



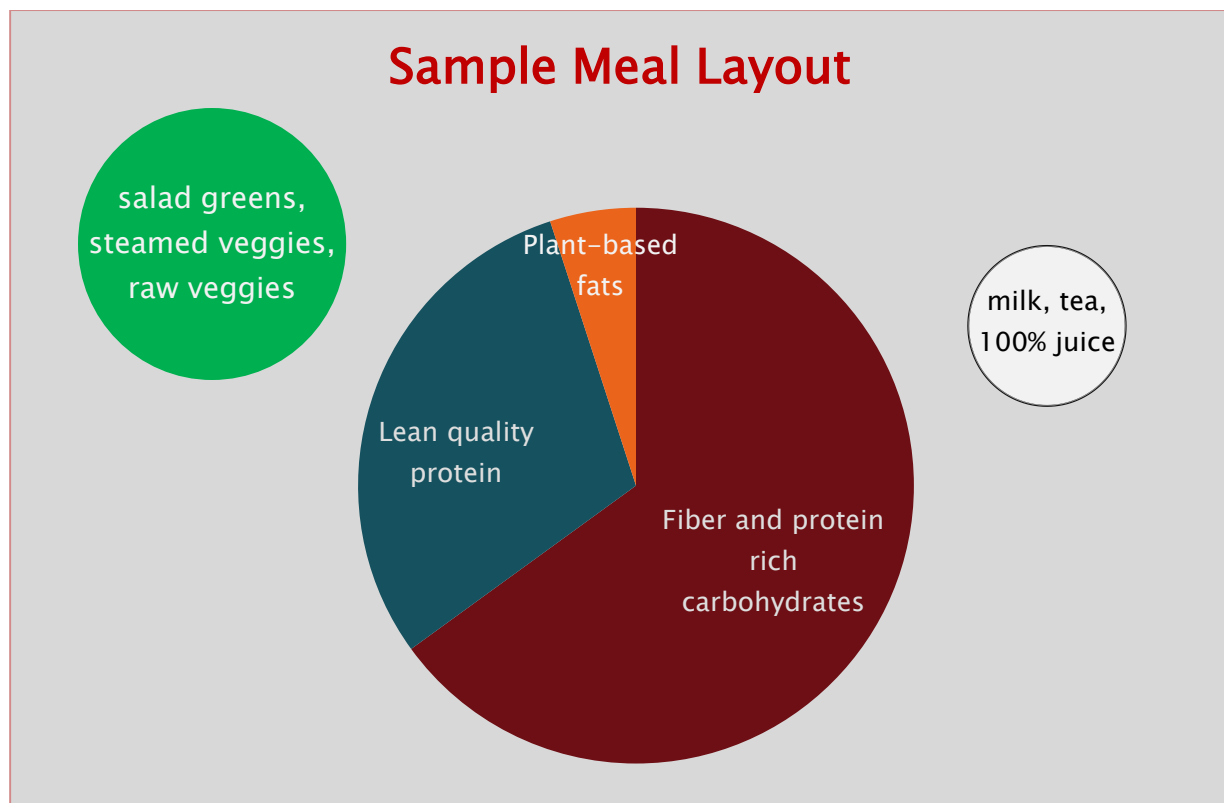
Bear Nutrition

An athlete's guide to eating right.

Nutrition is the process of providing your body with the fuel it needs to perform a desired task. This guide is intended to be used as general guidelines to help athletes and their families make choices that can positively affect their performance. Changing the quality of fuel that is put into your tank can dramatically change your performance. By consuming quality food at the right time you can increase your ability to optimize strength, speed and endurance.

Diets among athletes can vary between each athlete to fulfill the requirements of their activity. Simple equations are available to estimate quantity of nutrient consumption. The purpose of this guide is not to tell you what to eat but to help you make better choices on the food that fuels your performance

Well Balanced Diet:



Positive Carbohydrate Choices

100% whole wheat bread/wraps
Black Beans*
Brown rice
Fresh Fruit
Fresh Vegetables
Garbanzo beans (Chickpeas)*
Kidney beans*
Lentils*
Oatmeal
Quinoa*
Whole grain cereal

**also good source of protein*

Carbohydrates to Avoid:

Breadsticks
Brownies
Cake
Candy
Candy bars
Chips
Cookies
French fries
“Fruity” drinks
Processed cereal
Soda
White bread

Positive Protein Choices

Beans / Legumes
Cottage cheese
Greek yogurt
Grilled or roasted chicken / Turkey
Grilled/broiled fish
Hummus
Lean burgers/beef
Lean deli meats (ham, turkey)
Lean pork chops/tenderloin
Nuts/nut butter
Tofu
Tuna salad
Veggie burgers
Whole eggs/egg whites

Proteins to Avoid:

Cheese steaks
Chicken Nuggets
Fried meat
High sugared yogurts
Meat substitutes
Pepperoni/sausage
pizza
Processed lunch meat

- Bologna
- Salted / cured meats

Positive Plant-based Fat Choices

Almond and walnut nuts/nut butter
Avocado
Plant oils (ex. Olive oil)
Salmon and tuna
Sunflower and pumpkin seeds

Fats to Avoid:

Candy bars
Creamy dressing
Fried foods
High-fat cheeses
Potato chips

Sample Meal Plans:

Breakfast

Option A:

Fruit smoothie
2 slices of whole wheat
toast
Peanut butter

Option B:

Skim milk
Spinach and ham omelet
Yogurt with granola
Strawberries or
Blueberries

Option C:

100% orange juice
Whole grain cereal
Fruit

Lunch

Option A:

Tuna salad
Whole grain bread
Salad greens w/
balsamic
Fresh fruit
Un-sweetened iced tea

Option B:

Lean turkey deli meat
Whole grain wrap
Cold veggie/pasta
salad
Fresh fruit
100% Pomegranate
juice

OPTION C: Vegetarian

Hummus & veggie
wrap
Water
Cashews/Almonds/
Peanuts
Hardboiled egg*
Fresh Fruit

*vegetarian – non vegan

Dinner

Option A:

Broiled salmon
Quinoa
Steamed asparagus
Skim milk

Option B:

Grilled chicken
Steamed stir-fry veggies
Brown rice
Un-sweetened iced tea

Snacks (2-3 times/day)

Fresh/ Dried fruit
Fresh vegetables
Triscuits
Nuts

String cheese
Low-fat chocolate milk
Yogurt
Granola

Whole grain cereal
100% fruit popsicles
Dark chocolate

Hydration:

Dehydration can...

- Decrease Muscle Strength
- Decrease Endurance
- Decrease Aerobic Power
- Slow Mental Processing



= 20 fluid ounces
or 591 ml

General Hydration Guidelines

Consume 20 oz every 2–3 hours

Before Game/Practice:

2–3 hours before	17–20oz
20 minutes before	7–10oz

During Game/Practice:

Every 10–20 minutes	7–10oz
---------------------	--------

After Game/Practice:

Within 2 hours	Fluid replacement of water weight loss
----------------	--

Positive Hydration Choices

Between Meals:

WATER
Gatorade/Powerade

With Meals:

1% or skim milk
100% juice
Un-sweetened iced tea

Beverages to Avoid:

Coffee
Soda/ carbonated beverages
Energy drinks

Timing of Meals:

Day Before	<ul style="list-style-type: none">• Well balanced meals.
Lunch	<ul style="list-style-type: none">• Balanced meal with focus on Positive Carbohydrate choices
1–2 hours before	<ul style="list-style-type: none">• Good Snack (Fruit, Trail Mix)• Hydrate (10 oz of Water or Sports Drink)
COMPETITION	<ul style="list-style-type: none">• Hydrate (~10 oz every 20 minutes)
Within 30 mins	<ul style="list-style-type: none">• Recovery Snack (4 Carbs:1 Protein) Chocolate Milk• Replenish fluids
Within 2 hours	<ul style="list-style-type: none">• Well balanced meal

Information for this Guide was drawn from:

ChoseMyPlate.gov (US Department of Agriculture)
National Athletic Trainer's Association
Optimal Dietary Intake 2010 (www.usada.org)
Princeton University Sports Nutrition Guide 2012