

Game Plan for Good Nutrition

Good food is:

- One of life's pleasures
- Important fuel for your body
- A nightmare to juggle with your busy schedule

Keep it simple:

- **Try not to let yourself get too hungry** – we make the worst food choices when we are desperate for food. **Identify 2-3 snacks** that you can easily carry with you to class to avoid desperation eating. For example, **LaVerde's** sells string cheese, nuts, yogurt, cut-up fruit and vegetables, low fat Triscuits, and Kashi dried cereals. Those **sports bars** by the cash register can get expensive, and are often not much more nutritious than a candy bar with some protein powder mixed in.
- We need enough **Carbohydrates, Fat, Protein** (the macronutrients of food) and **Vitamins and Minerals** (the micronutrients of food), as well as **Water** to be at optimum performance levels.
- To get the most nutrition benefit, emphasize **Complex Carbohydrates (these keep you fuller, longer)** and **Healthy Fats** at most meals. Dense sources of **Protein** will also help keep you full. See the back of this sheet for examples of each.
- **Know your body** – some sports nutritionists recommend at least 60% of calories should come from carbohydrates for athletes, but every body is different. Eating too little or too monotonously will result in **chronic fatigue** and less power in your sport.
- **Don't drink all your calories** – sodas and beers can quickly fill up our daily caloric needs, without maximizing our athletic potential. If you are a "water hater," try adding a slice of lemon or lime, a splash of juice, or drinking flavored seltzer.
- **Request healthy study breaks from your GRT/RA** – baked chips and salsa, baby carrots, peanut butter and whole grain crackers, or cut-up fruit will be appreciated by many students.
- **Go for:**
 - **VARIETY** – you'll thrive best by eating a variety of foods
 - **MODERATION** – yes, soda and chips can fit into a balanced diet! If you have a big, greasy sausage pizza for lunch, enjoy every bite, and think about having a low-fat turkey sandwich for dinner.
 - **WHOLESONENESS** – look for foods that are as close to the way nature made them as possible – whole wheat rather than white bread, apples rather than apple pie, baked potatoes rather than potato chips.
- See the modified food pyramid recommended by the Harvard School of Public Health on the back of this sheet for suggestions about **how to eat** every day.

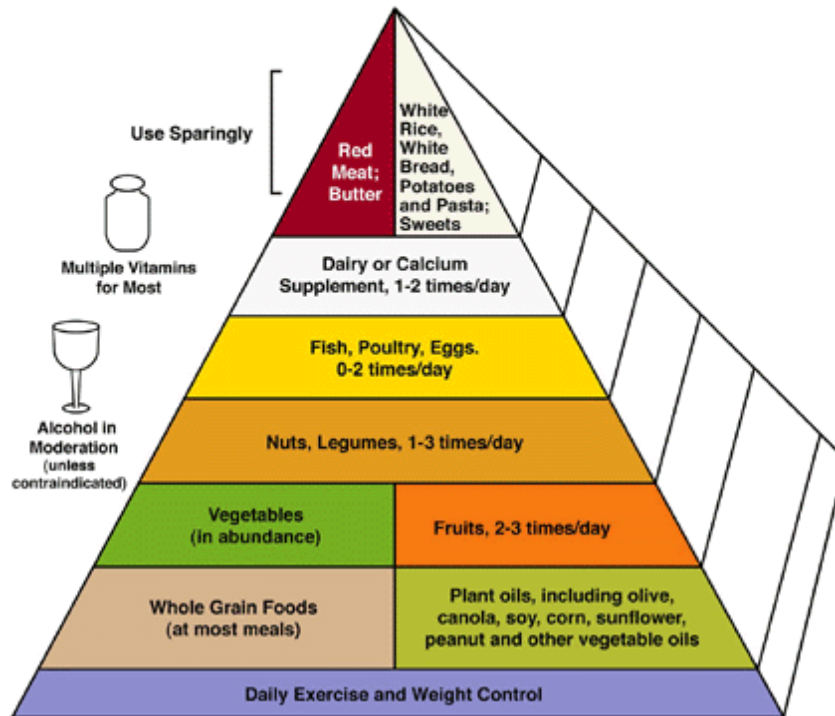
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Adapted from *Get with the Program* by Bob Greene

Questions about this topic? Contact Julie Banda at the Center for Health Promotion and Wellness

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Healthy Eating Pyramid



From the Harvard School of Public Health. For more information:

<http://www.hsph.harvard.edu/nutritionsource/pyramids.html>

Examples of complex carbs:

- Brown rice
- Quaker Old-Fashioned Oatmeal
- 100% whole wheat bagels
- Sweet potatoes

Examples of healthy fats:

- Olive and canola oils
- Sesame tahini (often an ingredient in hummus)
- Almonds
- Peanut butter

Examples of dense protein (lots of grams of protein in each serving):

- Tuna fish or salmon
- Low-fat cottage cheese
- Turkey or chicken breast
- Tofu

Examples of vegetarian protein sources that are also high-fiber complex carbohydrates:

- Lentils
- Black beans from Anna's and other beans

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