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# NUTRITION STRATEGIES FOR ATHLETES



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## Introduction

“Good” carbohydrates are the main fuel for athletes. Healthy carbohydrates provide nutrients and sustainable energy, which includes whole wheat bread, oatmeal, brown rice, black beans, chickpeas, fruits and vegetables. Many athletes limit carbohydrates and/or skip meals, which decreases energy. “Bad” carbohydrates such as donuts, cookies, soda, flavored coffee drinks and potato chips will negatively affect energy. Remember: what you eat today affects today and tomorrow’s workout. Eat every day, as it is competition day.

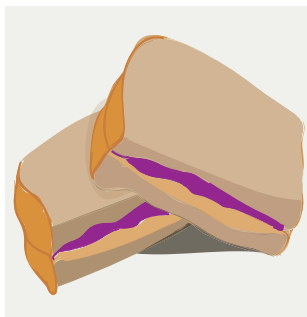


## Nutrition Strategies

### **NUTRITION STRATEGY 1: EAT MEALS WITH AWESOME CARBOHYDRATES**

Include “Good carbohydrates” with each meal;

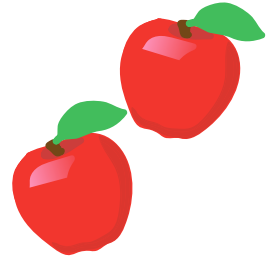
- \*Oatmeal
- \*Peanut butter and jelly on whole wheat bread
- \*Whole-wheat pasta with marinara sauce
- \*Mixed greens salad with chick peas, vegetables, raisins
- \*Salad pizza with fruit cup
- \*Sweet potatoes



## NUTRITION STRATEGY 2: SUSTAIN ENERGY WITH SNACKS

The body needs energy like a car all day long and even more so as a college athlete. In addition, after an intense workout, muscles deplete of glycogen, the main source of energy. Consume good carbohydrates between meals and within an hour after practice.

- \*Apple and peanut butter
- \*Raisins and sunflower seeds
- \*Whole grain crackers and hummus
- \*Brown rice cakes with peanut butter
- \*Air-popped popcorn and fruit



# ATHLETIC NUTRITION

## NUTRITION STRATEGY 3: CHOOSE FOODS TO ENHANCE PERFORMANCE

Read ingredients before you eat it. Many foods are loaded with chemicals and additives, which hinder sports performance. Packaged foods can be friend or foe. Ignore the health claims, zoom in on the ingredients and ask yourself three questions:

1. Are there less than 5 ingredients?
2. Can I pronounce the ingredients?
3. Do I know what these ingredients are?

If you answered yes to all three questions, chances are it is an awesome choice. If not, put the item back on the shelf and choose a product that meets the criteria.



## NUTRITION STRATEGY 4: HYDRATE THROUGHOUT THE DAY

Drink water all day long. Filtered water is available at numerous locations on campus and is free. Invest in a reusable water bottle and refill as needed.



# ATHLETIC NUTRITION

## NUTRITION STRATEGY 5: SUPPLEMENT WITH NATURAL SUGARS AND FATS

Add healthy fats such as peanut and almond butters, nuts, seeds, avocado and guacamole. Sweeten the day naturally with fresh and frozen fruits and dried fruits (raisins, figs, cranberries and mangos).

**\*Peanut butter and carrots**

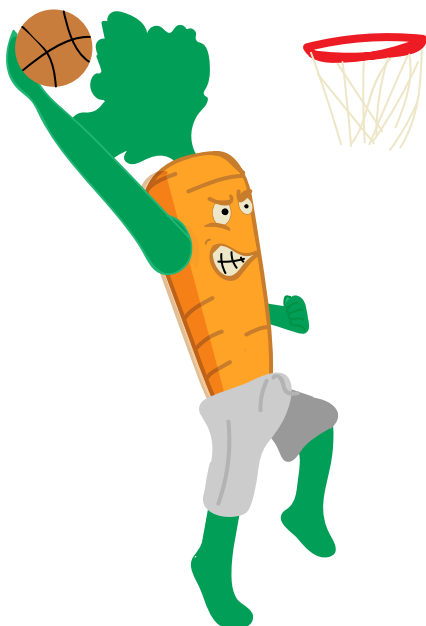
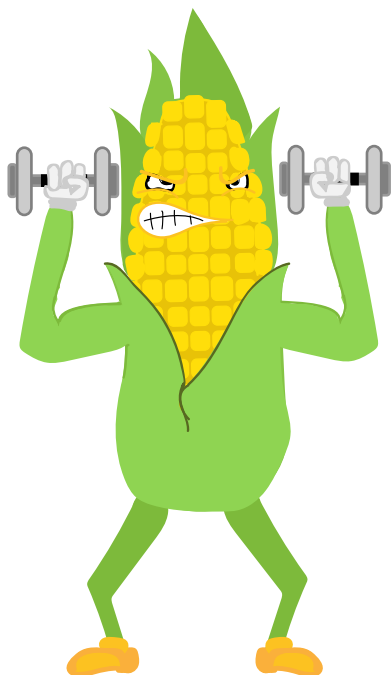
**\*Sunflower seeds and raisins**

**\*Dried apricots and walnuts**

**\*Almond butter and brown rice cakes**

**\*Avocado and diced tomato on whole-wheat toast**

**\*Guacamole on salads, tacos and burrito bowls**



# ATHLETIC NUTRITION

## Sample Meal Plan

### Day 1

#### Breakfast in the room

Original Cheerios, almond milk and banana

#### Lunch at Mondo's

Turkey on whole-wheat sub roll, mixed greens, tomato, cucumbers, hummus, fruit cup

#### Snack on your own

Bananas and peanut butter

#### Dinner in the room

Whole-wheat pasta with red sauce and chicken, mixed green salad with chickpeas

#### Snack on your own

Peanut butter and jelly on whole-wheat bread, apple



# ATHLETIC NUTRITION

## Sample Meal Plan

### Day 2

#### Breakfast at Au Bon Pain

Oatmeal with raisins, cinnamon and fruit

#### Lunch at Primos

Salad pizza, fruit cup

#### Snack at Osprey Smoothie

Mango and strawberries with almond or soy milk

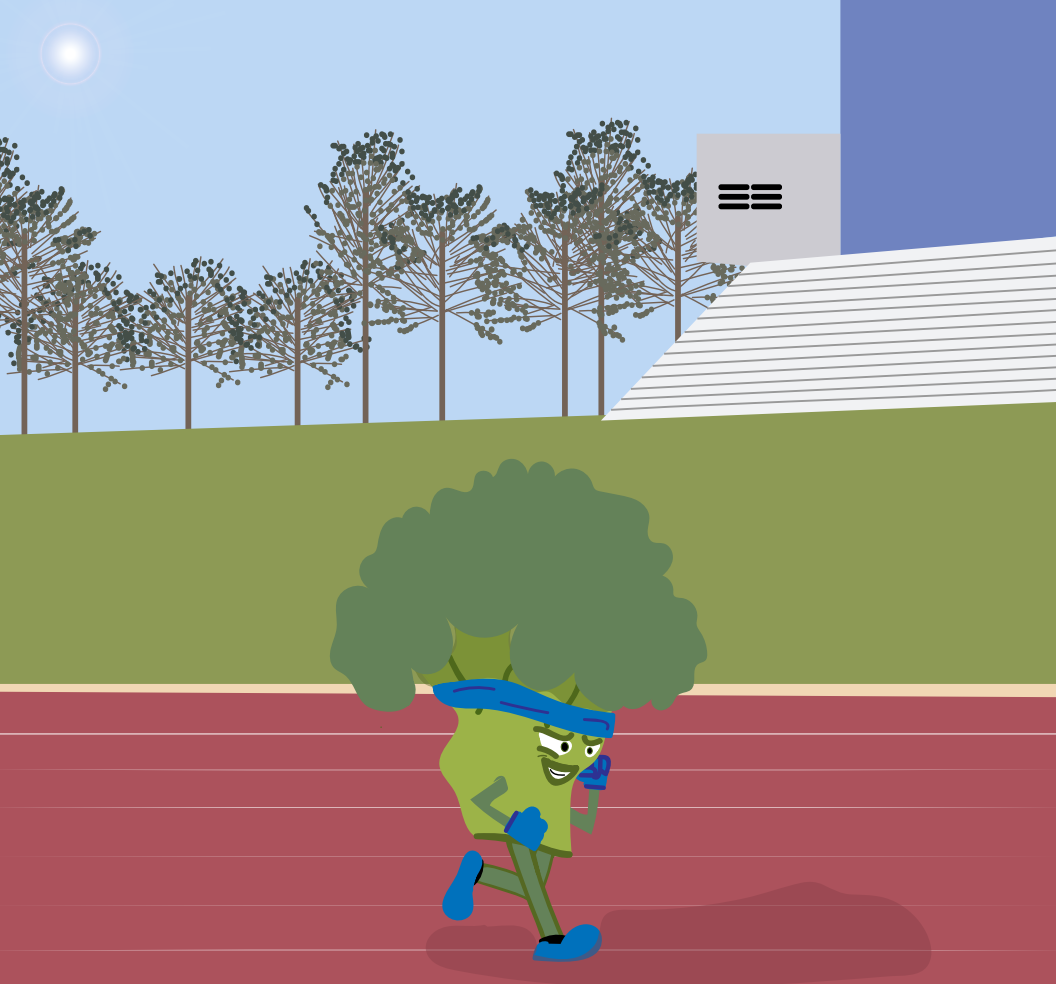
#### Dinner at Student Restaurant (N-wing)

Grilled chicken and vegetable stir-fry, brown rice, salad with chick peas

#### Snack on your own

Pretzels and hummus, orange





***Interested in a **FREE** nutrition consultation?***  
Call 609.652.4701 to schedule an appointment  
with Kim Raring, M.S., R.D., Nutritionist  
West Quad, Suite 108

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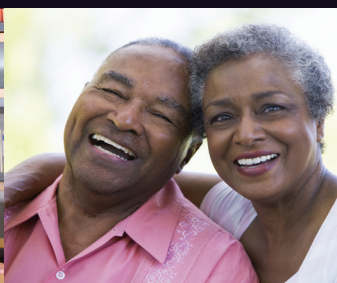
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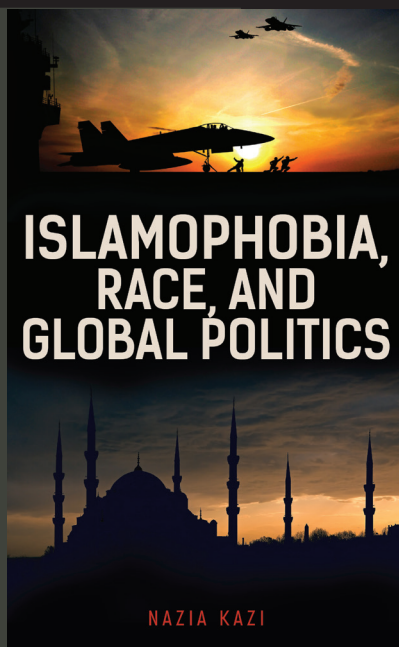
# ISLAMOPHOBIA, RACE, AND GLOBAL POLITICS



By Nazia Kazi

**Book Signing & Reading at Stockton University Campus Center Bookstore**  
**Tuesday, February 19 • 12:30 p.m.**

Islamophobia, Race, and Global Politics is a powerful introduction to the scope of Islamophobia in the U.S. Drawing on examples such as the legacy of Barack Obama, the mainstream media's portrayal of Muslims, and the justifications given for some of America's most recent military endeavors, author Nazia Kazi highlights the vast impact of Islamophobia, connecting this to a long history of US racism. Kazi shows how American Islamophobia and racism are at once domestic—occurring within the borders of the United States—and global—a matter of foreign policy and global politics. Using Islamophobia as a unique case study, Kazi asks the reader to consider how war and empire-building relate to racism.



**Light Refreshments will be served**



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Directed By Jon Favreau December 9th, 2017 All Theaters Order Tickets now at [TicketMaster.com](http://TicketMaster.com)



# CAPTAIN★AMERICA

Chris Evans, Sebastian Stan, Hayley Atwell, Dominic Cooper, Stanley Tucci, Hugo Weaving  
Directed By Joe Johnson, July 19th, 2011 All Theaters Order Tickets now at [TicketMaster.com](http://TicketMaster.com)



THE FIRST AVENGER  
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Tom Holland, Robert Downey Jr, Marissa Tomei, Michael Keaton, Zendaya, Jennifer Connelly  
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# Bottle Design

Here at Odd Duck Brewery, we take pride in our use of the freshest ingredients. Every ounce of every product is crisp and unfiltered to bring you a thirst quenching, fresh and unforgettable taste. So sit back, crack one of these bad boys open and take a sip of the fresh life...

odd duck brewery presents

# KISS • DEATH



Raspberry Ale

Nutrition Facts	
Serving Size	1 Can (355ml)
Amount per serving	
<b>Calories</b>	<b>20</b>
Total Fat 0g	0%
Sodium 100mg	4%
Total Carb. 12g	4%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Erythritol 10g	
Protein 0g	0%
Riboflavin (vit. B2) 0.6mg	45%
Niacin (vit. B3) 7mg	45%
Vitamin B12 2.4mcg	100%
Pantothenic Acid (vit. B5) 4mg	80%
<small>Not a significant source of sat. fat, trans fat, cholesterol, fiber, total sugars, added sugars, vit. D, calcium, iron, and potas.</small>	



# T-Shirt Designs



