

The background image shows two female soccer players in white uniforms celebrating on a field. One player is embracing the other from behind. The player in the foreground has the number 12 on her jersey and "SAINT ROSE" is partially visible. The player behind her has the number 15 on her jersey. The scene is set outdoors on a grassy field with a crowd in the background.

PROPER NUTRITION FOR THE STUDENT - ATHLETE

COMPILED AND EDITED BY: ANTHONY W. BARKER
STRENGTH COACH & FITNESS CENTER COORDINATOR
AT

The College of Saint Rose

Introduction

We (the presenters) have observed that misinformation, poor habits, and ignorance are the most glaring impediments to proper nutrition in not only collegiate athletics, but our culture.

When it comes to the all important first meal of the day, over the years I have heard excuses such as: “*I’m not hungry when I get up*” and “*I don’t have enough time*”. In reality, these statements when translated say: “*I don’t need to*” and “*I don’t want to*”. Hopefully, in light of the facts that are about to be presented we will see the need and awaken the desire to eat consistently and nutritionally throughout the day.

What you are about to receive is not only applicable for your athletic career, but your lifetime. As students of higher education as well as athletes, it is incumbent upon you to read and apply what is outlined in the following material.

The consequences of poor nutrition for athletes are:

Catabolism (cachexia): The state in which your body consumes itself. This can happen when protein intake is below the level that your body demands.

Sickness: Lowered resistance through poor nutrition is common among collegiate athletes. The physical stress of training, along with the mental stress of academics need not be exacerbated by improper eating habits. ***Physical training without proper nutrition sets the individual up for illnesses*** such as Strep Throat, Mononucleosis, and even physical injury.

Poor Performance: No matter how well trained, strong, talented, genetically predisposed, or coached, athletes will function *below their potential* if their diet does not afford the nutrients their bodies require.

Progressive and well thought out training programs will not bring about their desired results if basic sports nutritional guidelines are not followed. **Proper eating is NOT an elective and the state of *hunger* is not a prerequisite for taking in nutrition.** All committed athletes must take this topic seriously for their own personal health and responsibility to their teammates.

The formulas that will be outlined are structured to determine nutritional needs for ***athletes*** involved in sports which **demand a disciplined approach to eating.**

Protein Needs: (this is a general formula for athletes that does not take into account *extreme* physical activity)

0.8 grams of protein per pound of lean body weight

Individuals are to approximate their body fat percentage; 20% is the average we are using for a college level athlete.

180 lb. male

- **36 lb.** (20%) of body fat

144 lbs. = of lean body mass

144 lbs. of lean body mass multiplied by 0.8 grams of protein per lb. = **115 grams of protein per day**

180lb. MALE = approx. 115 grams of protein per day

(based on 20% body fat)

5 ingestions @ 23g of protein per ingestion or

4 ingestions @ 28g of protein per ingestion

* * * * *

130 lb. female

26 lb. (20%) of body fat

104 lbs. = of lean body mass

104 lbs. of lean body mass multiplied by 0.8 grams of protein per lb. = **83 grams of protein per day**

130lb. FEMALE = approx. 83 grams of protein per day

5 ingestions @ 16.5grams of protein per ingestion or

4 ingestions @ 20.5 grams of protein per ingestion

Good Sources of Protein

<u>Food</u>	<u>Amount</u>	<u>Protein</u> <u>(g)</u>	<u>Calories</u>
Animal foods			
Beef, lean, sirloin, broiled	3 oz.	26	172
Roasted chicken breast (boneless, no skin)	3 oz.	26	140
Sole/flounder, baked or broiled	3 oz.	21	100
Turkey	3 oz.	25	145
Dairy products			
Cottage cheese, 2"/"	1/2 c	16	101
Egg, boiled	1lg	6	78
Egg white, cooked	1lg	4	17
Milk, dried nonfat, instant	1/2 c	12	122
Milk, low-fat, 1oh	1c	8	102
Milk, nonfat	1c	8	86
Yogurt, low-fat, plain	8 oz.	13	155
Yogurt, low-fat, fruit	8 oz.	11	250

Food	Amount	Protein (g)	Calories
Nuts, seeds, & nut products			
Peanuts, dry roasted	1 oz.	7	166
Peanut butter	2 tbsp	8	190
Pumpkin seeds, dry roasted	1/2 c	6	143
Sunflower seeds, dry roasted, hulled	2 tbsp	3	93
Soy products			
Soybeans, cooked	1/2 c	15	149
Soymilk	1c	8	79
Tofu	1/2c	10	94
Vegetables, high-protein			
Beans, black, boiled	1/2c	8	114
Chickpeas (garbanzos), boiled	1/2 c	7	135
Lentils, boiled	1/2 c	9	115
Beans, pinto	1/2c	7	117

CARBOHYDRATE NEEDS:

4.5 – 5 grams of carbohydrates per pound of lean body weight

180 lb. MALE @ 20% body fat = 144 lbs.

144 lbs. multiplied by 5 = 720 grams of carbohydrates per day

130lb. FEMALE @ 20% body fat = 104 lbs.

104 lbs. multiplied by 5 = 520 grams of carbohydrates per day

Food	Amount	Carbs(g)	Calories
Sport drinks			
Gatorade Thirst			
Quencher	8oz.	14	50
GatorLode (high-carb)	12 oz.	70	280
GatorPro	11 oz.	5.9	360
Pasta and starches			
Baked potato, with			
skin	1 large	46	201
Baked sweet potato	1 c	49	206
Spaghetti, cooked	1 c	40	197
Brown rice, cooked	1 c	46	218
Ramen noodles:			
cooked	1 c	29	156
Legumes			
Baked beans,			
vegetarian, canned	1 c	52	236
Navy beans, canned	1 c	5.4	296
Black beans	1 C	34	200
Baby lima beans,			
frozen, cooked	1 c	35	189
Lentils, cooked	1 c	40	230

	spice, instant	1c	
	Cream of Wheat, cooked		
			Calories
Food	Amount	Carbs (g)	
		21	81
	1 medium	15	62
Fruits	1 'medium	28	109
Apple	1 medium	29	109
Orange	1/4c	25	107
Banana	1/4c		
Raisins			66
Apricots, dried		15	47
	1/2c	10	67
Vegetables	1/2c	13	31
Corn, canned	1/2c	7	
Winter squash	1 medium		
Peas			138
Carrot		26	195
	2 slices	38	134
Breads	1 whole (3.5" dia.)	26	
Whole wheat	1 whole		170
Bagel, plain		35	164
English muffin	1 whole (6.5")	24	112
Pita pocket,	1 small	24	115
whole wheat	1 sheet	16	126
Bran muffin,	1bar	19	
homemade Matzo	1bar		144
Granola bar, hard		29	
Granola bar, soft	1bar		
Low-fat granola bar, Kelloggs			97
Grains and cereals		22	86
	1/4c	21	91
Grape-Nuts	1/2c	19	
Raisin Bran	1/4c		104
Granola, low-fat		18	
Oatmeal, plain, instant	1 packet		177
Oatmeal, cinnamon	1 packet	35	129
		27	

CALORIC NEEDS:

- **20 – 27 calories per lb. of lean body weight/day *in season*** (Basketball, Soccer and Swimming, Long Distance and Cross Country)
- **20 Calories per lb. of lean body weight/day *out of season*** (in season for the following sports: Softball, Volleyball, Baseball, and Tennis)
- **180 lb. MALE @ 20% body fat = 144 lbs. multiplied by 26 calories per lb. = 3744 calories per day**
- **130 lb. FEMALE @ 20% body fat = 104 lbs. multiplied by 25 calories per lb. = 2600 calories per day**

Each portion contains 45 calories.
Each portion contains 5 grams of fat.

Food portion

Size of one

Oil, butter, margarine, full-fat mayonnaise	1 tsp.
Diet margarine	1 tsp.
Cream cheese, whipped cream, sour cream	1 Tbsp.
Cream cheese, whipped cream, sour cream (low-fat or nonfat)	1 Tbsp.
Salad dressing (full-fat)	1 Tbsp.
Salad dressing (low-fat or nonfat)	1 Tbsp.
Avocado	1/8 medium
Olives	8
Nuts	6-10
Seeds	1 Tbsp.
Peanut butter and other nut butters	1 Tbsp.

Equivalent to 2 fat servings:

Regular beer or wine	6 oz.
Light beer	8 oz.
Liquor	1 oz.

FLUID NEEDS:

- 1 Quart of water for every 1000 calories of food
- For exercise lasting less than one hour, water is sufficient for replacing lost fluids.
- For exercise lasting more than one hour, carbohydrate electrolyte sport drinks (Gatorade) are best.
- 10-20 minutes before competition or training drink 7-10 oz. of water or a sport drink mixed 1:1 with water
- Every 10-20 minutes, drink 7-10 oz. of water or a sport drink mixed with water. Athletes should be encouraged to drink beyond their thirst.

Beverage	Carb (%)	Sodium (mg)	Potassium (mg)	Other minerals	Calories
1st Ade	7	55	25	Phosphorus	60
10K	6.3	55	30	Chloride, phosphorus, vitamin C	60
Allsport	8	55	55	Chloride, phosphorus, calcium	70
Cytomax	5	53	100	Chloride, magnesium	66
Endura	6.2	46	80	Chloride, calcium, magnesium, chromium	60
Exceed	7.2	50	45	Chloride, magnesium, calcium	70
Gatorade	6	110	30	Chloride, phosphorus	50
Hydra Fuel	7	25	50	Chloride, phosphorus, magnesium, vitamin C, chromium	66
PowerAde	8	55	30	Chloride	70
Quicklck	7	100	23	Chloride, phosphorus, calcium	67

**Before
exercise**

2—3 h before,
drink 17—20oz.
of water or a
sport drink

10—20 mm
before, drink
7-40 oz. of

**During
exercise**

- Athletes benefit from drinking fluid with carbohydrate in many situations.
- If exercise lasts more than 45 min or is Intense, fluid with carbohydrate (sport drink) should be provided during the session
- A 6%-8% carbohydrate solution maintains optimal carbohydrate metabolism.
- During events when a high rate of fluid intake is necessary to sustain hydration, carbohydrate composition should be kept low (less than 7%) to optimize fluid delivery.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid Intake, as well as offsetting losses.
- Cool beverages at temperatures of 10°—15° C (50°59° F) are recommended.

Every 10—20 mm, drink
7—10 oz. of water or a
sport drink. Athletes should

**After
exercise**

Within 2 h, drink
enough to replace
any weight loss
from exercise:

approximately
20 oz. of water or
sport drink per
pound of
weight loss.

Within 6 h, drink an
additional 25%—50%
more than weight

Time Your Meals Appropriately for Best Results:

The composition of your meal should vary according to the *time* of the day you are ingesting. If you are about to go to bed, there should be few carbs and very few fats. If your meal is 1.5 – 2 hours previous to a hard training session, your meal should consist of a considerable amount of complex carbohydrates. Each day has a different schedule, therefore, be mindful to bring appropriate foods with you so that you may stay properly fueled when it is time to train or compete.

DO NOT ALLOW YOUR ACADEMIC SCHEDULE TO DICTATE YOUR EATING HABITS. SINCE YOU ARE AN ATHLETE, BRINGING FOOD TO CLASS IS JUST AS IMPORTANT AS BRINGING A PEN OR PENCIL.

Eat small, frequent meals to promote calorie burning versus fat storage. Five to six meals a day are best – more if your calories are greater than 3,000 a day. Make sure to eat breakfast if you work out in the morning. Eat smaller meals in the evening. It's best to eat 1.5 to 2 hours before exercise.

If you are training like an athlete, you must eat like an athlete. You cannot wait for your blood sugar to drop and consequently, make poor food choices that do not serve your nutritional needs.

Portion Sizes:

Culturally, we have difficulty understanding the true definition of a portion size. Portions do, however, vary according to the muscularity and weight of any given individual. Nonetheless, what we are used to eating as a meal far exceeds an appropriate ingestion. I define 'appropriate' as what is necessary for the protein, carbohydrate, and fat needs for that individual. That is why we have included what is defined as a serving for specific foods. This will be helpful when deciding what you will eat, when, and how much.

Know Your Portions:

A portion is the amount of food used to determine the numbers of servings for each food group. It is not always the amount of food that you would think of as a serving. For example, one portion of pasta is just a half cup, but if you have pasta for dinner, you would likely eat at least one cup. One cup of pasta equals two servings from the bread and cereal group.

Learning the portion sizes for servings is the foundation of success. It is the method by which calorie control is built into an eating plan. If you are eating portions that are too large or too small, the plan will not work. Look at the following chart for a listing of foods and serving sizes for each food group. In the beginning, you should refer to this chart frequently, as well as weigh and measure foods to get a handle on portion sizes. After a few weeks, you will be able to do it on your own.

*A portion equals 90—120 calories.
Each portion contains 0—3 grains of fat.*

Food	Size of one portion
Nonfat milk or plain nonfat yogurt	1 cup
Evaporated skim milk	1 cup
Nonfat dry milk	1/3 cup

Food	Number of servings
Cranberry sauce, jellied, 1/4 cup	1 1/2
Frozen fruit bars, 100% juice, 1 bar (3 oz.)	1
Fruit snacks, chewy (pureed fruit concentrate), 1 roll (3 oz.)	1
Fruit spreads, 100% fruit, 1 Tbsp.	1
Gatorade sport drink, 1 cup	1
Gelatin, regular, 1/2 cup	1
Gingersnaps, 3 small	1
Granola bar, nonfat, 1 bar	2
Ice cream, nonfat, no sugar added, 1/2 cup	1
Jam or jelly, regular, 1 Tbsp.	1
Pudding, regular (made with low-fat milk), 1/2 cup	2
Pudding, sugar-free (made with low-fat milk), 1/2 cup	1
Salad dressing, nonfat, 1/4 cup	1
Sherbet, sorbet, 1/2 cup	2
Soda pop, 12 oz.	3
Syrup, light, 2 Tbsp.	1
Syrup, regular, 2 Tbsp.	1
Syrup, regular, 1/2 cup	4
Yogurt, frozen, nonfat, no sugar added, 1/2 cup	1
Yogurt, nonfat with fruit, 1 cup	3
Yogurt, nonfat, no sugar added, 1 cup	1
Angel food cake, unfrosted, 1/12 cake	2
Hard candy, 3 small	1

Food	Size of one portion
Lean	
Select or choice grades of lean beef, pork, lamb, or veal trimmed to 0 fat	1 oz.
Dark meat skinless poultry or white meat chicken with skin	1 oz.
Oysters, salmon, catfish, sardines, tuna canned in oil	1 oz.
Processed sandwich meat with 3 grams of fat	1 oz.
Parmesan cheese	1 oz.
Medium-fat	
Most styles of beef, pork, lamb, veal—trimmed of fat, dark meat poultry with skin	1 oz.
Ground turkey or chicken	1 oz.
Cheese with 5 grams of fat	1 oz.
Cottage cheese 4.5% fat .	¼ cup
Whole egg	1 each
Regular soy milk	1 cup
Tempeh	4oz or 1/2 cup
Tofu	4 oz. or ½ cup
<u>Vegetable Group</u>	
Food	
Size of one portion	
Most cooked vegetables	½ cup
Most raw leafy vegetables	1 cup
Sprouts	1 cup
Most other raw vegetables, chopped or sliced	1 cup
Vegetable juice	6 oz.
Vegetable soup	1 cup
Tomato sauce	4 cup
Salsa (made without oil)	3 Tbsp.

Bread, Cereal, Rice and Pasta Group

Food	Size of one portion
Bread	1 slice
Pita	1 óz.
Bagel ,English muffin, bun	½ small(1. oz.)
Roll	1 small

Fruit Group

Food	Size of one portion
Nonfat or low-fat soy or rice milk, fortified with calcium and vitamins A & D	1 cup
Buttermilk	1 cup
Low-fat or nonfat cottage cheese	1 cup
Ricotta cheese	2 oz.
Low-f at or nonfat hard cheese (cheddar, Swiss)	1 oz.
American cheese	1 slice
Low-fat or nonfat ice cream or frozen yogurt	½ cup
Low-fat or nonfat fruit-flavored yogurt	1 cup
Low-fat or nonfat pudding	1/2 cup

Food	Size of one portion
Most fruits, whole	1 medium
Most fruits, chopped or canned in own juice	1/2 cup
Melon, diced	1 cup
Berries, cherries, grapes (whole)	¾ cup
Fruit juice	½ Cup
Banana	1 small
Grapefruit, mango	½
Plums	2 each
Apricots	4 each
Strawberries (whole)	1¼ cup

Kiwi 1 each

Food **Calories** **Percent of fat**

Arby's

Chocolate shake	451	23
Jamocha shake	368	26
Vanilla shake	330	31
Lite vinaigrette dressing (1 Tbsp.)	12	38
Hamburger	255	32
Plain baked potato	240	7
Chicken fajita pita	272	31
Grilled chicken barbecue	378	34
Lite chicken deluxe	263	21
Lite ham deluxe	255	19
Lite roast beef deluxe	294	31
Lite roast turkey deluxe	260	17
French dip roast beef	345	32

Burger King

Chocolate shake	409	24
Vanilla shake	334	27
Chocolate frozen yogurt	132	20
Vanilla frozen yogurt	120	23
BK broiler sandwich	267	32
Broiled chicken sandwich (no dressing)	140	26

McDonald's

Shakes	320	5
Cheerios	80	11
Wheaties	90	10
English muffin with spread	170	21
Hotcakes with margarine and syrup	440	25
McDonaldland cookies	290	28
Soft-serve ice cream	140	29
Chunky chicken salad (no dressing)	150	24

Pizza Hut

Cheese pizza (2 medium slices)	518	35
Cheese pan pizza (2 medium slices)	492	33

Taco Bell

Bean burrito	387	33
Chicken burrito	334	32
Combination burrito	407	35

Wendy's

Apple Danish	360	35
Frosty (12 oz.)	340	26
Chili (small)	190	28
Chili (large)	290	28
Bacon and cheese baked potato	510	30
Broccoli and cheese baked potato	450	28
Plain baked potato	300	2
Caesar side salad	160	34
Grilled chicken sandwich	290	22

Subway

Seafood and crab	157	40
Steak and cheese	182	40
Cold cut trio	193	56
Tuna	198	55
Meatball	232	50
Classic Italian BMT	269	64

Super Subs

Classic Italian BMT	668	53
Cold cut trio	517	42

Here are some additional fast-food tips to keep you on track:

- Always order the regular-sized sandwiches because they are lower in fat.
- Instead of ordering a bigger sandwich, order a salad, lowfat milk, and low-fat frozen yogurt to complete your meal.
- Stay away from fried foods.
- Don't eat the high-fat tortilla shells from taco salads. Request that sour cream and secret sauces be left off your order.
- Top your baked potato with chili instead of fatty cheese sauce.
- Whatever you order, order just one!

What's in Alcohol?

Alcohol is a carbohydrate, but it's not first converted to glucose as other carbohydrates are. Instead, it is converted into fatty acids and thus more likely to be stored as body fat. So if you drink and train, alcohol puts fat metabolism on hold. It's not your friend if you're trying to stay lean.

Pure alcohol supplies 7 calories per gram and nothing else. In practical terms, a shot (1.5 oz) of 90-proof gin contains 110 calories, and 100-proof gin contains 124 calories. Beer has a little more to offer, but not much. On the average, a 12-oz contains 146 calories, 13 grams of carbohydrates, traces of several B-complex vitamins and depending on the brand, varying amounts of minerals. Light beers and non-alcoholic beer are lower in calories and sometimes carbohydrates. All table wines have similar caloric content. A 3½-oz serving of table wine contains about 72 calories, 1 gram of carbohydrates, and very small amounts of several vitamins and minerals. Sweet or dessert wines are higher in calories, containing 90 calories per 2-oz serving.

What Are Alcohol's Side Effects?

Today, alcohol is the most abused drug in the United States. Ten percent of users are addicted, and 10 – 20 percent are abusers or problem drinkers. Alcohol is a central nervous system depressant. Compared with any other commonly used substance, alcohol has one of the lowest effective dose/lethal dose ratios. In other words, there's a very small difference in the amount of alcohol that will get you drunk and the amount that will kill you. But the reason that more people don't die from alcohol intoxication is that the stomach is very alcohol sensitive and rejects it by vomiting.

Acute alcohol intoxication results in tremor, anxiety and irritability, nausea and vomiting, decreased mental function, vertigo, coma, and death. In large amounts, alcohol causes the loss of many nutrients from the body, including thiamin, vitamin B6, and calcium. Furthermore, chronic alcohol abuse has negative side effects on every organ in the body, particularly the liver, heart, brain, and muscle and can thus lead to cancer and diseases of the liver, pancreas, and nervous system.

Also, don't drink alcohol in any form if you're pregnant. It can cause birth defects. Drinking alcohol in large amounts can also lead to accidents, as well as social, psychological, and emotional problems.

How Does Alcohol Affect Exercise Performance?

Because alcohol depresses the central nervous system, it impairs balance and coordination and decreases exercise performance. Strength and power, muscle endurance, and aerobic endurance are all zapped with alcohol use. Alcohol also dehydrates the body considerably.

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The College of Saint Rose wishes to not only credit, but highly recommend the book **Power Eating** by Susan M. Kleiner, PhD., R.D.

The website is:

www.powereating.com and the book, **Power Eating**, is available at the College of Saint Rose Book Store and Amazon.com

Other Suggested websites are:

www.foodandsport.com

www.sportsmedicine.com

Foods to Choose When You Need More Calories

- **Breads**
 - Choose hearty, dense breads such as whole wheat, oat bran, pumpernickel, or rye (as opposed to fluffy white breads). The bigger and more thickly sliced the better! Spread generously with peanut butter, jam, honey, hummus, or low fat cream cheese.
- **Cereals**
 - Choose dense cold cereals such as granola, muesli, grape-nuts, Cracklin Oat Bran, Shredded Wheat n Bran or Wheat Chex (instead of flaked or puffed cereals). When making oatmeal and other hot cereals, use low fat milk instead of water. Add extra nuts and dried fruits for flavor.
- **Vegetables**
 - Starchy vegetables such as potatoes, peas, corn, carrots, winter squash and beets have more calories than watery veggies like broccoli, cauliflower, zucchini, green beans, and cucumbers.
- **Fruits**
 - Bananas, pears. Apples, pineapple, and all dried fruits (raisins, dates, dried apricots, etc.) have more calories than watery fruits such as oranges, peaches, plums, berries, and watermelon. Buy canned fruit packed in heavy syrup, instead of its own juice, for extra calories.
- **Soups**
 - Select heart black bean, lentil, split pea, chili with beans, barley, or minestrone soups. These soups have more calories and carbohydrates than brothy chicken, beef and vegetable types.
Note: Creamed soups and chowders are also high-calorie choices, but they are very high in saturated fat and should be eaten in moderation.
- **Salads**
 - Rather than filling up on watery lettuce, pile on the garbanzo and kidney beans, green peas and corn, chopped vegetables. Sunflower seeds and chopped walnuts, raisins, cottage cheese, lean meats, tuna fish, and croutons. Top with a liberal amount of vinegar and oil type dressing.
Note. Creamy dressings are high in calories, but also high in saturated fat.
- **Beverages**
 - Quench your thirst with fruit juices and nectars, low fat milk, shakes, fruit smoothies, and regular soft drinks. Avoid filling your stomach up with non caloric beverages like water, coffee, tea, and diet soft drinks.

Try These Quick-N- Easy Breakfast Ideas

- Whip together 2 cups fruit juice, 1 cup fresh, frozen or canned fruit, 1 cup yogurt, ¼ cup dried non fat milk powder, and ¼ cup wheat germ or oat bran for a high energy liquid meal to go.
- Spread peanut butter, honey, or jam on large bagels, muffins, hearty whole wheat bread/toast, graham crackers or stoned wheat crackers. Grab an extra large banana and wash it down with a tall glass of milk.
- Fill a plastic bag with raisins and nuts (trail mix) or your favorite dry cereal. Grab an 8 oz container of fruit yogurt and a couple cans/boxes of fruit juice.
- Non traditional ideas:
 - Heat up leftover pizza, pasta, or Chinese food from last night's dinner.
 - Make a peanut butter and honey, grilled cheese, tuna, or turkey sandwich.
 - Pop a backed potato in the microwave for 5-10 minutes; top with chopped veggies (frozen ones are quickest) and melted cheese, canned chili, or hearty bean soup
 - Wrap vegetarian refried beans, shredded low fat cheddar cheese, and tomato salsa in a couple of flour tortillas.

Try these Quick-N-Easy Snack Ideas

- Dry cereal: Wheat Chex, Shredded Wheat, Cheerios, Oat Squares, granola. Note: Add raisins or other dried fruits to boost the calories and carbs.
- Pretzels: Naturally fat free. Look for reduced salt or salt-free varieties if you are watching your salt intake.
- Crackers: Stoned wheat, sesame, bran, RyKrisp, or other low fat or fat free brands. Note: Spread with peanut butter or add slices of cheese to boost the calories and protein.
- Bagels: The bigger the better. Look for whole wheat, pumpernickel, rye, or ones with seeds to get the most nutrients. Note: Spread with peanut butter, honey, jam, or low fat cream cheese to boost the calories.
- Fruits: Bananas, apples, oranges, grapes, or other fresh fruits. Note: Dried fruits (like raisin, apricots, and dates) are especially easy to pack and very calorie dense.
- Nuts and seeds: peanuts, pistachios, almonds, sunflower seeds and other nuts are high in calories and good sources of protein, healthy monounsaturated fats, vitamin E, and several other vitamins and minerals.
- Sports bars, breakfast bars, and low fat granola bars: Prewrapped, very portable, and very tasty.

