

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.

Smart Snacking for Athletes

Snacking on the Go:

- Protein bites
- Trail mix (dried fruit, seeds and nuts)
- PB & Honey sandwich
- Pretzel Sticks with low-fat string cheese
- Low-fat cottage cheese with fruit

Protein Bite Recipe:

- 1 cup oats
- 1/2 cup Natural Peanut Butter
- 1/3 cup honey
- 1/2 cup ground flaxseed
- 1/2 cup Raisins or Semi-Sweet chocolate chips

Why is it Important to Eat between Meals?

- Meet energy needs to support exercise
- Maintains glycogen stores (main form of energy in our body)
- Aim to eat carbohydrate rich snacks 1-4 hrs. before exercise
- Aim to eat low-fat, low-fiber, moderate protein snacks to avoid GI distress



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: Jason Nepa, RDN**
Sports Nutrition Graduate Assistant
J.T.Nepa@iup.edu
724-357-3094

Author: Miranda Harbridge
Produced for IUP's Sports Nutrition Services
Under the direction of
Nicole Dann-Payne, MS, RDN, CSSD, LDN, CHWC
Indiana University of Pennsylvania
Department of Food and Nutrition
Date : September 25, 2017

Folger Dining Meals for October 3-6

Tuesday (10/3)	Wednesday (10/4)	Thursday (10/5)	Friday (10/6)
Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal with raisins Scrambled Eggs Fruit Glass of low-fat milk	Vegetable Omelette Wheat toast with Peanut Butter Fruit Glass of low-fat milk	Turkey bacon Oatmeal Scrambled eggs Fruit Glass of low-fat milk	Turkey bacon Scrambled eggs 2 slices whole wheat toast Omelet station Fruit Glass of low-fat milk
Lunch	Lunch	Lunch	Lunch
Roast Pork Adobo Ginger honey carrots Brown rice Fresh fruit Glass of low-fat milk	Buffalo Chicken Panini Vegetable Medley Fresh fruit Glass of low-fat milk	Mexican Baked Fish Veggie blend Corn Mexi-rice Glass of low-fat milk	Turkey Burger Steamed Spinach Fresh fruit Glass of low-fat milk
Dinner	Dinner	Dinner	Dinner
Whole grain rotini Toppings: Red sauce, chicken and cheese Yellow squash Glass of low-fat milk	Vegan jambalaya Black Bean Chipotle Burger Steamed Broccoli Brown Rice Glass of low-fat milk	Grilled Thai Chicken wrap Hummus & veggies Fresh fruit Glass of low-fat milk	Lo Mein Noodles Toppings: Diced chicken, veggies and garlic sauce Fresh fruit Glass of low-fat milk