

**Yorba Linda High School Distance Program:
2019 Cross-Country**

Endurance Performance Nutrition Resource

TABLE OF CONTENTS

Cover:	Title Page
Page 1:	Table of Contents
Page 2:	General Principles of Sport Nutrition
Page 3:	The Food Guide Pyramid
Page 4:	Example of Principle-Based Meal Selections
Page 5:	Sample Foods / Beverages / Meals - Breakfast
Page 6:	Sample Foods / Beverages / Meals - Lunch
Page 7:	Sample Foods / Beverages / Meals - Dinner
Page 8:	Nutritional Considerations & Strategies
Page 9:	Concluding Principles & Recommendations

GENERAL PRINCIPLES OF SPORT NUTRITION

- 1) **Consume a diverse diet emphasizing at least three (3) of the five food groups for each meal**
 - **Avoid an unnecessarily repetitive diet of the same foods each week**
 - **Incorporating diversity in food and beverage choices will promote corresponding diversity in vitamin, mineral, and other required nutrient intakes**
 - ***Example:* Consume two to three different cereals(wheat, oats, corn, rice) each week with two to three distinct fresh fruit combinations**

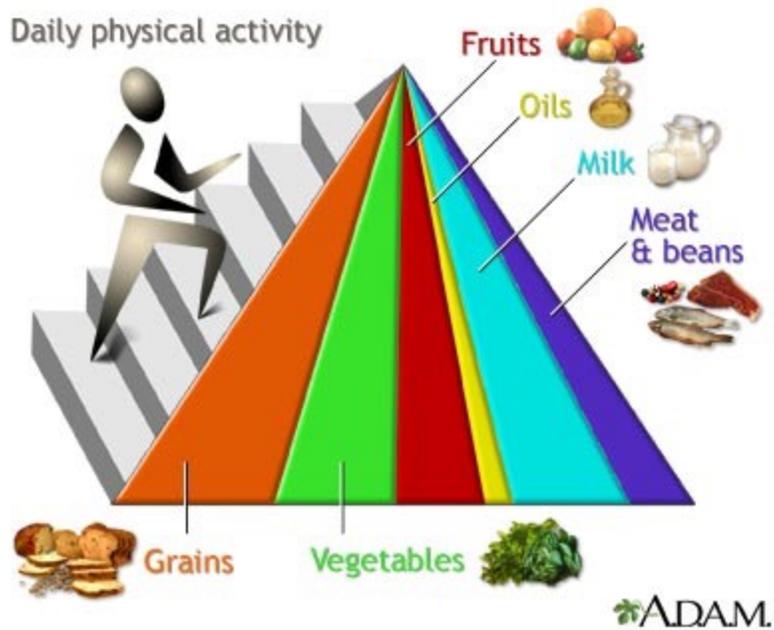
- 2) **Select and consume foods in their natural state**
 - **Foods in their natural (*i.e. unprocessed or lightly processed*) state have greater overall nutritional value – i.e. fresh fruit, fresh veggies**
 - **Foods in their natural (*i.e. unprocessed or lightly processed*) state contain less sodium, trans fat, and other undesirable constituents**
 - ***Examples:* Oranges instead of orange juice, bananas instead of energy bars, and whole-wheat bread instead of white bread**

- 3) **Emphasize moderation**
 - **The foundation of an excellent diet is healthful foods**
 - **Occasional, moderate consumption of somewhat lower nutritional quality foods and beverages can be a component of a nourishing nutritional program**
 - ***Example:* Eighty-five (85) to ninety (90) percent of nutritional intake should emphasize high quality foods / beverages while approximately ten (10) percent could be represented by foods / beverages of slightly lesser nutritional quality / density**
 - ***What are five food groups* – refer to Food Pyramid**

THE FOOD PYRAMID

Five Primary Food Groups:

- 1) Grains – (cereal, fiber)
- 2) Fruits
- 3) Vegetables –
- 4) Dairy (*Milk*)
- 5) Protein (*Meats & Beans, fish, nuts*)



EXAMPLE OF PRINCIPLE-BASED MEAL SELECTION

<u>Food Group</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Grain	Oatmeal	Whole-wheat Wrap	Pizza Crust, brown rice, corn, quinoa
Fruit	Banana	Apple	Green Peppers, avocados
Vegetable	Potatoes, spinach, carrots	Lettuce & Tomato	Tomato Sauce, broccoli, Brussel sprouts
Dairy	Low-fat Milk, Greek yogurt	Low-fat Yogurt (sugar <12%)	Cheese natural
Protein	Almonds, eggs, shakes	Turkey, peanut butter, almonds, banana sandwich, egg burrito	Chicken, grilled burger

SAMPLE FOODS / BEVERAGES / MEALS

Breakfast

Cereals – limit the sugar

Kashi
Kix
Total^R
Frosted Mini Wheats^R
Grape Nuts^R
Raisin Bran^R
Honey Nut Cheerios

Additional / Other Foods

Whole Wheat Bagel
Oatmeal, granola
Low Fat Yogurt , <12% SUGAR
Raisins
Graham Crackers
Dried apricots

Beverages

Chocolate milk
Orange Juice
Low Fat Milk
Water
Sparkling water (no sugar)

Fruits

Orange(s)
Apple(s)
Banana(s)
Grapefruit
Mangos

Sample Meal

One-and-one-half (1.5) cups of Total topped with one sliced banana
One (1) low fat yogurt
One (1) glass orange juice/choc milk

SAMPLE FOODS / BEVERAGES / MEALS

Lunch

Sandwiches

Turkey Sandwich
Peanut Butter (& Jelly, banana) Sandwich whole grain bread
Tuna Sandwich
Bean Burrito
Egg burrito
Baked potatoes

Additional / Other Foods

Low Fat Yogurt
“Sports” Salad (*Emphasize selections such as Romaine lettuce, spinach, tomato, corn, carrots, peas, green peppers, cooked rice, orange sections, diced apples, raisins, banana slices, toasted croutons, and / or whole grain bread slices*) (w/ low-fat or no salad dressing)
Pretzels
Whole Wheat Bagel
Low Fat Bran Muffin
Low Fat Granola Bar
Trail Mix

Beverages – stay away from artificial sweeteners

Low Fat Milk
Water
Gatorade

Fruits

Orange(s)
Apple(s)
Banana(s)

Sample Meal

One (1) Turkey Sandwich
One (1) Low Fat Bran Muffin and / or Low Fat Granola Bar
One (1) to two (2) glass(es) Low Fat Milk

SAMPLE FOODS / BEVERAGES / MEALS

Dinner

Main Course

Chicken Breast
Lean Hamburger
Turkey Burger
English Muffin Pizza mult grain
Tuna Sandwich
Spaghetti w/ meat sauce
Bean Burrito (*frozen, or made with canned refried beans, salsa, and tortilla*)
Whole Wheat Pasta topped w/ tomato sauce, spinach, and / or vegetables
Baked, Steamed, or Broiled Fish

Additional / Other Foods

Brown rice
Wheat Crackers
Peanut Butter
Tomato Soup
Oatmeal
Plain, Steamed Rice
Pretzels
Broth-based Soups (*vegetable, chicken & rice, etc.*)

Beverages

Low Fat Milk
Water

Vegetables

Kale
Corn on cob
Sweet potatoes
Broccoli
Spinach
Squash

Sample Meal

Whole Wheat Pasta topped w/ tomato sauce, spinach, and / or vegetables
One (1) Cup of Chicken Soup
One (1) Glass Low Fat Milk

NUTRITIONAL CONSIDERATIONS & STRATEGIES

Nutritional (i.e. Vitamin and / or Mineral) Supplementation

1) Supplementation Research

- **Optimal nutrition is fundamentally predicated on consumption of whole foods and corresponding beverages**
- **There is no evidence that relatively high intakes of vitamins and / or minerals improve athletic performance**
- **Collectively, available evidence therefore suggests that vitamin and / or mineral supplementation may serve as dietary “insurance:” supplementation supports an already adequate diet yet cannot correct a nutritionally deficient diet**

2) Recommendation

- **Aim for average daily dietary intake of 1,300 milligrams (*mg*) of calcium**
- **Consider daily or every-other day supplementary intake of a calcium supplement**
- **Corresponding Vitamin D supplementation is likely unnecessary assuming regular consumption of Vitamin D fortified milk**
- **Consider daily or every-other day supplementation with a multi-vitamin / multi-mineral supplement**

Hydration

1) Water Intake

- **A student-athlete should seek to consume 1.0 to 1.5 milliliters of water per dietary calorie of average daily energy expenditure**
- **Example: A student-athlete expending 3,000 dietary calories per day should consume 3,000 milliliters or, equivalently, 3.0 liters of water per day (*approximately 100 fluid ounces per day*)**

CONCLUDING PRINCIPLES & RECOMMENDATIONS

- 1) **Maintain your existing commitment to consuming three (3) quality meals each day based on the various food and beverage options previously listed in this resource**

- 2) **Do not focus on measuring your weight but rather focus on managing your weight through consumption of a diet based on the various food and beverage options previously listed in this resource – relative to physical activity**

- 3) **Always be aware of and, ideally, always incorporate both the general principles of sport nutrition and the complementary Food Pyramid when specifically considering food / beverage choices and generally considering overall dietary construction**

- 4) **Mineral (*such as calcium*) and / or multivitamin / multimineral supplementation may be unnecessary if the aforementioned commitment to quality nutrition is consistently emphasized and maintained; nevertheless, consumption of a mineral and / or multivitamin / multimineral supplement may provide a measure of dietary “insurance” as one seeks to optimize overall nutrient intake and associated micronutrient status**

- 5) **Sustain a daily commitment to adequate, individualized water intake that reflects consideration of physical activity level (*i.e. training*)**