



A Word From Chelsea Z. Burkart, MS, RD, CSSD, LDN
Director of Sport Nutrition
Division of Intercollegiate Athletics, University of Illinois

As the Director of Sports Nutrition at the University of Illinois and a member of CPSDA, I strive to educate athletes on proper fueling, hydration, and recovery techniques that they can master and make their own. Being well fueled does not mean eating perfectly, but much rather understanding the timing, quantity, and variety of fuel necessary to maximize performance and recovery. Fitting adequate nutrition into the busy student-athlete's life can be a challenge, but it's a challenge I embrace and enjoy. Helping my athletes understand that nutrition is not a cookie cutter endeavor; that the needs of a female gymnast will differ from those of a football player in many ways but be similar in others, is a key part of my job. Once an athlete better understands his or her unique needs, they are better equipped to make fueling decisions that can have a positive impact on athletic performance.

Whether your goal is to make the starting line-up for a Division 1 basketball team, or to run your first local 10K, the basic fundamentals of proper sports nutrition do not vary greatly. We hope that you will be able to use this brochure as a starting point, by including some of the tips enclosed to build your own performance diet. Proper fueling should be as much a part of your regimen as your next trip to the weight room, or your next training session. If you want to excel on the field, the court, or at the rink, you've got to take your nutrition as seriously as you do your training. To do anything less is to sell yourself short.

Fuel well and be well,
Chelsea



Protein



Carbohydrates



Vegetables & Fruits

Performance Plate

Fueling the athlete for optimal performance

Building your plate with the appropriate ratio of carbohydrates, protein, vegetables/fruits and fats will help fuel your body and speed recovery from training.

An athlete's caloric requirements do not stay the same throughout the year as they vary depending on training volume, weight goals and adjustments if injury occurs. Also, carbohydrate needs differ from athlete to athlete and sport to sport.

One example might be an athlete who needs to fill 1/2 of their plate with low-water carbohydrates (such as rice, pasta or potatoes) for fuel during the competitive season, while only filling 1/3 of their plate with carbohydrates during the off season (or less with injury). Protein needs generally remain the same and research also shows that evenly distributing high-quality protein throughout the day can help to maximize muscle protein synthesis and muscle recovery following exercise. Vegetables and fruits are always important, as they offer a variety of vitamins, minerals and fiber. However, the time at which you consume them may be best as snacks during heavy training when caloric intakes at meals are higher. Fat needs also vary slightly based on training.



PROTEIN

- Eggs/liquid eggs
- Chicken breast (boneless, skinless)
- Turkey
- Turkey products (sausage, bacon, pepperoni)
- Lean beef (90/10 or better)
- Sirloin or tenderloin
- Fish
- Tuna packets
- Pork tenderloin
- Tofu
- Milk (or equivalent non-dairy beverage)
- Greek yogurt/yogurt
- Cottage cheese
- Cheese/ string cheese
- Beef or turkey jerky
- Beans
- Edamame
- Protein bars/beverages



CARBOHYDRATES

- Bread (100% whole wheat or other whole grain, *white)
- English muffins (100% whole wheat or *white)
- Oatmeal
- Whole grain cereal or granola
- Rice (brown rice, wild rice, *white)
- Pasta (wheat or whole grain, *white)
- Tortillas (whole wheat, corn, *flour)
- Sweet potato
- *White potato
- Whole grain couscous
- Quinoa
- Popcorn
- Trail mix
- *Graham crackers, pretzels, granola bars and other snacks

*Denotes simple carb choices



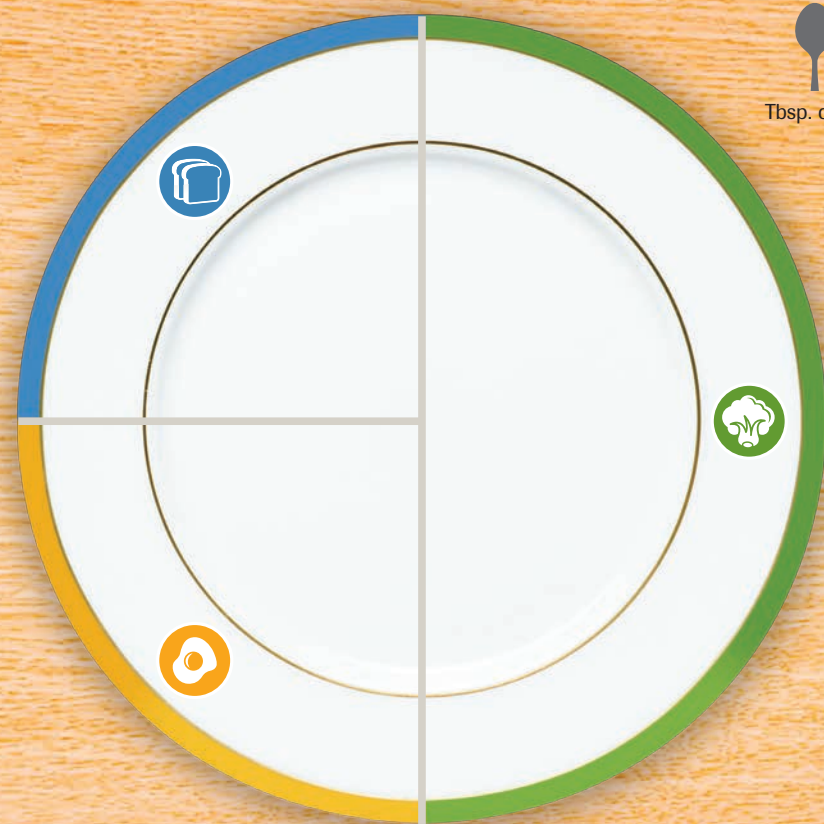
VEGETABLES AND FRUITS

- Fresh vegetables (typically those that are dark and bold in color have the most nutrients)
- Frozen vegetables (the frozen steamable bags are great and quick to prepare)
- Canned tomatoes (flavored varieties are very versatile)
- Canned vegetables
- Fresh fruit
- Frozen fruit (great for smoothies, or let bananas get over ripe and then peel and freeze them yourself)
- Canned fruit (in own juice or in water)
- Dried fruit

VEGGIE AND FRUIT IDEAS

- Add fresh spinach to a citrus-based smoothie (ex: one with pineapple and OJ)
- Veggie sticks with hummus or ranch (carrots, cucumbers, celery, grape tomato, squash)
- Stir-fry veggies with meat over rice
- Smoothies
- Veggies in omelet

Nutrient Intake: Off-Season/Light Workout Day



Fats

- Oils
- Avocado or guacamole
- Nuts (almonds, walnuts, pistachios, peanuts, etc)
- Nut butter (peanut, almond, cashew, etc)
- Seeds
- Flax seed and flax seed oil
- Butter

Recipe Add Ins/Condiments

- Spices fresh/dried
- Vinegars (balsamic, apple, rice)
- Tomato sauce, puree
- Salsa
- Soy sauce
- Mustard, BBQ sauce, ketchup
- Oil-based salad dressings
- Hummus
- Beef or chicken broth
- Extracts (vanilla, almond, etc)

Beverages

- Water
- Milk
- 100% Juice
- Sports beverages
- Other non-caloric beverages



Half of your plate is veggies and fruits. Choose complex carbohydrates. Less fat and fewer calories overall.

Nutrient Intake: Hard Workout/Game Day



*Fruit

Depending on your sport and goals, up to half of your plate is carbohydrate, with a mix of complex and simple sources. Protein needs remain constant, with veggies decreasing to 1/4 of your plate to accommodate extra carbohydrate. *Fruit is moved off to the side, or consumed as a snack. Slightly more fat and higher calories overall.