



The average daily calorie intake should be in the range of: 2000 – 3000Kcal .

### **Restaurants**

Athletes are advised to consume high CHO, low fat diets. Many restaurants do not achieve the target of 15-30% fat and 60-70% CHO that is recommended for athletes. Be sure to avoid excess added fats (butter, margarine, salad dressings, etc) and fried foods.

### ***Examples of food sources for carbohydrate and protein:***

#### **Good Sources of CHO**

**Spaghetti** 28 g CHO

**Rice** – 22 g

**Bread** (especially white)

45 g (Pizza 25 g)

**Cornflakes** – 80 g

**Brown bananas** – 22 g

**Sports drinks** (Lucozade, Powersport etc) 60 g

**Potatoes** – 15 g

**Couscous** – 25 g

#### **Good Sources of Protein**

**Fish** (e.g. tuna, salmon haddock)

**Meat** (e.g. chicken, turkey, lean steak)

**Milk and Hard Cheese**

**Egg white**

**Soya milk**

**Muesli**

**Baked Beans**

**Chick Peas**

***Competition day can drag out for hours. Maintain glucose levels and hydration***



## ***Field Hockey***

***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

Consume 4-6 balanced meals per day. This will help to fuel the metabolic rate, optimizing body composition and maintaining consistent energy levels throughout the day. Eating frequently throughout the day ensures that you will be able to build lean muscle tissue and lower your body fat levels if necessary. Each meal should consist of a lean protein, fibrous carbohydrate, and healthy fats. Some sources of fibrous carbs are listed below:

- ◆ Broccoli
- ◆ Lettuce
- ◆ Cabbage
- ◆ Cauliflower
- ◆ Mushrooms
- ◆ Green beans
- ◆ Onions
- ◆ Asparagus
- ◆ Cucumber
- ◆ Spinach
- ◆ All forms of peppers
- ◆ Zucchini

Sources of healthy fats are nuts, seeds, fish, and supplemental fish oils. If you are physically active and demanding of your body, your fat intake should equal 25-30% of your total calories.

The majority of your carbohydrate intake should come from fruits, nuts, and vegetables and should account for 40-45% of your dietary intake. Protein should make up approximately 30% of your calories, but try to eat at least 1 gram per pound of body weight.

Avoid fried foods. They can cause the storage of excess body fat. If you must have fast food, make sure it's only on rare occasions.

Consume adequate water. Water is probably the most important, yet underrated sports supplement available today. As little as 3% dehydration in your body can cause a 10% drop in performance. There is a food pyramid with food 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 you body needs-- and that will improve your ability on the playing field.

### 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 you body needs-- and that will improve your ability on the playing field.

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