

Florida State Sports Nutrition



Don't let the summer months beat you. It doesn't take long to ruin all of your hard work from the school year. Make nutrition a priority this summer so you return to campus prepared for next season.

This packet highlights and explains each of the 5 nutrition goals promoted at Florida State. Follow these guidelines to stay energized during exercise, enhance recovery between workouts, and maintain a healthy body composition.

5 Nutrition Habits of Champions

- 1). Hydrate
- 2). Refuel
- 3). Eat at Regular Intervals
- 4). Choose a Varied and Balanced Diet
- 5). Meet Your Energy Needs

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Daily Checklist

Complete this checklist daily to ensure you are achieving optimal nutrition

_____ I ate breakfast

_____ I ate 3 balanced meals

_____ I ate 2-3 nutritious snacks

_____ I ate 2-3 pieces of fruit

_____ I ate 3-5 servings of vegetables

_____ I ate 3-4 servings of low-fat dairy products

_____ I ate a lean source of protein in each meal

_____ I ate a source of carbohydrates in meals and snacks

_____ I selected foods moderate or low in fat

_____ I drank water regularly throughout the day

_____ I drank Powerade during intense conditioning

_____ I refueled within 60 minutes following workouts

_____ I took a multivitamin



5 Nutrition Habits of Champions

1). HYDRATE

Dehydration

- Raises your body temperature
- Makes you work harder at lower exercise intensities
- Causes headache, dizziness, and fatigue
- Leads to muscle cramping

Stay Hydrated

- Drink at least 1 cup of water every hour
TIP: Carry a water bottle around with you for a reminder
- Drink 1-2 cups of Powerade about 15 minutes before exercise
- Drink 1-2 cups of fluid every half hour during exercise
TIP: Select Powerade over water if you are a salty sweater or exercising for longer than an hour
- Drink 3 cups of Powerade after exercise
TIP: Add 2 more cups of water or Powerade for each pound lost during exercise

Monitor Hydration

Urine color - Clear to pale yellow color and frequent need to urinate signal adequate hydration. Infrequent, dark urine reflects your body begging you to drink.

Weight loss - Weighing yourself before and after practice allows you to estimate fluids lost in sweat. Replace each pound with 2 cups of fluid.



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2). REFUEL

Purpose

- 1). To replace carbohydrates used for energy and build stores for the next workout
- 2). To provide protein for aid in muscle repair and to prevent muscle breakdown
- 3). To take the first step in recovery for your next workout

Timing

The critical time to refuel is within the first 30 minutes after exercise, when your body is able to maximize absorption of carbohydrates and protein.

Nutrients

Water: at least 3 cups of fluid plus an additional 2 cups for each pound of weight loss

Carbohydrates: 50-100 grams

Protein: 15-25 grams

Recommended Food Combinations

- Muscle Milk and 2 cups of Powerade
- 2 cups of low-fat chocolate milk and a banana
- Peanut butter and jelly sandwich and 2 cups of Powerade
- Bagel and part-skim mozzarella string cheese
- 8 oz. of low-fat yogurt mixed with 1/2 cup granola cereal
- 2 cups of cereal with skim or 1% milk



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3). EAT AT REGULAR INTERVALS

Purpose

- 1). To maintain blood sugar levels for constant energy throughout the day
- 2). To minimize overwhelming hunger that leads to overeating late at night
- 3). To encourage protein synthesis instead of fat storage

Recommendations

Aim for 3-4 balanced meals daily

- Begin your day with a meal, even if it is not a traditional breakfast
- Regardless of your work or class schedule, make sure to include a lunch
This may require packing food ahead of time
- Prepare or purchase a dinner that is about the same size as breakfast and lunch
- For weight gain, eating a fourth meal will help you to consume more calories
- Starving all day and binging at night will sabotage both weight loss and weight gain efforts

Aim for 2-4 snacks daily

- Including a small snack in between meals will control your hunger
- Adding large snacks will help increase calories needed for weight gain
- Eating a high-carbohydrate snack pre-workout will provide quick energy
- Refueling after exercise is an essential snack for all athletes



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4). CHOOSE A VARIED AND BALANCED DIET

Follow these three steps to ensure you reach nutrient recommendations.

Step 1: Eat antioxidant-rich fruits and vegetables

Goals

- 1). Aim for 2-3 pieces of fruit per day
- 2). Aim for 3-5 servings of vegetables per day
1 serving is 1 cup raw or 1/2 cup cooked veggies

Examples

- fresh fruit, frozen fruit, canned fruit in water or juice, 100% fruit juice, dried fruit
- fresh vegetables, frozen vegetables, canned vegetables, 100% vegetable juice

Step 2: Eat energy-supplying carbohydrates

Goals

- 1). At least half of your calories should come from carbohydrates
- 2). Include a source of carbohydrates in every meal and snack

Examples

- whole grain bread, cereal, pasta, rice, oats
- starchy vegetables such as potatoes, sweet potatoes, winter squash, corn
- limit empty calories such as soda, sweet tea, candy, and sugary desserts

Step 3: Eat muscle-building, lean protein sources

Goals

- 1). Up to 1/4 of your calories may come from protein
- 2). Include a source of lean protein in every meal

Examples

- chicken breast, sirloin steak, lean ground beef, fish, egg whites, beans
- low-fat dairy products such as skim milk, low-fat yogurt, and 2% cheese



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5). MEET YOUR ENERGY NEEDS

Match your food intake to your body composition goals.

- Increase total calories to gain lean muscle mass
- Decrease total calories to shed excess body fat
- Maintain total calories to avoid weight gain or loss

Six sample meal plans have been provided at varying energy levels to guide your food choices. If no beverage is listed with food items, select water, crystal light, or unsweetened iced tea. Diet soda may be consumed in moderation because it has been shown to cause sugar cravings in some individuals.

Your specific needs and food preferences may differ from those provided, so please schedule a nutrition consultation to receive individualized recommendations.

If you fail to reach all of your vitamin and mineral requirements on a daily basis, it is also recommended that you take a general multivitamin.

2000 CALORIE DIET

Appropriate for some female athletes who have a low body weight or are trying to lose weight, likely from sports such as golf, diving, and softball.

Breakfast	2 cups of Cheerios with 1 cup of skim milk 1 medium banana
Morning Snack	12 baby carrots
Lunch	3 slices of turkey breast on 2 slices of whole wheat bread with lettuce, tomato, 1 slice of Swiss cheese and 1 Tbsp of mayonnaise 1 medium apple
Afternoon Snack	Peanut butter granola bar
Dinner	Salad containing 1 cup spinach, 3 oz. grilled chicken breast, 1/2 cup chickpeas, 1/2 cup canned mandarin oranges, mushroom, and onion topped with 1/2 oz. dried walnuts and 1 Tbsp red wine vinaigrette 1 cup skim milk
Evening Snack	6 oz. low-fat yogurt
During Practice	Approximately 3 cups of Powerade

Sample Meal Plans

2500 CALORIE DIET

Appropriate for female athletes who are involved in cross-country, softball, diving, and golf as well as some low body weight female athletes in tennis, volleyball, and swimming.

Breakfast	2 packets instant oatmeal mixed with 1/2 cup skim milk and 1 cup strawberries
Morning Snack	1/4 cup of dry roasted almonds
Lunch	Tuna salad sandwich on 2 slices rye bread made with 3 oz. tuna, 2 tsp mayonnaise, celery, lettuce, and topped with tomato slices 1 medium pear 16 wheat thin crackers dipped in 1 Tbsp hummus
Afternoon Snack	1/4 cup of granola cereal mixed in 6 oz. low-fat yogurt
Dinner	3 oz. grilled or roasted chicken breast 1 large baked sweet potato topped with 2 tsp brown sugar and 1 Tbsp margarine 1 whole wheat dinner roll 2 cups salad with mixed greens, cucumber, tomato, sunflower seeds, and 1 Tbsp red wine vinaigrette dressing
Evening Snack	3 cups of reduced-fat popcorn 2 pieces part-skim mozzarella string cheese
During Practice	Approximately 4 cups of Powerade

3000 CALORIE DIET

Appropriate for female athletes who are involved in basketball, track, soccer as well as some female athletes from volleyball, tennis, and swimming. Male athletes who maintain a low body weight or want to lose weight may also follow this plan.

Breakfast	4 frozen multigrain waffles topped with 1/2 cup of blueberries, 1 Tbsp of margarine, and 2 Tbsp of maple syrup
Morning Snack	1 medium banana covered with 2 Tbsp natural peanut butter
Lunch	6" steak sub on wheat bread with 3 oz. grilled sirloin, 1 slice part-skim mozzarella cheese, onion, and green pepper 1 cup skim milk
Afternoon Snack	8 triscuit crackers dipped in 3 Tbsp of hummus
Dinner	1-1/2 cups whole wheat pasta with marinara sauce containing grilled chicken breast, tomatoes, and broccoli 1 whole wheat dinner roll with 1 tsp margarine spread 1 cup skim milk
Evening Snack	1 Oats 'N Honey granola bar
During Practice	Approximately 4 cups of Powerade

Sample Meal Plans

3500 CALORIE DIET

Appropriate for some male athletes from tennis, cross-country, swimming, baseball, golf, and diving. Some very active female athletes may require this calorie level to maintain their weight.

Breakfast	Egg sandwich with 1 scrambled egg and 1 slice of 2% cheddar cheese on a whole wheat English muffin 1 cup of 1% milk 1 grapefruit with 1 Tbsp sugar
Morning Snack	1 cup of grapes 6 oz. of low-fat yogurt with 1/4 cup granola cereal
Lunch	Chicken Caesar pita with 1/2 grilled chicken breast, romaine lettuce, tomato, cucumber, 2 Tbsp Caesar salad dressing, and 1 Tbsp Parmesan cheese 1 medium orange 1/2 cup goldfish crackers
Afternoon Snack	1 cup applesauce 1/4 cup dry roasted almonds
Dinner	Stir-fry with 5 oz. sirloin steak, 1 cup brown rice, and sauteed green pepper, onion, sugar snap peas, and broccoli
Evening Snack	1 large baked tortilla dipped in 1 cup thick-and-chunky salsa 1 cup of 1% milk
During Practice	Approximately 5 cups of Powerade

4000 CALORIE DIET

Appropriate for most male athletes involved in sports such as football, basketball, track as well as some from baseball, tennis, cross-country, and swimming.

Breakfast	1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk 1 cup of 100% orange juice
Morning Snack	Peanut butter and jelly sandwich on 2 slices of whole wheat bread
Lunch	1 baked chicken breast with 2 cups of rice 1/2 cup of peas and 1/2 cup of corn 1 cup of 2% milk
Afternoon Snack	12 baby carrots dipped in low-fat ranch dressing 1 small bowl of pretzels
Dinner	3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick-and-chunky salsa
Evening Snack	1 medium apple dipped in 6 oz. of low-fat yogurt
During Practice	Approximately 6 cups of Powerade

Sample Meal Plans

5000 CALORIE DIET

Appropriate for high weight football players as well as basketball or football players trying to gain weight.

Breakfast	3 large scrambled eggs 2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp jelly 1 cup of 100% apple juice
Morning Snack	1 medium orange 1 whole wheat bagel topped with 2 Tbsp of natural peanut butter
Lunch	1 chicken breast with 1 cup of macaroni and cheese 1 cup mixed vegetables 1 cup of 100% grape juice
Afternoon Snack	1 muscle milk 1 medium apple
Dinner	6 oz. sirloin steak 2 cups black beans and rice 2 cups mixed salad greens and vegetables with Italian dressing 1 cup of 100% orange juice
Evening Snack	2 cups of 2% chocolate milk 1/2 cup dry roasted almonds
During Practice	Approximately 6 cups of Powerade

When planning your own meals for home or eating out, think about dividing your plate into thirds: cover 1/3 with fruits or vegetables, 1/3 with high-fiber starches, and 1/3 with lean protein.

