

# NUTRIENT-RICH FOODS: Packing More Nutrition in Every Meal



## Smart Food Choices to Fuel Workouts

For an athlete, a healthy, well-balanced diet provides the essential nutrients that fuel effective workouts, strong performances and optimal recovery. You can build a better diet by enjoying nutrient-rich foods first within and among all food groups.

Nutrient-rich foods and beverages help make the calories you consume count more because they provide a substantial amount of vitamins and minerals for relatively few calories.<sup>1</sup> Choosing nutrient-rich foods each day helps ensure meals deliver essential nutrients that you need, such as protein, fiber, B vitamins, vitamin C, calcium and potassium.

## Building a Nutrient-Rich Plate

Look for nutrient-rich food choices at every meal whether you are training at school or on the road for competition. These suggestions can be adapted based on the foods that are available at your cafeteria or restaurants and all feature choices that help provide more nutrition in every calorie.

### BREAKFAST



- Boost calcium by making oatmeal with fat-free milk, or pour milk over high-fiber cereal like shredded wheat or raisin bran type-cereals. Mixing in raisins, dried cranberries, cherries or blueberries adds additional fiber and other nutrients.
- Top a toasted whole grain bagel or English muffin with peanut butter or a slice of low-fat cheese.
- Whip up a “technicolor” omelet or scrambled eggs with chopped fresh spinach, tomatoes, peppers or any favorite vibrant-colored veggie.

### LUNCH



- Build a nutritious sandwich by using whole wheat bread, lean roast beef, ham or turkey, avocado slices and lots of veggies such as romaine lettuce, tomato slices, cucumbers or onions.
- Toss dark greens such as spinach or romaine lettuce with cherry tomatoes, yellow peppers and red onion. Top with chopped hard-cooked egg for high-quality protein, B vitamins and vitamin E.
- Try whole wheat macaroni in macaroni and cheese - a tasty way to enjoy a whole grain food and calcium-rich dairy.

## GOOD FOR YOU FOODS THAT TASTE GREAT, TOO.

Nutrient-rich foods that are a healthy foundation for your training program include:

- Whole or enriched grains
- Vibrantly colored vegetables
- Brightly colored fruits
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, skinless poultry, fish, eggs, beans and nuts

<sup>1</sup> US Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005



## DINNER



- Use 90-95% lean ground beef in tacos, chili and spaghetti sauce. Protein-rich beef boosts your intake of vitamin B12, zinc and iron.
- For a tangy taste, top a baked potato with plain low-fat yogurt and fresh herbs. You'll get potassium from the potato and the yogurt.
- Savor a stir-fry made with lean pork strips, chicken breast or tofu and mix with cabbage, broccoli, carrots and water chestnuts. Serve over enriched white rice for B vitamins and iron.

For more nutrient-rich food information, meal plans, shopping lists and recipes, please visit [www.NutrientRichFoods.org](http://www.NutrientRichFoods.org).

### Low-Fat Chocolate Milk



#### Nutrition Facts

Serving Size 1 cup (240mL)

##### Amount Per Serving

**Calories** 160      Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.5g      **4%**

Saturated Fat 1.5g      **8%**

*Trans* Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 150mg      **6%**

**Potassium** 430mg      **12%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 1g      **5%**

Sugars 25g

**Protein** 8g

Vitamin A 10%      •      Vitamin C 4%

Calcium 30%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database for Standard Reference, Release 22, NDB 01104 (2009)

For illustration purposes only

### Fat-Free Milk



#### Nutrition Facts

Serving Size 1 cup (240mL)

##### Amount Per Serving

**Calories** 80      Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **1%**

*Trans* Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 105mg      **4%**

**Potassium** 380mg      **11%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 0g      **0%**

Sugars 12g

**Protein** 8g

Vitamin A 10%      •      Vitamin C 0%

Calcium 30%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database for Standard Reference, Release 22, NDB 01085 (2009)

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