

# SportsNutrition

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## TOP SPORTS FOODS: Some healthful choices

When you are training hard, juggling exercise with school, work, and social activities *plus* trying to eat healthfully, you may feel frustrated you have no time to eat the proverbial "three square meals" every day. Never-the-less, you *can* maintain a healthful diet. The trick is to eat a variety of wholesome, lowfat foods.

The following list includes foods that you can easily find in a convenience store, sandwich shop or salad bar, or can keep stocked at home. These nourishing choices invest in your health within a moderate to low calorie range. Because not one food is nutritionally complete, you need to choose a variety of foods to get a balance of the vitamins, minerals, carbohydrates and proteins necessary for top performance and good health.

### MILK, YOGURT, lowfat or skim

*For calcium, protein, riboflavin*

Plan to eat lowfat dairy products 3 to 4 times daily to protect bones, reduce risk of developing high blood pressure, and enhance fat loss.

### BROCCOLI,

*For vitamins A, C, phytochemicals, fiber*

One stalk (cooked) offers all the vitamin C you need for a day. Frozen broccoli is easy to prepare and is nutritionally similar to fresh; freezing retains vitamins.

### SPINACH

*For vitamins A, C, folate, phytochemicals*

Add spinach to salads for more nutrients than offered by pale lettuces. Keep frozen spinach stocked at home for a quick dinner vegetable.

### PEPPERS, green, red, yellow

*For vitamins A, C, phytochemicals*

Half a pepper provides the RDA for vitamin C. Add to salads and pizza; snack on raw peppers.

### TOMATOES, fresh, sauce, or juice

*For vitamins A, C, phytochemicals*

Boost intake by adding sliced tomatoes to sandwiches. Choose foods with tomatoes (pizza, pasta, soup).

### BAKED POTATO

*For vitamin C, carbohydrates, potassium*

The potato skin is rich in vitamin C. Eat it! Top potato with a little lite sour cream, or mash it with milk to add moistness with less fat/calories than butter.

### ORANGES, GRAPEFRUIT, whole and juice

*For vitamin C, folate, carbohydrates, potassium*

A great post-exercise recovery food. Orange and grapefruit juice is nutritionally superior to most juices: 8 oz. (fresh or from frozen) provides the RDA for vitamin C.

### BANANAS

*For vitamin C, carbohydrates, potassium*

Prevent over-ripening by storing bananas in the refrigerator. The skin blackens but the fruit is fine. Frozen chunks taste like ice cream--a great snack!

### CANTALOUPE, KIWI, BERRIES

*For vitamins A, C, phytochemicals*

Enjoy these fruits as snacks or a fruit salad with lowfat cottage cheese --perfect for breakfast or lunch.

### CHICKEN, TURKEY

*For protein*

Thigh and leg meat has more iron and zinc than does breast meat, but also a little more fat. Avoid the skin, the fattiest part!

### LEAN BEEF

*For protein, iron, zinc*

Beef is among the best sources of iron and zinc. Avoid fatty meats, i.e., choose a lean roast beef sandwich or a lean burger.

### TUNAFISH, SALMON, canned or fresh

*For protein, fish oil*

The oil in any fish is health protective. Limit your intake of fried fish. Mix tuna with lowfat mayonnaise, when available.

### PEANUT BUTTER, NUTS

Although peanut butter and nuts are high fat foods, their fat protects against heart disease. Enjoy peanut butter in sandwiches or with fruit (apples, bananas); snack on nuts, trail mix.

### BRAN and WHOLE GRAIN CEREALS, enriched

*For fiber, carbohydrates, B-vitamins, iron*

Bran is excellent for fiber (to help prevent constipation). Select "fortified" and "enriched" cereals for the most iron. Drink orange juice with cereal to enhance iron absorption.

### BAGELS, whole wheat, pumpernickel, rye, whole grain

*For fiber, carbohydrates, B-vitamins*

Wholesome bagels are preferable to donuts or cake-like muffins. Choose lite cream cheese; spread with jam for extra carbs.

### BREADS, ROLLS, preferably whole grain

*For carbohydrates, fiber, B-vitamins*

Hearty, whole grain breads (rye, whole wheat, multi-grain) are preferable to breads made with refined white flour. Limit butter, margarine, mayonnaise on breads, rolls, sandwiches.

### PIZZA, thick crust

*For calcium, protein, vitamin A, carbohydrates*

Of the popular fast foods, pizza with thick crust, single cheese, and vegetable toppings (*not* pepperoni, sausage!) is preferable to burgers. If the pizza is oily, blot off the grease with a napkin.

### POPCORN, air popped

*For carbohydrates, fiber*

A whole grain, lowfat snack that is preferable to greasy chips. Be cautious of even "lite" popcorn brands; they can be half fat.

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