Sports Nutrition Services

Sponsored by: IUP Department of Food and Nutrition and Division of Sports Medicine

The Dish on the Campus Dish App

MARCH 2015

SPECIAL POINTS OF INTEREST:

How can the Campus Dish app help you choose a healthy meal?

Foods to eat or avoid before athletic activity

Why calcium is an incredibly important mineral for an athlete

Do you have an idea or topic you would like covered in our newsletter?

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How Can You Get It?

- Search the Apple App Store or Android's Google Play for Aramark Higher Ed
- Download the FREE Campus Dish App with the blue background
- Get Started!

Look For the Leaves

Aramark uses brightly colored leaves to help you easily identify options that can help to properly fuel your workout.

Focus on Fats

Pay attention to the orange leaves! The orange color indicates foods that are lower in fat. While fat is an essential nutrient in all diets, athletes should avoid eating high fat meals before workouts. High fat meals eaten 2-3 hours before can impair athletic performance by redirecting blood flow to the gut and away from the muscles used during athletic activity. High fat foods to avoid prior to athletic events include fried foods, regular hamburgers and hotdogs, cookies, cakes, and other dessert items.

What else can the app do?

The Campus Dish App has a ton of features. It's all about the 'Eat Well' tab. There, you can view menus and nutrition information for Foster Dining Hall, read the Healthy for Life monthly feature, and check out wellness education materials.

Another option is to download the MyFitnessPal App. This app will track nutrient intake for you. The great thing about MyFitnessPal is that it recognizes Aramark products. This means that if you eat a baked chicken breast from a dining hall on campus, you can search for Aramark baked chicken breast and find the correct nutrition information.

Calcium, Calories, and Whole Grains

- Calcium is essential for building bone density, especially between the ages of 18-30. Many athletes do not consume enough calcium in their diet, as calcium is lost through sweat. Look for the dark blue leaf, identifying good sources of calcium.
- Calories are the body's source of energy. It is important to ensure that athletes get enough calories throughout the day to support athletic performance. Items that are marked with lighter blue leaves are lower calorie options. This can be helpful on light training days. If it's a hard training day, try to grab higher calorie items.
- Whole grains are a great source of carbohydrates. Carbohydrates are the body's main source of fuel during workouts. Look for the light brown leaves that mark whole grain products. Products that are made with whole grains are more nutrient dense than those made with refined grains.
- Food preparation methods matter, too! Look for items that have been baked or broiled, rather than fried. Vegetables should be prepared without added fats, like butter. You can always add flavoring agents to the food at your seat. The dark brown leaves show which foods were made in a healthier manner.

Do you have a nutrition question?

Need a customized plan to optimize your athletic performance?

Visit Sports Nutrition Services

Memorial Field House—G21

To set up an appointment call 724-357-3094 or email e.c.flood@iup.edu

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Sources: Sports Nutrition Care Manual: Nutrition FAQs for Clients; https://iup.campusdish.com/