

Training Table

Nutrition Building Blocks

The nutrients your body needs for health and athletic performance can be sorted into macronutrients and micronutrients. Macronutrients provide fuel and include carbohydrates, protein and fat; these are needed in larger amounts. Micronutrients include vitamins and minerals and are needed in smaller amounts. Adequate water is also essential to your performance.

Macronutrients

CARBOHYDRATE

Carbohydrate is the body's preferred fuel source for all types of physical activity – everything from stealing second base to jumping hurdles, from spiking a volleyball to running a mile. Fifty to 60 percent of your calories should come from carbohydrates. Carbohydrate-rich foods include yogurt, fruit, cereal, pasta, rice, milk and starchy vegetables such as corn, potatoes and peas.

PROTEIN

Protein builds and maintains muscle mass and aids in muscle recovery. Twelve to 15 percent of your total calories should come from protein. Beef, poultry, fish, eggs, beans, nuts, seeds, milk, yogurt and cheese are all good protein sources.

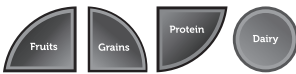
FAT

Fat is needed in every cell of the body and is a concentrated energy source for endurance events such as running a marathon or playing in a long tennis match. Fat should be 20 to 30 percent of your total calories. Sources of healthy fats include vegetable oils, nuts, peanut butter, olives, avocados and fish.

Sample Training Table Menu

Especially during training, your body needs food. This includes choosing a variety of nutrient-rich foods while providing enough calories (fuel). Eating three meals a day plus two to three snacks is the way to supply energy. Here is a sample menu for a typical training day:

Breakfast



- 1 cup whole-grain cereal with sliced banana
- 1 cup milk
- 1 hard-cooked egg
- 1 piece whole-grain toast
- 1 cup fresh berries

Morning Snack



- 7 whole-grain crackers with 2 slices of cheese
- 1 orange

Lunch



- 1 cup lentil soup
- 3 oz. grilled chicken
- 2 cups salad
- 1 Tbsp salad dressing
- 1 cup yogurt
- 1 apple

Afternoon Snack



- 1 cup 100% fruit juice
- 1 cup carrots and cucumbers
- ¼ cup hummus

Dinner



- Refried beans, salsa and cheese rolled in a whole-wheat tortilla
- ½ cup brown rice
- 1 cup sautéed green, red and yellow bell peppers
- 1 cup chocolate milk

Bedtime Snack

optional, check your hunger level



- 8-12 oz. smoothie with fruit, milk and yogurt

Micronutrients

VITAMINS

Vitamins A, D, E, K, C and the Bs help your body perform processes such as turning carbohydrate into energy. The best way to get vitamins is to eat a diet that includes foods from all the food groups.

MINERALS

Minerals, such as calcium, iron, magnesium and zinc, form such body structures as bone and control certain processes in the body. Eating a variety of foods from all Five Food Groups will help you meet your mineral needs.

Water

Sixty to 75 percent of body weight is water. Adequate hydration helps the body flush toxins. Enjoy water with snacks and throughout the day.

