

## **25 Great Foods for Teenage Fitness in no particular order**

1. Bananas: Rich source of potassium; regulates blood pressure. Good source of fiber.
2. Lean Beef: 15% USRDA for iron and 31% for zinc
3. Black beans: Fiber source: vitamin B-folic acid for building bones
4. Broccoli: Protein and red blood cells
5. Brown rice: Complex carbohydrate, zinc, protein, Vitamin B-6
6. Carrot Juice: Beta-carotene, fights bacterial and viral infections
7. White chicken meat: Skinless (less than 3 gms of fat) protein source
8. Corn: Fiber and carbohydrate source
9. Dried fruit: Iron, helps prevent anemia
10. Fat free yogurt: Calcium and riboflavin
11. Fig bars: Carbohydrate, easy to digest, fiber
12. Grapes: Boron, helps build bones
13. Lentils: Carbohydrate, protein
14. Low-fat or fat free cheeses: Protein
15. Oatmeal: Fiber, helps lower cholesterol
16. Orange Juice: Vitamin C, potassium and 8% of Vitamin B. Helps with absorption of calcium
17. Papaya: Potassium, 100% Vitamin C, beta carotene
18. Pasta: Vitamin B (niacin, thiamine and riboflavin)
19. Potatoes: Complex carbohydrate, Vitamin C, 15% of iron
20. Salmon: 21 grams of protein. Fish protects against heart disease
21. Skim Milk: Calcium and Vitamin D for bones
22. Strawberries: Vitamin C and fiber
23. Water: Drink eight 8 ounces glasses a day. Drink at least two cups for every pound you lose on a run, half your body weight in ounces
24. Whole grain cereals: Fiber
25. Almonds: Rich in omega-3

## Cross Country Nutrition “Fridge Page”

Keep on or near your refrigerator for a simple reminder

- **SNACKS**

- Some suggested snacks to keep on hand for before workouts (1-2 hours) and in general -
- Apples Crackers (low-fat), Graham Crackers, Raisins
- Applesauce, Dates, Grapes, Tangerines/nectarines
- Apricots Dried Fruit Melon Slices Vanilla Wafers
- Animal Crackers, Fig Bars, Nutri-grain bar/cereal bars, Yogurt (low-fat)
- Bagels, Figs, Peaches, Energy Bars
- Bananas, Fruit Roll-Ups, Pears
- Bread, Gingersnaps, Pretzels

- **Breakfast**

- Before a regular school day or after a morning workout or race--**never skip this meal!** You should be consuming at least 600 calories and up to 1000 calories at breakfast (depending on your size and training level).
- Hot or Cold Whole Grain cereals, Eggs, Fruit
- Milk/Soy Milk, Yogurt, Fruit Juices
- Breads/ (toast), Waffles, Pancakes
- **Lunch—May need to be adapted due to practice time—but you need to eat!**
- Suggestions for dealing with the limited school cafeteria food choices---
- At the cafeteria:
- Sub sandwiches (build your own...gets some veggies on there!)
- Chicken/ pasta
- Pizza in moderation
- Bring your own lunch\* (suggestions below)
- Avoid fried foods (any type of non-baked chips included)
- Avoid candy
- Avoid sodas
- \*Bag lunch suggestions
  - Just to note, the toughest part of bag lunching it is that you are limited to the choices you have at home so--- go out go out and buy what you need for the week over the weekend and “stock up” on what you need for the week for lunches.
- Sandwiches—include a lean meats/meat cuts and cheese of your choice or nut butter and preserves, whole grain bread or tortillas/wraps, veggies and condiments/dressings
- Sides— pasta salads, rice, potatoes, breads, other carbohydrate choices of fruits and veggies
- Drinks—Water, milk, soy milk, fruit juices, sports drinks
- Dessert—see all choices in snack list
- **Dinner**
- Have a fulfilling dinner, enjoy a full meal with a variety of meats, grains and vegetables. It is essential to emphasize the carbohydrates (whole grains, pastas and vegetables and being certain to get proteins (lean red meats at least twice weekly for iron content purposes). Sit down and take the time to enjoy your evening meal with your family (this can be the biggest challenge)