Healthy Dining

Percent calories from fat (20-30%), protein (10-18%) and carbohydrates (55-65%) specific for athletes

- **Carbohydrates**
  - Carbohydrate intake should be between 5 and 7g per kg body weight
  - Endurance athletes between 7 and 9g per kg (may even be as high as 10g/kg if exercising for multiple hours a day)

- **Fat**
  - Fats should make up 20-30% of an athlete's diet and sources should come from healthy fats (unsaturated fat) while saturated and trans fats should be limited or avoided

- **Protein**
  - Athletes need between 1.0 and 1.7g of protein per kg of body weight

The balanced plate

- 50% fruits and vegetables, 25% grains, 25% protein, fat is implied...

**Eating Small Meals Regularly**

- It is ideal to eat 5 or 6 small meals throughout the day, rather than the typical 3 medium sized meals. The benefits of eating regularly:
  - Provides a consistent supply of energy
  - Maintains consistent blood glucose levels
  - Prevents the slumps after of a large meal
  - Prevents the slumps due to energy deficiency

**Energy needs:**

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lose weight</td>
<td>40 kcal/kg</td>
<td>36 kcal/kg</td>
</tr>
<tr>
<td>Maintain weight</td>
<td>44-50 kcal/kg</td>
<td>39-44 kcal/kg</td>
</tr>
<tr>
<td>Gain weight</td>
<td>52+kcal/kg</td>
<td>46 kcal/kg</td>
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</tbody>
</table>

**Preparing meals at home**

- Selecting healthy grains/carbohydrates: whole grain pasta, brown rice pasta, brown rice, quinoa, whole wheat couscous, sweet potatoes

- Selecting healthy fruits and vegetables: eat a variety (eat the rainbow) to ensure you are getting a full range of nutrients, select what is in season when possible because it will be less expensive and fresher, purchase frozen fruit (with no added sugar) and frozen veggies (with no added sauces or sodium) to prevent foods from going bad.

- Selecting healthy sources of protein: lean and low fat dairy (if you are not eating low fat dairy, try transitioning one level healthier from 2% milk to 1% milk). Select leaner meats, low fat ground beef or turkey, skinless chicken breast, and fish (even though higher in fat, it is healthy fat).

- Preparing foods:
  - More often:
MIT Sports Nutrition Program
Healthy Dining for Athletes

- Baking
- Steaming
- Blanching
- Sautéing
- Stir-frying

Less often:
- Frying
- Heavy use of butter or cream
- Batter-fried
- Pan-fried

- Poaching
- Roasting
- Using herbs & spices
- Grilling
- Braising

- Crispy
- Breaded
- Buttered
- Creamed

All you care to eat dining

- Maintain the balanced plate
- Start with vegetables...

Eating on the road

- Order foods that are:
  - Baking
  - Steaming
  - Blanching
  - Sautéing
  - Stir-frying
  - Poaching
  - Roasting
  - Using herbs & spices
  - Grilling
  - Braising

- Avoid foods that are:
  - Fried
    - Use a lot of butter or cream
  - Batter-fried
  - Pan-fried
  - Crispy
  - Breaded
  - Buttered
  - Creamed

Late night eating

- It is best to have your last meal/snack no less than 2 hours before going to bed
- The same recommendations apply to snacks – balanced plate and balanced energy

On/Off season eating

- The same lessons apply when you are out of season, but your energy and carbohydrate needs will be different... your energy recommendations will be fat (20-35%) carbohydrates (50-65%) and protein (10-15%) of total energy intake.
- Continue eating small regular meals, but decrease their size – maybe try decreasing one meal per day if you find it difficult to cut the size of your meals
- Maintain the balanced plate
- Maintain an emphasis on whole grains, a variety of fruits and vegetables, lean protein, and plenty of water