

GOLD MEDAL MEALS

Eating right and choosing healthy options for meals are equally as important as practice. Yes, practice makes perfect but striving for a wholesome and healthy diet as an athlete is the icing on top of the cake.



You Booze, You Lose

Long-Term Effects of Alcohol Consumption on Athletic Performance

- Alcohol can cause unintentional **weight gain** and change of body composition if consumed regularly.
- Heavy drinking can lead to **increased risk of cardiovascular disease, liver damage, and even psychological damage** as well.
- Alcohol consumption can eventually **decrease the absorption of important vitamins and minerals** such as thiamin, folic acid, and vitamin B-12.

Short-Term Effects of Alcohol Consumption on Athletic Performance

- Acts as a diuretic which can lead to rapid **dehydration**.
- **Decreases motor skills** essential to optimal performance, such as reaction-time, hand-eye coordination, strength, and balance. These motor skills can be impacted 72 hours after drinking.
- **Suppresses the immune system** and causes athletes to fatigue much more quickly.

Tips for Alcohol Consumption

- When choosing to consume alcohol, follow the guidelines of 1-2 drinks/day for men and 1 drink/day for women.
- However, for optimal athletic performance, keep alcohol consumption limited to none!
- Rehydrate and fuel your body with the right foods **FIRST** if you decide to drink alcohol post-exercise.

Alcohol = "Empty Calories"

Drink	Calories
12 oz beer	150
5 oz wine	100
1.5 oz 80-proof liquor	100

Indiana University of Pennsylvania

SPORTS PERFORMANCE NUTRITION SERVICES



Would you like to set up an appointment to learn more about how you can enhance your performance through nutrition?

⇒ Contact: Cassie Smolic
Sports Nutrition Graduate Assistant
C.E.Smolic@iup.edu 724-357-3094

Stop into G-21, Memorial Field House to check if you are meeting your daily nutritional needs!

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Meals for November 14-18



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Monday (11-14)	Tuesday (11-15)	Wednesday (11-16)	Thursday (11-17)	Friday (11-18)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pancakes Scrambled eggs Turkey bacon Fresh fruit Glass of low-fat milk	Banana pancakes Turkey links Omelet station Fresh fruit Glass of low-fat milk	Diced potatoes Pork links Scrambled eggs Fresh fruit Glass of low-fat milk	Blueberry pancakes Turkey patties Omelet bar Fresh fruit Glass of low-fat milk	Home fries Turkey bacon Scrambled eggs Fresh fruit Glass of low-fat milk
Lunch	Lunch	Lunch	Lunch	Lunch
Cajun fish Brown rice Vegetable medley Fresh fruit Glass of low-fat milk	Bbq turkey Brown rice Brussel sprouts and carrots Fresh fruit Glass of low-fat milk	Bruschetta chicken Black bean and corn quinoa salad Garden vegetables Fresh fruit Glass of low-fat milk	Rotisserie chicken Confetti rice Peas and carrots Fresh fruit Glass of low-fat milk	Meatloaf Stuffed peppers Broccoli Fresh fruit Glass of low-fat milk
Dinner	Dinner	Dinner	Dinner	Dinner
Grilled chicken Mediterranean potato Roasted Italian veggies Glass of low-fat milk Fresh fruit	Roasted pork loin Baked potato California vegetables Fresh fruit Glass of low-fat milk	Beef eye round Brown rice Green beans Fresh fruit Glass of low-fat milk	Herb turkey Mashed potatoes Corn and green beans Fresh fruit Glass of low-fat milk	Garden burger Stewed tomatoes Mixed veggies Fresh fruit Glass of low-fat milk