

## NUTRITION AND DIET

SINCE FOOD PROVIDES THE BUILDING BLOCK FROM WHICH GROWTH, DEVELOPMENT AND STRENGTH GAINS COME, GOOD NUTRITION IS ESSENTIAL FOR ATTAINING MAXIMAL ATHLETIC PERFORMANCE. THE FUEL, FOR THE HIGH PERFORMANCES REQUIRED IN BOTH PRACTICE AND COMPETITION, COMES FROM FOOD. EVEN THE MOST TALENTED ATHLETES ARE DEPENDENT UPON THE NUTRIENTS AVAILABLE TO THEIR WORKING TISSUES. MUSCLES NEED A CONTINUEOUS SUPPLY OF GOOD NUTRIENTS IN ORDER TO MAINTAIN STRENGTH AND STAMINA, ALSO TO RECOVER PROPERLY AND FULLY BETWEEN TRAINING SESSIONS AND/OR COMPETITIONS. IF PROPER NUTRITION IS NOT FOLLOWED IT IS A WASTE OF TIME TO TRY AND ACHIEVE MAXIMAL GAINS ON ANY STRENGTH AND CONDITIONING PROGRAM, REGARDLESS OF THE PROGRAM DESIGN. REMEMBER, NO AMOUNT OF HARD WORK CAN OFFSET A POOR LIFESTYLE.

THE FOLLOWING INFORMATION WILL PROVIDE HELP TO ACHIEVE AN ATHLETICALLY CONSCIOUS BALANCED DIET. THIS DIET SHOULD CONSIST OF APPROXIMATELY 60% CARBOHYDRATE, 20-30% FAT AND 12-15% PROTEIN. THE FOLLOWING ARE GUIDELINES TO HELP ACHIEVE THIS COMBINATION. ALSO INCLUDED ARE EXPLANATIONS AS TO WHY THESE GUIDELINES ARE IMPORTANT.

### DIETARY GUIDELINES

DAILY SERVINGS FROM THE VARIOUS FOOD GROUPS

<b><u>FOOD GOUP</u></b>	<b><u>2000</u></b>	<b><u>3000</u></b>	<b><u>4000</u></b>	<b><u>5000</u></b>
DAIRY	2	3	4	4
MEAT	6	10	13	16
FAT	4	6	9	11
FRUIT	6	9	12	16
VEGETABLE	4	4	6	7
BREAD/CEREAL	10	16	19	24

- 1 DAIRY SERVING= 1 CUP SKIM OR 1% MILK  
 1 CUP PLAIN LOW-FAT YOGURT  
 1 OZ FROZEN YOGURT, ICE MILK OR SHERBERT
- 1 MEAT SERVING= 1 OZ LEAN RED MEAT, SKINLESS POULTRY OR FISH  
 1 TBSP PEANUT BUTTER  
 ½ CUP BEANS  
 1 EGG
- \* 1 SERVING FROM THE DAIRY GROUP CAN SUBSTITUTE FOR 1 OZ MEAT
- 1 FAT SERVING= 1 TSP MARGARINE OR BUTTER  
 1 TBSP SALAD DRESSING  
 2 TBSP LITE SALAD DRESSING  
 2 TSP MAYO  
 1 TSP LITE MAYO  
 1 TSP VEGETABLE OIL  
 10 LARGE PEANUTS, 6 ALMONDS, 4 WALNUT/PECAN  
 2 TBSP SOUR CREAM  
 2 TSP PEANUT BUTTER

- 1 FRUIT SERVING= 1 SMALL/MED PIECE FRESH FRUIT  
 ½ BANANAS  
 1 ½ CUP STRWBERRIES  
 ½ CUP MIXED FRUIT OR APPLESAUCE  
 ½ CUP CITRUS JUICES  
 1/3-CUP CANBERRY, GRAPE, APPLE JUICE  
 1-CUP CANTALOUPE OR WATERMELON
- 1 VEGETABLE SERVING= ½ CUP COOKED VEGETABLES  
 1-CUP RAW VEGETABLES  
 ½ CUP TOMATOS OR VEGETABLE JUICE
- 1 BREAD SERVING= 1 PIECE BREAD OR 2 PIECES LITE BREAD  
 ½ BAGELS, ENGLISH MUFFIN, PITA BREAD  
 1 TORTILLA  
 1 OZ READY TO EAT CEREAL  
 3 GRAHAM CRACKERS  
 6 SALTINE CRACKERS  
 3 CUPS AIR POPPED POPCORN  
 ¾ OZ PRETZELS  
 1/3 CUP COOKED BEANS, LEGUMES, PEAS  
 ½ CUP CORN, LIMA BEANS, GREEN BEANS  
 1 SMALL POTATO  
 1 SMALL PIECE ANGEL FOOD CAKE

**BREAD PRODUCTS THAT COUNT AS 1 BREAD SERVING PLUS 1 FAT SERVING**

- 1 BISCUIT, MUFFIN, WAFFLE, PANCAKE
  - 1 PIECE CORNBREAD
  - 1 PIECE BANANA BREAD OR OTHER QUICKBREAD
  - 6 RITZ, CLUB OR OTHER SIMILAR CRACKER
  - 2 SMALL COOKIES
- \*FREE** FOODS THAT DO NOT COUNT AS SERVINGS ANYWHERE
- COFFE AND TEA (UNSWEETENED)
  - SUGAR FREE GELATINS
  - LETTUCE, CELERY, RADISHES, AND OTHER GREENS
  - BROTH OR BOUILLON

- ALCOHOL:** 12 OZ BEER = 2 FAT + 1 BREAD SERVING  
 12 OZ LITE BEER = 2 FAT SERVINGS  
 4 OZ WINE OR CHAMPAGNE = 2 FAT SERVINGS  
 1 ½ OZ WHISKY, RUM, GIN, WODKA = 2 FAT SERVINGS

THIS APPROACH IS USED TO ACHIEVE A VARIETY IN THE DIET. A VARIETY WILL ALLOW THE INTAKE OF 6 NUTRIENTS (carbohydrate, protein, fat, vitamins, mineral, and water). NOTE THAT A HIGHER PERCENTAGE OF THE TOTAL SERVINGS COME FROM CARBOHYDRATES (BREADS, VEGETABLES, AND FRUITS). THIS IS BECAUSE CARBOHYDRATES ARE THE PRIMARY “FUEL SOURCE” USED FOR HIGH INTENSITY ACTIVITY, BE IT TRAINING OR COMPETITION.

“EMPTY CALORIES” INCLUDE ITEMS SUCH AS CANDY, DESSERTS, PIES, CAKES, ETC., THESE CALORIES USUALLY LACK THE NUTRITIONAL VALUE REQUIRED BY ATHLETES DURING HARD TRAINING. THEREFORE, THE AMOUNT OF THESE FOODS YOU CONSUME SHOULD BE EXTREMELY LIMITED.

AMONG THE PHYSICAL FACTORS ASSOCIATED WITH PROPER NUTRITION ARE:

1. MAINTENANCE OF MUSCLE TISSUE
2. PROMOTION OF BODY FAT REDUCTION
3. REDUCED SLUGGISHNESS AND ONSET OF FATIGUE

IT IS IMPORTANT TO KEEP FOOD INTAKE CONSTANT THROUGHOUT THE DAY. SKIPPING MEALS WILL NOT REPLACE ALL THE ENERGY STORES IN THE MUSCLE AND MAY LESSEN MUSCULAR GROWTH. MEAL SKIPPING TRIGGERS THE BODY TO CONSERVE FAT AND USE ENERGY STORES (EVEN MUSCLE) FOR ENERGY. AN EVENLY DISTRIBUTED CALORIC INTAKE THROUGHOUT THE DAY KEEPS THE BODY'S METABOLISM ELEVATED. SKIPPING MEALS TO LOSE WEIGHT IS COUNTER PRODUCTIVE AND WILL NOT ALLOW FOR MAXIMUM PROGRESS IN THE TRAINING PROGRAM, AND CAN EVEN INCREASE BODY FAT.

CUT DOWN ON HIGH FAT FOODS:

- RED MEATS (HAMBERGER, LUNCH MEATS, ETC)
- PORK PRODUCTS (BACON, SAUSAGE, ETC)
- WHOLE MILK, ICE CREAM, CREAM CHEESE, AND CHEESE STICKS
- BUTTER OR MARGARINE
- MAYONNAISSE OR MIRACLE WHIP
- OILS (USED IN COOKING OR SALADS)
- SALAD DRESSINGS
- FRIED POTATOES (FRIES, CHIPS, ETC)
- NUTS AND PEANUT BUTTER

A HIGH FAT DIET CAN LEAD TO:

1. CHRONIC FATIGUE
2. RESTLESSNESS
3. IRRITABILTY
4. INCREASED BODY
5. DECREASED MUSCLE MASS

DIETS HIGH IN FAT AND LOW IN CARBOHYDRATES SLOW THE ENERGY STORAGE PROCESS IN MUSCLE. IF THIS CONTINUES THERE WILL BE LESS "FUEL" FOR HARD INTENSE TRAINING.

LOWERING FAT INTAKE:

1. BUY LEAN CUTS OF MEAT AND TRIM EXCESS FAT
2. KEEP MEATS AT MODERATE SERVINGS
3. USE FISH OR POULTRY WHENEVER POSSIBLE
4. BAKE, BROIL, GRILL OR STEAM, DON'T FRY
5. USE FATS AND OILS SPARINGLY
6. LIMIT USE OF DAIRY PRODUCTS MADE FROM WHOLE MILK
7. AVIOD PRODUCTS PACKED IN OIL

SUBSTITUTE FOODS THAT WILL HELP LOWER FAT INTAKE

1. LOW CALORIE SALAD DRESSING, NO OIL DRESSING
2. SKIM OR LOW FAT MILK PRODUCTS
3. LOW CALORIE MARGARINE/MAYO
4. "WATER" PACKED TUNA

#### INCREASE INTAKE OF CARBOHYDRATES AND GRAIN PRODUCTS

1. WHOLE WHEAT BREADS AND ROLLS
2. CEREALS, TWO SUGAR (EX: BRAN & GRAPE NUTS)
3. PANCAKES AND WAFFLES
4. FRENCH TOAST
5. PASTA
6. RICE

VEGETABLES (POTATOES, SWEET POTATOES, PEAS, CORN, ETC)

FRUIT AND FRUIT JUICES (BANANA, APPLE, ORANGE, ETC)

JELLIES AND JAMS (SIMPLE SUGARS)

#### PHYSICAL FACTORS:

1. INCREASED ENERGY STORAGE IN MUSCLE
2. PROTEIN SPARING FOR GROWTH AND REPAIR
3. PROLONGED ENDURANCE

DO NOT REPLACE MEALS WITH REFINED SUGARS (SODAS, CAKES, SWEETS, ETC)

#### DIETARY FACTORS:

1. FOODS HIGH IN REFINED SUGARS HAVE LOWER VITAMIN/MINERAL CONTENT
2. MANY SWEETS ARE ALSO HIGH IN FAT (CHOCOLATE, CAKES, ETC)

#### INCREASE CONSUMPTION OF FRUITS, VEGETABLES AND JUICES

##### DIETARY FACTORS:

1. HIGH VITAMIN AND MINERAL CONTENT
2. HIGH WATER CONTENT
3. EXCELLENT CARBOHYDRATE SOURCE

#### MINIMUM 4-6 GLASSES "WATER" PER DAY

##### EFFECTS OF DEHYDRATION:

1. FATIGUE
2. IRRITABILITY
3. LOSS OF APPETITE
4. DETERIORATION IN PERFORMANCE
5. INCREASED BODY TEMPERATURE
6. INCREASED RESTING PULSE

WHILE OFTEN OVERLOOKED AS AN ASPECT OF DIET/NUTRITION, WATER MAY WELL BE THE SINGLE MOST IMPORTANT FACTOR IN PERFORMANCE ENHANCING NUTRITION.

#### THIRST:

BECAUSE OF TENSION, ANXIETY AND LARGE SWEAT LOSSES, THIRST IS AN INACCURATE INDICATOR OF WATER USAGE/LOSS DURING COMPETITION OR TRAINING. ATHLETES SHOULD BE ENCOURAGED TO WEIGH THEMSELVES BEFORE AND AFTER TRAINING TO DETERMINE THE NEEDED AMOUNT OF FLUID REPLACEMENT.

SOME FORCED DRINKING IS ESSENTIAL. A 3% LOSS CAN RESULT IN SOME SIGNS OF HEAT EXHAUSTION, A 7% LOSS MAY PRODUCE HALLUCINATIONS AND PUT THE INDIVIDUAL IN DANGER.

FLUID TAKEN BEFORE AND DURING TRAINING WILL NOT FULLY REPLACE FLUID LOSSES, BUT PARTIAL REPLACEMENT REDUCES THE RISK OF OVERHEATING. AFTER TRAINING THE ATHLETE SHOULD CONTINUE TO DRINK FREQUENTLY UNTIL THE WEIGHT HAS BEEN REGAINED.

MODERATE ALCOHOL INTAKE  
NEGATIVE EFFECTS OF ALCOHOL:

1. SLOWED REACTION TIME
2. HINDERS MUSCLE GROWTH
3. IMPAIRED TEMPERATURE REGULATION
4. IMPAIRED HAND-EYE COORDINATION, ACCURACY AND BALANCE
5. DECREASED STRENGTH, POWER, SPEED, AND ENDURANCE
6. DEHYDRATION

A MAXIMUM OF 7% OF YOUR TOTAL DAILY CALORIC INTAKE MAY COME FROM ALCOHOL

<u>BEVERAGE</u>	<u>CALORIES</u>
1 REGULAR BEER	150
1 LITE BEER	90
1 HIGHBALL	165
1 ½ OZ LIQUOR	125
1 OZ WINE	100

## **QUESTIONS ABOUT NUTRITION AND THE ATHLETE**

### **ARE LARGE AMOUNTS OF PROTEIN NEEDED BY AN ATHLETE DURING HARD TRAINING?**

OVERLY HIGH LEVELS OF DIETARY PROTEIN MAY INCREASE THE TENDENCY OF THE BODY TO ACCUMULATE (STORE) BODY FAT. ALSO, THE BREAKDOWN OF EXCESS PROTEIN INCREASES BODY HEAT, WHICH IS DETRIMENTAL TO ATHLETES AND THEIR PERFORMANCE. THERE IS ALSO INCREASED URINARY WATER LOSS TO REMOVE THE EXCESS WASTE. THIS CAN RESULT IN SEVERE WATER IMBALANCE AND MAY PROMOTE DEHYDRATION AND MUSCLE CRAMPING.

HOWEVER, SOME RESEARCH DOES SUGGEST THAT TRULY HARD TRAINING ATHLETES MAY REQUIRE MORE PROTEIN THAN THE AVERAGE PERSON. WHEREAS MOST DATA SHOW THAT AVERAGE PERSON TO REQUIRE ABOUT .8g PROTEIN PER kg BODYWEIGHT, THESE HARD TRAINING ATHLETES MAY REQUIRE CLOSE TO 1.8-2.0 g/kg. THIS AMOUNT SHOULD BE ABLE TO BE REACHED THROUGH DAILY FOOD CONSUMPTION, NEGATING THE NEED FOR ADDITIONAL PROTEIN SUPPLEMENTATION.

### **ARE VITAMIN AND MINERAL SUPPLEMENTS NECESSARY?**

INCREASED FOOD INTAKE (PROPER FOOD) ENSURES THAT THERE IS AN ADEQUATE SUPPLY OF VITAMINS AND MINERALS, WHICH ARE DEPLETED DURING STRENUOUS ACTIVITY. FOOD INTAKE IS THE MOST IMPORTANT FACTOR, IF THE INTAKE IS TOO LOW, ENERGY STORAGE IN THE MUSCLES WILL NOT BE 100%. REGARDLESS OF SUPPLEMENTATION THERE MUST FIRST BE FUEL TO START THE ENERGY RELEASE PROCESS NEEDED FOR ACTIVITY/TRAINING/COMPETITION.

THERE IS USUALLY NO NEED FOR MINERAL SUPPLEMENTS, SINCE THERE IS A MORE THAN ADEQUATE SUPPLY IN A WELL-BALANCED DIET. HOWEVER, IF THE DIET IS POOR A MINERAL SUPPLEMENT MAY PROVE BENEFICIAL. HEAVY EXERCISE/TRAINING CAUSES SWEAT WHICH CAN DEplete THE BODY'S STORES OF SODIUM, POTASSIUM AND OTHER MINERALS. POTASSIUM DEFICIENCY CAN RESULT IN MUSCLE CRAMPING, THIS POSSIBILITY MAY BE LESSENERED BY INCLUDING POTASSIUM RICH FOODS IN THE DIET (EX: BANANAS, ORANGES AND TOMATO JUICE)

IT IS IMPORTANT TO REMEMBER THAT, DESPITE POPULAR BELIEF, MORE IS NOT NECESSARILY BETTER IN THE CASE OF VITAMINS, EXCESS VITAMINS WILL NOT; ENHANCE PERFORMANCE, INCREASE STRENGTH OR ENDURANCE, PREVENT INJURY OR ILLNESS, PROVIDE ENERGY OR BUILD MUSCLE. IN FACT EXCESS VITAMINS CAN EVEN BE HARMFUL. VITAMINS A, E, D, AND K ARE FAT SOLUBLE; AN EXCESS OF THESE CAN BE STORED IN FAT AND RESULT IN HARMFUL SIDE EFFECTS. OTHER VITAMINS ARE WATER SOLUBLE; ANY EXCESS OF THESE WILL SIMPLY BE EXCRETED AS VITAMIN RICH URINE.

IT IS RECOMMENDED THAT ANY SUPPLEMENTATION OF THE DIET BE PRECEDED BY A DIETARY ANALYSIS TO DETERMINE IF THE NUTRIENTS IN QUESTION ARE ACTUALLY IN NEED OF SUPPLEMENTATION.

### WHAT ABOUT THE PRE-GAME MEAL?

THE MAIN OBJECTIVE OF THE PRE-GAME MEAL IS TO ALLOW ADEQUATE TIME FOR THE FOOD TO DIGEST. TRADITIONALLY, STEAKS HAVE BEEN THE MAIN FARE; BUT MOST STEAKS ARE 50-70% FAT, AND FAT IS DIGESTED SLOWLY. FOR THESE REASONS THE PRE-GAME MEAL SHOULD BE LOW IN FAT. THIS IS NOT TO SAY THAT STEAK SHOULD BE AVOIDED, BUT THE SERVING SIZE SHOULD BE LIMITED TO 3-4 OZ. THE DIETARY GUIDELINES PRESENTED EARLIER SHOULD BE USED TO PLAN ANY AND EVERY PRE-GAME MEAL. CONTRARY TO POPULAR BELIEF PRE-GAME MEALS DO LITTLE TO ENHANCE PERFORMANCE. EATING HABITS THE WEEK BEFORE COMPETITION HAVE A GREATER EFFECT ON ENERGY STORAGE AND RECOVERY. BREAKFAST SHOULD NEVER BE MISSED ON THE DAY OF A GAME. THE LAST FOOD INTAKE, PRIOR TO ACTIVITY/COMPETITION, SHOULD BE AT A MINIMUM OF 3 HOURS BEFORE. MANY ATHLETES WILL EAT CANDY BARS OR OTHER SWEETS IN HOPES OF "QUICK ENERGY"; HOWEVER, THIS PRACTICE CAN ACTUALLY HINDER PERFORMANCE AND SHOULD BE AVOIDED.

### ARE SOFT DRINKS REALLY BAD FOR AN ATHLETE?

NO!!!! ONE OF THE LONGER LASTING MISCONCEPTIONS IN ATHLETIC NUTRITION IS THAT SOFT DRINKS ARE BAD, ESPECIALLY FOR HARD TRAINING ATHLETES. IN FACT, EXCEPT FOR THE RISK OF SOME ATHLETES ENCOUNTERING GASTRIC DISCOMFORT (GAS AND BLOATING) FROM THE CARBONATION, COLAS ARE AN EXCELLENT CHOICE; IN FACT THEY ARE ONE OF THE BETTER CARBOHYDRATE DRINKS. FLAT COLAS (THUS ELIMINATING THE CARBONATION CAUSED GASTRIC DISCOMFORT) ARE ACTUALLY BETTER THAN MOST OF THE CURRENTLY MARKETED SPORTS BEVERAGES. IT SHOULD BE NOTED HOWEVER, THAT SLIGHTLY CARBONATED BEVERAGES ARE BENEFICIAL SINCE THAT EMPTY THE STOMACH MORE RAPIDLY, THUS INCREASING THE RATE OF ABSORPTION INTO BLOODSTREAM. SO, EXCEPT FOR THE SUGAR CONTENTS ROLE IN TOOTH DECAY (CAVITIES) SOFT DRINKS ARE EXCELLENT BEVERAGES FOR BOTH ATHLETES AND THE GENERAL POPULATION.

### SHOULD ATHLETES TAKE "SALT TABLETS"?

NO!!!! NOT ONLY ARE SALT TABLETS UNNECESSARY THEY ARE ALSO POTENTIALLY DANGEROUS. THESE TABLETS DRAW WATER FROM THE BODY'S TISSUES (MUSCLES) AND INTO THE STOMACH IN AN EFFORT TO DILUTE THE CURRENTLY ABNORMALLY HIGH SODIUM LEVEL. THIS RESULTS IN DEHYDRATION AND DECREASED PERFORMANCE LEVELS. SOME SALT IS LOST WHEN AN ATHLETE SWEATS, HOWEVER, THESE LOSSES ARE MINIMAL COMPARED TO THE TOTAL BODY SODIUM SUPPLY AND TOTAL NORMAL DIETARY INTAKE OF SODIUM. SODIUM REPLACEMENT DURING EXERCISE IS UNNECESSARY; DURING PROLONGED EXERCISE THE CONCENTRATION OF SODIUM IN YOUR BLOOD ACTUALLY INCREASES DUE TO LARGER LOSS OF BODY FLUIDS (WATER). SODIUM LOSSES ARE VERY EASILY REPLACED AT MEAL TIME. REGULAR USE OF SALT TABLETS INCREASES YOUR CHANCES OF DEVELOPING HIGH BLOOD PRESSURE, WHICH IN TURN CAN LEAD, TO HEART ATTACK, STROKE, BLINDNESS, KIDNEY FAILURE, AND IN SEVERE CASES DEATH. IF YOUR BODY IS IN NEED OF SALT YOU WILL CRAVE IT, THUS YOU WILL PREFER, AND MOST LIKELY CHOOSE SALTY FOODS.

## **GAINING WEIGHT**

### **BASIC CONCEPTS**

1. EAT
2. YOU MUST TAKE IN MORE CALORIES THAN YOU BURN OFF; ONE POUND OF BODY WEIGHT EQUALS 3500 CALORIES. SO, TO GAIN ONE POUND, YOU MUST TAKE IN 3500 MORE CALORIES THAN BURNED OFF.
3. REALISTICALLY, YOU CAN GAIN ABOUT 1-2 LBS OF (GOOD WEIGHT) PER WEEK IF YOU INGEST 500-1000 EXTRA CALORIES PER DAY.
4. EAT AT LEAST 3 WELL BALANCED MEALS PER DAY, PERFERABLY 5-6
5. EAT DAILY SERVINGS FROM EACH OF THE FOOD GROUPS
6. EAT LARGER PORTIONS
7. EAT
8. BETWEEN MEAL SNACKS THAT ARE HIGH IN CALORIES AND NUTRIENTS
9. AVOID HIGH CALORIE- LOW NUTRIENT FOODS. IF YOU DO EAT THEM DO NOT USE THEM TO REPLACE NUTRIENT RICH FOODS
10. EAT A GOOD, HIGH QUALITY BREAKFAST
11. KEEP REGULAR HOURS AND GET PLENTY OF SLEEP/REST
12. EAT A SNACK BEFORE GOING TO BED FOR NIGHT
13. DO NOT SKIP WEIGHT TRAINING SESSIONS, YOU WANT TO GAIN LEAN MUSCLE MASS NOT FAT
14. EAT

### **GAINING MUSCLE NOT FAT**

TO GAIN MUSCLE YOU NEED EXTRA CALORIES. COMMON SENSE TELLS US THAT IF YOU TAKE IN EXTRA CALORIES AND DON'T EXERCISE YOU WILL GAIN FAT. WEIGHT TRAINING ALLOWS YOU TO USE THE EXTRA CALORIES TO STIMULATE MUSCLE GROWTH. REMEMBER, THE LOWER AN ATHLETES PERCENT BODY FAT THE MORE EFFICIENTLY THEY CAN PERFORM.

## LOSING WEIGHT

### BASIC CONCEPTS

1. YOU MUST TAKE IN FEWER CALORIES THAN YOU BURN OFF
  2. YOU MAY SAFELY LOSE 1-2 POUNDS PER WEEK, ANY MORE AND YOU ARE LOSING MUSCLE ALONG WITH THE FAT
  3. FOR EACH POUND TO LOSE YOU MUST ELIMINATE 3500 CALORIES. THIS SHOULD BE ACCOMPLISHED THROUGH A COMBINATION OF DIET AND EXERCISE
  4. DIETING ALONE IS NOT A GOOD METHOD FOR LOSING WEIGHT. CUTTING YOUR CALORIC INTAKE BELOW 2500 CALORIES PER DAY WILL NOT GIVE YOU THE ENERGY/FUEL NEEDED FOR TRAINING/COMPETITION, THUS YOUR PERFORMANCE WILL SUFFER NEGATIVELY
  5. LOSING WEIGHT THROUGH EXERCISE ALONE CALLS FOR A TREMENDOUS INCREASE IN ACTIVITY LEVEL
  6. THE FASTEST, EASIEST AND BEST WAY TO LOSE WEIGHT IS THROUGH A COMBINATION OF DIET AND EXERCISE. IF YOU CONSUME 500 LESS CALORIES AND EXERCISE 500 MORE CALORIES, YOU TAKE OFF AN ADDITIONAL 100 CALORIES PER DAY. AT THIS RATE YOU CAN LOSE 2 POUNDS IN ONE WEEK
- BODY WEIGHT/POUNDAGE IS NOT NEARLY AS IMPORTANT AS BODY COMPOSITION (% BODY FAT) AND HOW WELL THE ATHLETE IS PERFORMING. IF AN ATHLETE IS NOT OVERLY FAT AND IS PLAYING WELL, THERE IS NO REAL NEED FOR ANY WEIGHT CHANGES, ESPECIALLY WEIGHT LOSS.

THE FOCUS OF WEIGHT CONTROL IN AN ATHLETE SHOULD BE ON BODY COMPOSITION (% BODY FAT) RATHER THAN JUST BODYWEIGHT. (NOTE: IN SPORTS WITH WEIGHT CLASSES THE ACTUAL WEIGHT IS OF A MUCH GREATER IMPORTANCE). AN ASSESSMENT OF AN ATHLETES PERCENT BODY FAT IS FAR MORE USEFUL THAN A SIMPLE BODYWEIGHT MEASUREMENT. PERCENT BODY FAT AND ITS COMPLEMENT OF LEAN BODY MASS SHOULD BE CHECKED AT REGULAR INTERVALS SO THAT CORRECTIVE MEASURES CAN BE TAKEN IF NECESSARY.

**DAILY CALORIC INTAKE (ESTIMATED) IN RELATION TO CURRENT BODY WEIGHT**

<u>BODY WEIGHT (POUNDS)</u>	<u>LOSE</u>	<u>MAINTAIN</u>	<u>GAIN</u>
160	2290	3040	3790
180	2670	3420	4170
200	3050	3800	4550
220	3430	4180	4930
240	3810	4560	5310
260	4190	4940	5690
280	4570	5320	6070
300	4950	5700	6450
320	5330	6080	6830
340	5710	6460	7210
360	6090	6840	7590

**\*\*NOTE: KEEP YOUR NUTRIENT PERCENTAGES AT 60-65% CARBOHYDRATE, 20-25% FAT AND 12-15% PROTEIN**

## **LOWERING FAT INTAKE WHILE EATING OUT**

### **BREAKFAST**

1. AVOID BREAKFAST MEATS (SAUSAGE, BACON, HAM, ETC)
2. PANCAKES, WAFFLES OR FRENCH TOAST ARE BETTER CHOICES
3. BOTH HOT AND COLD CERALS ARE EXCELLENT CHOICES
4. WHEAT TOAST WITH JAM OR JELLY
5. MUFFINS (BRAN OR ENGLISH)
6. FRUIT PLATE WITH TOAST OR MUFFINS

### **LUNCH & DINNER**

1. CHOOSE GRILLED/BAKED CHICKEN OR FISH
2. BAKED POTATO INSTEAD OF FRENCH FRIES
3. CHOOSE VEGETABLES PREPARED WITHOUT BUTTER
4. AVOID CREAM SOUPS

### **ITALIAN**

1. A GOOD CHOICE IS PASTA, BUT USE MEATLESS RED SAUCE OR RED CLAM SAUCE, AVOID WHITE SAUCES
2. AVOID CHEESE (EITHER IN OR ON ITEMS)
3. PIZZA IS ACTUALLY O.K. WITH A PROPER CHOICE OF TOPPINGS (THICK CRUST, EXTRA SAUCE, AND LIGHT ON THE CHEESE). OTHER O.K. TOPPINGS: CANADIAN BACON, ANY VEGETABLES (EXCEPT OLIVES), PINEAPPLE

### **MEXICAN FOOD**

1. A GOOD CHOICE IS CHICKEN FAJITAS; INSTEAD OF GUACAMOLE OR SOUR CREAM USE SALSA
2. ANY GRILLED CHICKEN OR FISH, WITH FLOUR TORTILLA
3. AVOID CHEESE AND CREAM SAUCES
4. SKIP THE DEEP FRIED ITEMS
5. CHICKEN TACO SALADS WITH NON-FAT DRESSINGS ARE GOOD CHOICES

### **CHINESE FOOD**

1. STICK WITH STIR-FRIED ITEMS (NO OIL OR MSG)
2. AVOID DEEP FAT FRIED ITEMS
3. GO WITH STEAMED RICE, INSTEAD OF FRIED

## FAST FOOD

FAST FOOD SHOULD BE AVOIDED IF POSSIBLE. BUT, AN "OCCASIONAL" FAST FOOD MEAL WILL NOT DESTROY YOUR DIET. FAST FOODS ARE TYPICALLY HIGH IN FAT AND CALORIES; THUS THEY CAN EASILY RAISE THE PERCENTAGE OF FAT IN YOUR DIET. SO, THE OTHER MEALS OF THAT DAY SHOULD BE A LITTLE LOWER THAN USUAL IN FAT IN ORDER TO OFFSET THE FAST FOOD. IT IS VERY BENEFICAL TO LEARN WHICH FOODS ARE HIGH/LOW IN FAT SO THAT MEALS CAN BE ADJUSTED.

THE FOLLOWING GIVES THE RECOMMENDED INTAKE OF FAT BASED ON CALORIC INTAKE:

<u>DAILY CALORIC INTAKE</u>	<u>DAILY FAT INTAKE OR LESS (UN CALORIES)</u>
10,000	2000
8000	1600
6000	1200
4000	800
2000	400

### FAT CONTENT ANALYSIS OF VARIOUS FAST FOOD RESTAURANTS

	<u>CALORIS</u>	<u>FAT CALORIES</u>
<i>MCDONALDS</i>		
BIG MAC	543	279
FILET OF FISH	370	162
EGG MCMUFFIN	352	180
FRENCH FRIES	211	99
HAMBURGER	257	81
¼ POUNDER W/ CHEESE	530	270
CHERRY PIE	298	162
APPLE PIE	300	171
MCLEAN	320	90
HOT CAKES (PLAIN)	310	60
HOT CAKES (BUTTER&SYRUP)	580	150
<i>BURGER KING</i>		
WHOPPER W/ CHEESE	730	410
DOUBLE WHOPPER W/CHEESE	960	570
CHICKEN SANDWHICH	710	390
DOUBLE CHEESEBURGER	600	320
FRENCH FRIES (MED)	370	180
SAUSAAGE BISCUIT	590	360
HASH BROWNS	220	110
<i>TACO BELL</i>		
BEAN BURRITO	390	110
LITE BEAN BURRITO	330	60
BURRITO SUPREME	440	170
TACO	170	90
SOFT TACO	210	90
LITE SOFT TACO	180	50
LITE CHICKEN TACO	180	45
LITE 7 LAYER BURRITO	440	80

	<u>CALORIS</u>	<u>FAT CALORIES</u>
BEEF TOSTADA	291	135
PINTOS'N CHEESE	168	45

*WENDY'S*

GRILLED CHICKEN SANDWHICH	290	60
BIG CLASSIC	570	297
JR BACON CHEESEBURGER	440	230

*ARBY'S*

SUPER ROAST BEEF	523
GIANT ROAST BEEF	555
CHEDDAR CURLY FRIES	330
CURLY FRIES	300
FRENCH FRIES	246
ARBY'S SAUCE	15
HORSEY SAUCE	60
MAYO	110
OREO POLAR SWIRL	482

*WHITE CASTLE*

HAMBURGER	135	65
BACON CHEESEBURGER	200	115
FRENCH FRIES	115	50
CHEESE STICKS	290	150
CHOCOLATE SHAKE	220	60

**FOOD COMBINATIONS**

	<u>CALORIES</u>	<u>%FAT</u>
BK WHOPPER, FRIES, VANILLA SHAKE	1250	43
BIG MAC, FRIES, CHOCOLATE SHAKE	110	41
BAKED POTATO (4 ¾)	145	1
BAKED POTATO W/ 2 TSP BUTTER 4 TSP SOUR CREAM	444	67
LARGE SALAD NO CHEESE, MEAT, EGGS	80	1
LARGE SALAD (ITALIAN DRESSING)	142	57
TACO BELL: 1 TOSTADA, 2 BEAN BURRITOS 1 PLAIN TORTILLA, 25% MILK	1105	28
WENDY'S CHICKEN SANDWHICH NO MAYO, BAKES POTATO, SOUR CREAM 2% MILK	719	25
TYPICAL RESTAURANT "DIET PLATE" WITH HAMBURGER PATTY, COTAGE CHEESE	638	63

## SAMPLE BREAKFAST MEMUS

BREAKFAST 1	<b>CAL</b>	<b>CHO</b>	<b>FAT</b>	<b>PRO</b>
1 CUP SHREDDED WHEAT	110	102	0	8
1 WHOLE BANANA	127	123	0	4
1 CUP SKIM MILK	86	47	8	31
1 CUP O.J.	112	93	8	7
1 CUP GRAPE JUICE	167	165	0	2
1 POACHED EGG	82	2	53	27
1 SLICE CHEESE	107	2	79	26
1 SLICE WHOLE WHEAT	55	41	7	7
1 SLICE WHOLE WHEAT W/JAM	<u>109</u>	<u>95</u>	<u>7</u>	<u>7</u>
	955	668	161	118
		70%	17%	13%

BREAKFAST 2				
4pcs FRENCH TOAST, WHOLE WHEAT BREAD AND 2 EGGS	422	185	144	93
4 TBSP MAPLE SYRUP	200	200	0	0
2 CUPS SKIM MILK	172	95	9	68
1 WHOLE GRAPEFRUIT	82	81	0	1
1 WHOLE BANANA	<u>127</u>	<u>123</u>	<u>0</u>	<u>4</u>
	1003	684	153	166
		70%	14%	16%

BREAKFAST 3 (MCDONALD'S)				
HOTCAKES, BUTTER & SYRUP	472	359	81	32
1 CARTON 2% MILK	125	44	45	36
1 O. J.	112	104	2	6
1 GRAPEFRUIT JUICE	<u>101</u>	<u>98</u>	<u>0</u>	<u>3</u>
	810	605	128	77
		74%	16%	10%

**PERCENT OF FAT (%), GRAMS OF FAT (g) AND CALORIES FOR MANY  
COMMON FOODS**

<u>DAIRY/EGG</u>	<u>SERVING</u>	<u>%FAT</u>	<u>FAT(g)</u>	<u>CAL</u>
BUTTER/MARGARINE	1 TSP	100	4	34
CHEDDAR CHEESE	1 OZ	74	9	144
AMERICAN CHEESE	1 OZ	74	9	106
FRIED EGG	1	72	6	83
SCRAMBLED EGG	1	69	8	98
OMELT	1 medium	68	26	350
WHOLE MILK	1 CUP	50	9	156
2% MILK	1 CUP	32	5	138
SKIM MILK	1 CUP	0	0	86
FROZEN YOGURT	1 CUP	8	2	216
VANILLA ICE CREAM	½ CUP	47	7	135
COCOA	¾ CUP	38	7	164
<u>FRUITS/VEGETABLES</u>				
WATERMELON	1 CUP	0	0	52
CORN	½ CUP	13	1	70
LETTUCE	½ CUP	0	0	10
FRENCH FRIES	20	42	11	233
MASHED POTATOES	½ CUP	14	1	63
POTATO, BAKED	1 LARGE	0	0	132
SWEET POTATO	½ MEDIUM	0	0	78
GREEN BEANS	½ CUP	0	0	16
ASPARAGUS	½ CUP			
	4 SPEARS	0	0	12
CELERY STALK	8" STALK	0	0	10
GRAPES	½ CUP	0	0	48
BANANA	1 medium	0	0	101
COLESLAW	½ CUP	88	8	82
RAISINS	4 ½ CUP	0	0	123
<u>SNACKS/DESSERTS/ETC.</u>				
PISTACHIO NUTS	¼ CUP	74	17	186
SUNFLOWER SEEDS	¼ CUP	69	18	213
POTATO CHIPS	1 OZ	61	11	159
PECAN PIE	1 PIECE	51	33	566
APPLE PIE	1 PIECE	43	19	402
DOUGHNUT	1	43	8	164
BLUEBERRY MUFFIN	1	43	7	147
CHOCOLATE CAKE WITH CHOCOLATE ICING	1 PIECE	42	16	350
JELLY DOUGHNUT	1	35	9	226
CINNAMON ROLL	1	27	5	158
SWEET ROLL	1	26	4	143
POPCORN, PLAIN	1 CUP	12	½	46
PRETZEL TWIST	1 LARGE	5	½	52

	<u>SERVING</u>	<u>%FAT</u>	<u>FAT(g)</u>	<u>CAL</u>
POPART	1	28	7	218
CHEESE PIZZA, THIN	1 PIECE	30	4	140
CHERRY PIE	1 PIECE	39	20	462
BRAN MUFFIN	1	34	4	104
COFFEE, BLACK	¾ CUP	0	0	2
STRAWBERRY SHORTCAKE	1 PIECE	20	9	399
DOUGHNUT CAKE	1	43	6	125
SOFT DRINK	1 CUP	0	0	96
GRAHAM CRAKERS	8 CRAKERS	12.5	1.5	120
<u>MEAT /POULTRY/ FSIH</u>				
HOT DOG	1	82	12	134
BOLOGNA	1 OZ	82	8	89
BACON	1 SLICE	77	4	46
PEANUT BUTTER	1 tbsp	70	7	87
CHICKEN WINGS	1	64	7	103
TURKEY HAM	1 OZ	26	1	34
SHORT RIBS W/BBQ SAUCE	8 OZ	78	40	458
LOBSTER	8 OZ	12	2	138
TUNA IN WATER	8 OZ	6	2	288
CHICKEN BREAST (SKINLESS)	8 OZ	2	4	307
TURKEY BREAST (SKINLESS)	8 OZ	5	2	307
<u>CONDIMENTS/DRESSING/ETC</u>				
MAYO	1 tbsp	97	11	98
ITALIAN DRESSING	1 tbsp	93	7	70
BLUE CHEESE	1 tbsp	90	8	76
MIRACLE WHIP	1 tbsp	88	7	68
1000 ISLAND	1 tbsp	83	6	61
MUSTARD	1 tsp	50	1/5	5
CHOCOLATE SYRUP	2 tbsp	10	1	93
BBQ SAUCE	1 tbsp	23	1/3	12
KETCHUP	1 tbsp	6	1/10	16
A-1 STEAK SAUCE	1 tbsp	0	0	14
FRENCH DRESSING	1 tbsp	82	6	66
SUGAR	1 tsp	0	0	14
<u>NUTRITION BARS</u>				
PROMAX BARS	2.7 OZ	18	6	290
ENERGY BAR				
GENERAL NUTRITION	1.4 OZ	33	7	190
EXCEED SPORTS BAR	2.9 OZ	6	2	280
LANCE FIG BAR		12	2	150
PERFECT PROTEIN BAR,				
NATURES BEST	.7 OZ	36	9	200
POWER BAR, POWER FOOD	2.23OZ	8	2	225
QUAKER OATS P-NUT BUTTER				
& CHOCOLATE CHIP	1 OZ	35	5	130
ENERGIZE, NUTI-POWER	1.5 OZ	0	0	144
TIGER'S MILK	1.25 OZ	28	5	160

## BEVERAGES

<u>BEVERAGE (8oz)</u>	<u>CAL</u>	<u>CARBO (g)</u>	<u>SODIUM (mg)</u>	<u>POTASSIUM (mg)</u>
<u>SPORTS DRINKS</u>				
CARBO FORCE	440	110	120	150
CARBO COOLER	160	40	0	60
ERG	9	2.2	84	84
EXCEED	67	19	66	56
GATORADE	50	14	110	24
GATORADE LITE	25	7	80	25
GATORLODE	187	47	95	*
PERFORMANCE	100	25	115	50
10K	60	13	54	29
POWERADE	70	19	55	30
ALL-SPORT	70	19	55	55
CYTOMAX	66	13	53	100
HYDRAFUEL	66	16	25	50
QUICKICK	67	16	100	23
1 <sup>ST</sup> ADE	60	16	55	25
ENDURA	60	15	46	80
HY-5	50	13	40	70
PEDIALYTE	24	6	248	187
GO!	220	36	200	390
<u>FRUIT JUICES</u>				
APPLE JUICE	116	29	7	296
ORANGE JUICE	104	25	6	436
TOMATO JUICE	41	9	600	598
<u>OTHER</u>				
COKE	103	27	6	0
DIET SODA	1	0	2-8	18-100
WATER	0	0	LOW	LOW

## READING FOOD LABELS

CARBOHYDRATES AND PROTEINS CONTAIN 4 CALORIES PER GRAM, WHERE AS FAT CONTAINS 9 CALORIES PER GRAM (ALCOHOL HAS APPROXIMATELY 7 CALORIES PER GRAM). SO IF THE LABEL READS AS FOLLOWS:

CALORIES PER SERVING	93	
10 GRAMS	CARBOHYDRATE	$10g \times 4cal/g = 40$ calories from carbohydrates
5 GRAMS	FAT	$5g \times 9cal/g = 45$ calories from fat
2 GRAMS	PROTEIN	$2g \times 4 cal/g = 8$ calories from protein

48 % ( $45/93 = 48$ ) OF THE TOTAL CALORIES COME FROM FAT. BE CARFUL WHEN MAKING YOUR FOOD CHOICES. JUST BECAUSE A CERTAIN FOOD ITEM IS LOW IN CALORIES DOESN'T MEAN IT IS LOW IN FAT.

## SAMPLE DIETS

### **3000 CALORIES**

#### **BREAKFAST**

GRAPENUTS (1/2 CUP)  
SKIM MILK (8OZ)  
BANANA  
O.J. (8OZ)

#### **LUNCH**

TURKEY (2OZ)  
WHOLE WHEAT BREAD (2 SLICES)  
MUSTARD (1 tsp)  
MAYO (2 tsp)  
LOW FAT CHEESE (1 OZ)  
LETTUCE AND TOMATO  
MINISTRONE SOUP (1 cup)  
SALTINE CRAKERS (6)  
APPLE

#### **SNACK**

PRETZELS (1 OZ)  
FIG NEWTONS (2)  
BLUEBERRY MUFFIN  
CRANBERRY JUICE (6 OZ)

#### **DINNER**

GRILLED CHICKEN BREAST (SKINLESS)  
BROWN RICE (1 CUP)  
BROCCOLI, CAULIFLOWER, CARROTS (1 ½ CUPS)  
DINNER ROLL  
MARGARINE (1 tsp)  
MIXED FRUIT (STRAWBERRIES AND GRAPES) (1 ½ CUPS)  
FROZEN YOGURT (1 CUP)

#### **NUTRITIONAL PROFILE**

CALORIES- 2936  
PROTEIN- 18% (137g)  
CARBO- 63% (471g)  
FAT- 18% (60g)

## **3000 CALORIES**

### **BREAKFAST**

SCRAMBLED EGGS (2)  
OATMEAL (1 CUP)  
RAISINS (1/4 CUP)  
O.J. (8 OZ)  
BAGEL  
SKIM MILK (12 OZ)

### **LUNCH**

TURKEY (LIGHT) (8 OZ)  
MUSTARD (1 tsp)  
PITA BREAD (6.5" diameter)  
LOW-FAT FRUIT YOGURT (8 OZ)  
BEEF NOODLE SOUP (2 CUPS)  
FRUIT PUNCH DRINK (12 OZ)

### **SNACK**

FIG BARS (4)

### **DINNER**

ROASTED HAM (LEAN) (7 OZ)  
COLLARD GREENS (COOKED) (1 CUP)  
CORN MEAL (COOKED) (1 CUP)  
BLACK EYED PEAS (1 CUP)  
WILD RICE (1 CUP)  
CARROTS (RAW) (1 CUP)  
WATER (12 OZ)

### **NUTRITIONAL PROFILE**

CALORIES- 3084  
PROTEIN- 23% (180g)  
CARBO- 62% (478g)  
FAT- 15% (51g)

## **4000 CALORIES**

### **BREAKFAST**

WHEATIES (3 CUPS)  
SKIM MILK (2 CUPS)  
BAGEL  
LIGHT CREAM CHEESE (1 tbsp)  
BANANA  
O.J. (8 OZ)

### **LUNCH**

SUPREME PIZZA (3 SLICES)  
GARLIC BREAD (2 SLICES)  
TOSSED GREEN SALAD (2 CUPS)  
ITALIAN DRESSING (2 tbsp)  
2% COTTAGE CHEESE (1/2 CUP)

### **SNACKS**

GRAPES ORANGE  
FIG NEWTONS (4)  
APPLE JUICE (8 OZ)

### **DINNER**

GRILLED SIRLOIN (LEAN) (6 OZ)  
BAKED POTATO (1 LARGE)  
CORN ON THE COB (1 EAR)  
BAKED BEANS (1 CUP)  
DINNER ROLLS (2)  
GREEN BEANS (2 CUPS)  
SKIM MILK (2 CUPS)  
MARGARINE (1 tbsp)  
FRESH MIXED FRIUT (1 tbsp)

### **NUTRITIONAL PROFILE**

CALORIES-	4029
PROTEIN-	18% (190g)
CARBO-	59% (614g)
FAT-	22% (102g)

## **4000 CALORIES**

### **BREAKFAST**

RAISIN BRAN (1 CUP)  
BAGEL  
CANTALOUPE (1/2)  
HASH BROWNS (1 CUP)  
POACHED EGG (1)  
WHEAT BREAD (2 SLICES)  
JAM (2 tbsp)  
O.J. (8 OZ)  
SKIM MILK (12 OZ)

### **LUNCH**

O.J. (8 OZ)  
FRUIT COCKTAIL (1 CUP)  
GREEN BEANS (CANNED) (1/2 CUP)  
MIXED VEGETABLES (1/2 CUP)  
SPAGHETTI & MEAT SAUCE (1 CUP)  
DINNER ROLLS (2)  
LITE-LINE CHEESE (3 OZ)  
SWEET POTATO (1)  
DIET SODA (12 OZ)

### **SNACKS**

APPLE  
CHOCOLATE PUDDING (1 CUP)

### **DINNER**

TEA (UNSWEETENED) (12 OZ)  
BAKED POTATO (2 med)  
PEAS (CANNED) (1/2 CUP)  
STEAK (LEAN) (5 OZ)  
WHOLE WHEAT ROLLS (2)  
JELLO WITH FRUIT (1 CUP)

### **NUTRITIONAL PROFILE**

CALORIES-	3979
PROTEIN-	17% (173g)
CARBO-	65% (649g)
FAT-	19% (86g)

## **5000 CALORIES**

### **BREAKFAST**

PANCAKES (5)  
SYRUP (4tbsp)  
BLUEBERRIES (3/4 CUP)  
SKIM MILK (2 CUPS)  
MARGARINE (2 tsp)  
O.J. (16 OZ)

### **LUNCH**

TUNA SANDWICHES (2)  
    WHOLE WHEAT BREAD (4 SLICES)  
    TUNA, WATER PACKED (6 OZ)  
    LITE MAYO (2 tbsp)  
    SWEET PICKLES  
PASTA SALAD  
    ROTINI OR MACARONI (1 1/2 CUPS)  
    MIXED VEGETABLES (1 1/2 CUPS)  
    LITE ITALIAN DRESSING (2 tbsp)  
SKIM MILK (1 CUP)  
APPLE

### **SNACKS**

MILK SHAKES (BLENDED)  
    SKIM MILK (1 CUP)  
    FROZEN STRAWBERRIES (1 CUP)  
    NON-FAT DRY MILK (2 tbsp)  
    BANANA  
GRAHAM CRACKERS (8 SQUARES)  
PEANUT BUTTER (2 tbsp)  
PEAR  
DRIED FRUIT MIX (1/2 CUP)  
APPLE JUICE (8 OZ)

### **DINNER**

GRILLED CHICKEN BREAST (SKINLESS) (6 OZ)  
SPAGHETTI (3 CUPS)  
SPAGHETTI SAUCE (1 CUP)  
PARMESAN CHEESE (2 tbsp)  
ITALIAN MIXED VEGETABLES (2 CUPS)  
FRENCH BREAD (2 SLICES)  
MARGARINE (1 tsp)  
FROZEN YOGURT (1 CUP)

### **NUTRITIONAL PROFILE**

CALORIES-	5098
PROTEIN-	18% (228g)
CARBO-	64% (817g)
FAT-	18% (102g)

