

Carbs, Protein, and Fat - Ideas for the Athlete

High Carbohydrate Food

Cereal, Whole grain toaster waffles, oatmeal, low fat muffins
Pasta - try whole grain
Bread, Toast, Bagels, English Muffins, bread sticks, flat bread, Naan bread, tortillas, pita, rolls, low fat muffins—recommend whole grain.
Nutri Grain bars, Clif Bars, Luna Bars, Kind Bars
Potatoes and Sweet potatoes—not French fries,
Pretzels, soft pretzels

Whole grain crackers, Wheat Thins, fig bars
Taco shells
Fruit—apples, oranges, bananas, grapes, dried fruit, cantaloupe, watermelon, clementines, etc
Veggies—carrots and celery sticks, raw green beans, sugar snap peas, corn, lettuce and tomatoes, etc.
Rice - brown is better
High carb beverages like sports drinks, fruit

High Protein Food

Chicken, Turkey
Lean roast beef, lean burgers
Eggs, hard boiled eggs, tofu
Reduced fat cheeses, low fat cottage cheese,
Part skim cheese sticks
Peanut butter or nut butters—prefer natural, these are high in fat so not too much
Fish—tuna light on the mayo, and fresh, not fried, fish
Hummus—not too low in fat but healthy
Low fat chocolate milk, smoothies made with yogurt, soy milk, almond milk
Yogurt (Greek yogurt has twice the protein)
Nuts are high protein, also high in fat so limit pre-game

High Fat Foods to Limit

Butter, oils and mayonnaise, cream cheese, regular salad dressing
Fried food like French fries
Bacon
Large amounts of cheese
Hot dogs
Pastries, donuts

A note about fats: When not in training there are many healthy fats that *should be* included like olive oil, nuts, and avocado.

Gassy Food

Onions, peppers, garlic, broccoli, cauliflower, beans, should avoid unless well tolerated pre-competition
Avoid carbonated drinks