

## **Shaping Your Daily Nutritional Requirements**

### **Nutrition Checklist**

1. Develop a nutritional plan and write it down in your *workout journal*. Try to craft a 7-day plan and be diligent in following your plan.
2. Provide your parent/guardian a list of foods to include in the family weekly grocery list.
3. Plan ahead! Before retiring for the evening make your lunch and snacks for the following day (peanut & jam sandwiches, fruit, veggies).
4. Try and eat or graze throughout the day. Eating small meals during the day keep you energized and allow for maximum performance in both academics and physical training. Eating every 2-3 hours is a good rule.
5. Watch your portions; don't overeat. You will want to ensure your complex carbohydrates are the largest portion, protein next, and then sugars and fats.
6. Try and drink at least eight glasses of water per day (more if you're active athlete). You will want to ensure you are urinating clearly. If not, you are dehydrated.
7. Protein shakes are okay, but follow the instructions on the label. More is not better.
8. Record everything you eat in your journal. Adjust your diet and training so that it fits your progression and conditioning development. Much of what you do will be by trial and error.
9. Remember when you start putting on muscle you will gain weight (muscle is three times heavier than fat), but you will lose inches in fatty areas and gain inches in muscular areas. In addition, your workout routines will become more effective. As you become more efficient in your workouts you will burn calories more efficiently and will actually have to increase your intake of complex carbohydrates (rice, grains, potatoes, etc.).

### Nutrition Guidelines

Food nourishes the body and gives us energy to get through each day. Healthy eating is fundamental to good health and is a key element in healthy human development and the ability to learn. It's all about making good choices and understanding what is good and what is not.

Definition Food Groups	Healthy Choices
<b>Fruit &amp; Vegetables</b>	
Having at least one vegetable or fruit at every meal or as a snack will help you get the amount of vegetables and fruit you need each day.	Eat at least one dark green and one orange vegetable each day. Dark green vegetables such as broccoli, romaine lettuce. Go for orange vegetables such as carrots, sweet potatoes.
<b>Grain Products</b>	
Whole grains, are a source of fiber and are typically low in fat. Fiber rich foods can help you feel full and satisfied.	Make grains at least half of your diet. Choose products that say "whole grain," like: brown rice, oats, whole wheat bread, oatmeal or whole wheat pasta.
<b>Milk &amp; Alternatives</b>	
Did you know that milk and alternatives contain important nutrients that are good for your bones? Having milk or fortified soy beverages every day provides the nutrients that you need for healthy bones and optimal health.	Drink 1%-2% (fat) milk each day for adequate vitamin D - one glass. Drink fortified soy beverages if you do not drink milk. Select low fat or non-fat" when choosing yogurt, sour cream, cheese, and ice cream, etc.
<b>Meat &amp; Alternatives</b>	
Did you know that meat and alternatives provide protein, fat and many other important nutrients including zinc, iron, and magnesium and B vitamins? You don't need to eat large amounts from this group to satisfy your nutritional needs.	Select lean meat and alternatives prepared with little or no added fat or salt. Trim the visible fat from meats. Remove the skin on poultry. Eat fish over meat whenever you have a choice.
<b>Oils &amp; Fats</b>	
There are different types of fats in foods: saturated, unsaturated and trans fats.	"Trans fat" is the key word for oils and fats. Eat only butter that says; "No Trans Fat". Also consider: canola oil, olive oil as better choices
<b>Beverages</b>	
Drink water regularly. The key to most other beverage selection is to drink "calorie free" or "low calorie".	Water is better than anything else. When eating out, say "yes" when offered water or order water to drink with your meal.

Personal Nutrition Journal

Craft a 7-day plan and be diligent in following your plan. Repeat each week.

Day	Snacks	Breakfast & Hydration	Lunch & Hydration	Dinner & Hydration
1	Fruit- Vegetables- Protein-	Fruit- Whole Grains- Dairy-	Protein- Carbs- Fruit-	Protein- Carbs- Vegetables-
2	Fruit- Vegetables- Protein-	Fruit- Whole Grains- Dairy-	Protein- Carbs- Fruit-	Protein- Carbs- Vegetables-
3	Fruit- Vegetables- Protein-	Fruit- Whole Grains- Dairy-	Protein- Carbs- Fruit-	Protein- Carbs- Vegetables-
4	Fruit- Vegetables- Protein-	Fruit- Whole Grains- Dairy-	Protein- Carbs- Fruit-	Protein- Carbs- Vegetables-
5	Fruit- Vegetables- Protein-	Fruit- Whole Grains- Dairy-	Protein- Carbs- Fruit-	Protein- Carbs- Vegetables-
6	Fruit- Vegetables- Protein-	Fruit- Whole Grains- Dairy-	Protein- Carbs- Fruit-	Protein- Carbs- Vegetables-
7	Fruit- Vegetables- Protein-	Fruit- Whole Grains- Dairy-	Protein- Carbs- Fruit-	Protein- Carbs- Vegetables-