomato, pepper, onions and light mayo on whole wheat  
Bag of baked chips  
Apple  
Gatorade or water

### **Afternoon training**

Water, Gatorade

Immediately after training (within 30 minutes)

Smoothie, fruit bar, orange slices, banana

### **Dinner**

Deep green salad with tomatoes, carrots, croutons, and light dressing  
A few dinner rolls  
Grilled ½ chicken  
Peas and corn  
Corn on cob  
Baked potato with light butter and chives  
1 glass lowfat milk

### **Late night**

Light popcorn, fresh fruit, pretzels, baked chips, light ice cream, yogurt or sorbet



# Baseball

*Healthy eating tips  
to maximize your  
performance*



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## **Diet for athletic Performance**

The training period offers you an excellent opportunity to establish sound eating practices that will benefit you on the playing field as well throughout life.

### **Make Snacks Count**

Choose snacks that contain more than just calories. When you eat out with friends, choose something nutritionally sound, like a cheeseburger with a slice of tomato and lettuce leaf. How many food groups are present in this sandwich? What might you eat along with this sandwich to make an even better snack?

### **Look for Extra Food Energy**

Teenage athletes burn up more calories than non-athletic teens. You can fill this requirement by eating more food from all food groups. Carbohydrates are the most efficient fuel for your body during strenuous exercise. Get most of your extra energy from foods like starchy vegetables and whole grain or enriched bread cereal, rice, or pasta instead of from fatty foods. For example, on an athlete's plate, a baked potato should get the nod over fries.

## **Eat Regularly**

Breakfast is especially important because you need food to start the day. Your body begins the day in a low-energy, fasted condition. Teens who eat breakfast score higher on physical fitness tests. Breakfast can be made up of any combination of nutritious foods that you enjoy eating. Spaghetti and meatballs, together with an orange juice and a glass of milk, is a nutritionally sound meal for any time of the day-even breakfast!

### **Check Your Diet Frequently**

Spot-check your daily diet at least once a week. Are you eating at least the minimum number of servings from each food group each day? How can you use the food guide pyramid as a tool to make improvements?

How can you tell if your diet is stacking up? Nutritionists have developed a food-guide system in the shape of a pyramid that can help you rate or evaluate your diet. This guide divides food into five groups on the basis of the nutrients each group provides. By eating the recommended amounts of food from each group daily, you can greatly increase your ability to get all the nutrients your body needs--and that will improve your ability on the playing field.

Athletes come in different sizes and shapes, and follow different types of training programs. While they may all follow these nutritional rules, their meals may look quite different. Athletes who train strenuously for many hours each day will need to eat large amounts of carbohydrate and calories. Big tall athletes will need to eat more than petite athletes such as gymnasts. Many athletes need to organize their meals to fit around their training or competition schedules.

Keep yourself in shape with a body fat level that suits your sport--eat the right amount of calories for your body size and training program.

Keep your muscles fueled for training and competition by eating plenty of carbohydrate foods. Make room for these foods by reducing the amount of fat.

Enjoy a variety of nutritious foods to provide yourself with all the protein, vitamins, and minerals that your body needs. Your need for some of these nutrients will increase because of your heavy exercise program.

Look after fluid needs. Drink before, during and after exercise sessions to prevent yourself from becoming dehydrated.

For more information go to:  
<http://usm.maine.edu/athletics/>