**BASEBALL NUTRITION TIPS**

**1. Eat a balanced diet**

* Low fat protein like chicken, turkey, shellfish, beans
* Eat whole grain breads, pastas, and oatmeal (Hint: your carbohydrate source should contain 3-5g of fiber per serving, CHECK FOOD LABEL)
* Limit sugary, greasy, fatty, and processed foods (Note: eat foods with ingredients you can read, not ones that sound like something you would use in a chemistry lab)
* It is also important to remember that eating a well balanced diet in the off-season is equally as important as during season

**2. Water, Water, Water**

* 2 cups of fluid 2 hours before a practice or game
* Drink 6-8 oz of fluid every 15-20 minutes during practices and games
* Drink at least 3L per day (That’s 13 servings of an 8oz glass)
* Sports drinks are okay sometimes but don’t over do them because they contain a lot of sugar
* Milk (Skim, 1 or 2 %) is good to drink; remember chocolate milk after practice & weights!
* Limit soda and juices
* Caffeine is not recommended because it can be dehydrating
* Alcohol is also not recommended because it can deplete the body of nutrients and impair performance

**3. Eat consistently**

* Aim to eat 5-6 times per day; small meals & snacks are ideal
* Ensure adequate calorie intake
* Make sure to eat in the 45 minute window following a practice, workout, or game - focus on lean protein sources and a little carbohydrate (chocolate milk, PB & J, hard boiled egg with toast, trail mix, greek yogurt with granola)

**Tips Before a Game or Practice:**

* Low in fat foods, WHY? Because foods high in fat content stay in the stomach longer and can cause indigestion and feel heavy
* Foods high in protein and low in fat include: chicken, fish, shellfish, cheese, eggs, peanut butter, and nuts
* Eat a good amounts of carbohydrates because this is the body’s primary energy source. **Examples Include:** Whole wheat bread, whole wheat pasta, brown rice, oatmeal, whole wheat crackers, quinoa, or couscous
* Eat a small amount of protein to reduce muscle damage. **Examples include:** lean meat like chicken breast, turkey meat, steak, eggs, peanut butter, almond butter, or beans
* Eat fruit 30-60 minutes before a game or practice

**45 minutes after workouts or games:**

* 15-20 grams of protein + 45-60g of carbohydrate
	+ WHY? This will restore glycogen and facilitate recovery
	+ **Example Meals:**
		- 2-3 oz of chicken with 1 cup of brown rice
		- 4 oz of grilled salmon and a sweet potato

**In Game Snack Ideas:**

* Hard boiled eggs with whole grain crackers
* Apple slices with nut butter
* Cheese Sticks
* Homemade trail mix
	+ Mix nuts like peanuts, almonds, or cashews with granola, dried fruit, or even bits of pretzel. This will provide protein and healthy fats from the nuts and a simple carb in the granola, fruit or pretzel.
* Pretzels
	+ High in Carbs and Sodium, you lose sodium when you sweat and low sodium may cause cramps
* Energy Chews
	+ Simple carbs that are broken down quickly
* Fruit
	+ Banana: high in potassium and will help with cramps
	+ Apple: high in sugar and a moderate amount of fiber, this will leave you feeling satiated but not heavy
	+ Grapes: high in sugar and will give you energy during games and practices

**SAMPLE IDEAS FOR A DAY WORTH OF MEALS**

**Ex. Monday and Wednesday:**

**Practice 11-2**

**Weights 5-630**

**8:00-9:00 AM Breakfast: \*\*\*8 oz of water when you wake up**

* Whole grain toast or a whole grain bagel with nut butter and a banana
* Whole grain toast with eggs and avocado
* Oatmeal with sliced almonds or walnuts and fruit
* **Overnight oats\*\*\*\*\* Recommend for a quick breakfast:** oatmeal, milk, greek yogurt, and toppings of you choice (fruit/peanut butter), and chia seeds, Make this the night before and put it in the fridge to grab in the morning)

**10:00 AM One Hour Before Practice:**

* 8 oz of water and a piece of fruit
* Trail mix
* Hard boiled egg with wheat crackers
* Dried fruit
* Yogurt with almonds and dried cranberries

**12:30 PM Snack (Mid Practice):**

* Half way through practice, or whenever you start to feel low on energy, have a snack. Ideas for mid practice and game snacks are listed later on.

**2:30 PM LUNCH (Post Practice):**

* It is essential to eat within 45 minutes of ending practice for maximum muscle gain and to facilitate recovery
* Eat a meal with **15-20g of protein** and **45-65g of carbohydrates**
* Lunch Ideas
	+ Sandwich with whole wheat bread, a lean protein (chicken, turkey, roast beef) and some veggies (tomato, lettuce, spinach), and avocado
	+ Peanut butter and jelly sandwich on whole grain bread
	+ Sweet potato with grilled chicken
	+ Brown rice with a lean protein and veggies

**4:30 PM Snack (Pre-Weights)**

* Depending on how hungry you feel this snack may vary
* Eat something with about 250-350 calories
* ***See snack ideas further down***

**7:00 PM Dinner (Post-Weight)**

* Again, it is important to eat in that 45 minute window following weights
* Eat a meal with **15-20g of protein** and **45-65g of carbohydrates**
	+ Grilled chicken with a sweet potato and broccoli
	+ Quinoa with grilled shrimp, tomatoes, and zucchini
	+ Whole grain pasta with grilled salmon

**Travel Snack Ideas**

* Fresh *firm* fruit
	+ Ex: Apples or oranges
* Trail mix
* Nuts
* Dried fruit
* PB&J
* Pretzles
* Peanut butter to-go cups
* Peanut butter crackers
* Seeds
* Granola
* Apple sauce
* Rice cakes
* Veggies
	+ Ex: Baby carrots, celery sticks, bell peppers
* Hummus to-go cups
* Beef jerky
* String cheese
* Protein or granola bars
* Graham crackers
* Dark chocolate
* Sandwiches

**Q & A**

**Q: Most beneficial greens to eat on a daily basis?**

**A:** There isn’t really a more beneficial green than another. It is actually recommended to eat a wide variety of fruits and vegetable because each has a specific benefit to your body and can provide different nutrients.

**Q. What would be the cheapest, quickest and most healthy way to eat in the short window between practice and class?**

**A:** A great way to eat cheap, quick, and healthy is with meal prepping. Although at first this may seem like it takes more effort, it will be so beneficial in the end. I would recommend picking 2 days of the week to do this (Sundays and Wednesday work good normally). Make 3-5 servings of a complex carbs like brown rice, quinoa, or sweet potatoes (all super cheap), lean meat like grilled chicken, salmon, or shrimp, and pair it with a veggie or two. Pack it in tupperware, put it in your fridge and you’re set for meals for the week. You can even get the already cooked chicken at the store and its typically only 5-7 dollars. If this is too much work for you just packing a nice healthy sandwich would be a great solution. Whole wheat bread with 3-5 grams of fiber, some nut butter and a banana is super easy one to make and will leave you feeling satiated and with lots of energy for practice.

**Q. Do I need to weigh what I eat?**

**A:** No.

**Q: Is frozen chicken (Tyson Brand) fine to get?**

**A:** It depends which one you buy. For example, the crispy or breaded chicken probably isn’t your best option. But if you get the skinless chicken breast then yes, this is a great option for lean protein.

**Q: What foods help you sleep better or fall asleep faster?**

**A:** Some ideas of foods that might help you fall asleep faster are cashews, salmons, tart cherry juice, chamomile tea, sweet potatoes, almonds, and milk. Other strategies are trying to not use your phone a couple hours before bed.

**Q: I eat a lot of white rice. Good or bad?**

**A:** No this isn’t “bad”. In fact no food is really bad. However, switching to brown rice at least some of the time would be beneficial. Brown rice is a more complex carb and will provide you with more nutrients. It is also recommended to have variety in your diet. Meaning, if you always eat rice, maybe trying having a sweet potato or whole grain pasta instead of rice at some meals.

**Q:** Is C4 pre-workout banned?

**A:**

http://www.ncaa.org/sites/default/files/2017\_18\_NCAA\_Banned\_Drugs\_20170605.pdf

**Q: How many milligrams of creatine monohydrate are legal for NCAA?**

**A:**

**Q: If C4 is banned, what supplement in C4 is banned?**

**A:**

**Q: Best strategy for juicy chicken?**

**A:** Cooking chicken with the bone in will help. Also try marinating chicken before cooking. It is important to over cook the chicken because it will become dry. If you have trouble knowing when to take it out, try using a thermometer.

**Q: Crock pot meals, good or bad?**

**A:** Depends on the recipe being cooked in the Crock pot.

**Q: How can I manage a good meal when I am so busy throughout the day?**

**A:** Plan/prepare snacks and meals ahead of time. If you are eating out, know what healthier restaurants are nearby.

**Q: Best food to eat to gain muscle?**

**A:** Protein sources:

* Lean cuts of meat, fish, poultry (i.e. chicken breast, tuna) àremove skin & visible fat
* Low-fat dairy products (Greek yogurt, nonfat or 1% milk, mozzarella cheese, cottage cheese, etc.)•Eggs (limit yolks and add extra egg whites)
* Nuts and peanut butter (almonds/walnuts/peanuts: 1 serving = 10-12 nuts; 1Tbsp. PB)
* Beans and lentils (black, lima, and pinto-low-fat or non-fat refried beans)
* Vegetarian protein sources (i.e. tofu, soymilk, almond milk, Gardenburgers®, Boca Burgers®, etc.)

**Q: What should I be eating more of, if I want to gain only a couple of pounds?**

**A:**

Plan ahead for extra meals and snacks

The key to gaining weight is shifting the body weight equation so that you take in more calories than you burn. To gain weight, you may need to eat more food. Instead of the traditional "three squares a day," add two or three substantial snacks between three moderate-size meals. By spreading out your food choices during the day, you'll be more likely to enjoy your meals and snacks without feeling overstuffed.

Concentrate on calories

Tip the scale toward weight gain by choosing foods that are "calorie-dense," or high in calories. While rich desserts and fried foods quickly come to mind, the emphasis should be on foods that pack in other nutrients, such as protein, vitamins, and minerals, in addition to calories.

Where can you start?

Begin by choosing calorie-rich foods from each group of the Food Guide Pyramid (grains, vegetables, fruit, milk, meat and beans, and oils) plus sweets in moderation. Aim for the higher end of the recommended number of servings from each group shown in the Pyramid. Here are some calorie-dense, nutritious foods:

* Grains: bread, cereal, rice, pasta, granola, bagels, biscuits, cornbread
* Fruits: canned fruit in syrup, dried fruits, fruit nectars
* Vegetables: avocado, olives, potatoes, peas, corn, squash
* Meat, poultry, fish, dry beans, eggs, and nuts: beef, pork, lamb, poultry, salmon, swordfish, omelets, nuts, peanut butter, kidney beans, chickpeas
* Milk, yogurt, and cheese: milk, fruited yogurts, hard cheeses, ice cream, puddings, custards, milkshakes
* Use in moderation fats, oils, and sweets, such as butter, margarine, sour cream, cream cheese, gravy, salad dressings, jellies, jams, honey, and candies.

Maximize each mouthful

Incorporating extra calories into everyday meals can make eating a creative and flavorful experience. Try adding these nutritious, calorie-packed combinations to your meals:

* Use whole milk in place of water in hot cereal, soups, and sauces. Sprinkle powdered milk into casseroles and meatloaf for added calories, protein, and calcium.
* Add avocado, cheese, and salad dressings to sandwiches. Even fat-free dressings and cheeses will add calories without added fat.
* Mix cooked, chopped meat, wheat germ, nuts, beans, or cheese into casseroles, side dishes, and pasta.
* Choose calorie-dense beverages, appetizers, soup, salads, entrees, and desserts when dining out. Take home leftovers for a snack.

Let snacks work in your favor

Smart snacking plays an important role in gaining weight. Choose snacks that add calories, vitamins, and minerals, such as powdered milk added to a yogurt or ice cream-based shake with fruit and fruit juice. Dip crackers, chips, and fresh vegetable relishes into high-calorie dips made with cheese, sour cream (either regular or reduced-fat), mashed beans, or fat-free salad dressings.

Space out snacks during the day so you don't spoil your appetite for later meals.

Don’t Forget

* Use "Extras": These are items added to foods and drinks to enhance flavor and

energy. For example, mix in carnation instant breakfast powder to a glass of whole milk, to a yogurt smoothie or with a milk shake. Try mixing in Ovaltine® with a glass of milk. Add dried fruit or granola to yogurt. Mix in nuts, such as cashews or almonds to salads, trail mixes or cottage cheese.

* Maximize Portions: Paying attention to portions is a great idea for weight gain.

First, think about how much you eat in most of your meals and snacks. Slowly try to

increase the overall volume of the food at each meal, starting with one meal. For example, try adding one food item to a typical breakfast. Add some fruit to cereal and

milk. Then try increasing the amount of cereal. Make sure you switch to whole milk.

Try granola or any other calorie rich cereal instead of the lighter cereals. Once

portions have increased over a few days at breakfast, add more to dinner or lunch. Do

the same with snacks. Create a double snack by just doubling the portions at a typical

snack. For example, instead of two small cookies with milk, offer 3 or 4 small

Cookies with whole milk.

**Q: What are the best fluids to drink?**

**A:** Water is your best friend. I would recommended water being the main fluid you drink. Energy or calorie-containing fluids include: whole milk, juice, smoothies, milk shakes,

Carnation Instant Breakfast® powdered milk, or regular soda (for a treat). Avoid calorie free or low calorie drinks such as diet soda, Crystal Lite ®, or diet flavored seltzer water. You should drink at least 8 ounces of calorie fluids with each meal and snack.

**Q: Are there any foods or fluids I should avoid?**

**A:** Certain foods and drinks that lessen appetite and those with no nutritional value should be avoided. Omit or decrease your consumption of caffeine and caffeine containing products.

Examples of caffeine containing products to avoid are:

* coffee, lattes, and tea
* caffeinated soda
* energy drinks like Red Bull ®
* RockStar ®
* Monster ®, etc...which contain excessive amounts of caffeine

**Q: What’s a good short snack for on the go?**

* Fresh firm fruit
Ex: Apples or oranges
* Trail mix
* Nuts
* Dried fruit
* PB&J
* Pretzles
* Peanut butter to-go cups
* Peanut butter crackers
* Seeds
* Granola
* Apple sauce
* Rice cakes
* Veggies
Ex: Baby carrots, celery sticks, bell peppers
* Hummus to-go cups
* Beef jerky
* String cheese
* Protein or granola bars
* Graham crackers
* Dark chocolate

**Q: What are foods I can pre-make and bring to school?**

**A: Breakfast:**

* Greek yogurt, cottage cheese, or string cheese with fruit
* Cereal (hot/cold), milk/soy milk, fruit•Whole grain toast or graham crackers with avocado or peanut butter.
* Fruit smoothie with Greek yogurt/milk/orange juice, fruit, PB, and/or protein powder
* Dried fruit & nuts (Include raisins, dried cranberries, walnuts, almonds, peanuts, cashews. Pre-pack in small plastic bags so they’re easy to take with you!)
* Healthy granola bar (Kashi, Fiber One) Look for at least 3 grams/fiber/svg and less than 10 grams/sugar/svg
* Dry cereal with added nuts (walnuts, almonds, peanuts, cashews)•Peanut butter & jelly sandwich on high fiber bread (>3g/fiber/svg)•Cottage cheese “sundae” with sliced fruit and sunflower seeds
* Quesadilla made with cheese and veggies–add some chicken or refried beans too!
* Hot cooked oatmeal topped with blueberries, chopped walnuts or PB, and soy milk
* Fresh fruit salad topped with Greek yogurt,and granola •Bran muffin(small), apple slices and milk
* Raisin bagel or toast, poached egg, and fresh orange wedges

**Lunch/dinner:**

* Peanut butter & jelly sandwich (try replacing the jelly with other fruit: banana/apple)
* Turkey/grilled chicken sandwich topped with veggies, fruit or side salad/soup
* Large green salad with chicken/tuna/tofu/egg whites, whole-grain roll or whole-wheat pita (Skip the fat free dressing & have just a little regular dressing or try vinegar & olive oil.)
* Grilled fish/chicken taco (soft corn tortilla), slaw or side salad/soup, add a few corn chips
* Pasta and tomato sauce topped with chunk chicken, ground turkey, or cottage cheese
* Black or pinto bean, rice and cheese burrito, side salad
* Grilled chicken or fish, stir-fried/steamed veggies, brown rice
* Veggie burger (e.g. Boca Burger, Morningstar) or turkey burger on whole wheat bun. Serve with dark green lettuce, tomato, onion, ketchup, and/or mustard.
* Cold turkey breast sandwich on whole wheat bread. Pile on the veggies.
* Pita or tortilla stuffed with canned beans, hummus, turkey, or canned tuna. Add lots of veggies.
* Pita (or English muffin) pizza with tomato sauce, 1-2 Tbsp. cheese, and grilled veggies.
* Burritos made with corn tortillas, canned fat-free or low-fat refried beans, ground turkey breast or vegetarian “meat” crumbles, lettuce, tomatoes, onions, salsa.
* Fajitas made with corn tortillas, grilled chicken breast, tomatoes, onions, and bell peppers

**Q: Opinion on bagel & cream cheese?**

**A:** Instead of a bagel with cream cheese for breakfast, try having half of a bagel with peanut butter in order to add protein but maintain a healthy amount of calories. Eating a whole wheat bagel with 3-5g of fiber would make this an even more nutrient dense breakfast.

**Foods they like:**

* Grapes
* Cuties
* Apple sauce
* Beef jerky
* Rice cakes
* Almonds
* Yogurt
* Apples
* Strawberries
* Granola bars
* PB&J
* Eggs