

Buffalo State Athlete Diet Guidelines

Quick Facts

1. **Keep hydrated** with water and stray away from sugary soft drinks and/or juice. Strive for at least 6-8, 16 oz. glasses of water a day. Always pack an extra bottle of water or use a water jug. You also need to consider drinking dairy products, 8-16 oz. of fat free or 1% products 2-3 times a day.
2. **Avoid greasy, fried foods and/or high fat processed meats** (cheeseburgers, fries, cheese sandwiches, bacon, sausage, and deli meats). These can make you feel sluggish or sick during training.
3. **Remember to eat**, as athletes you need to keep up a constant intake of nutrition to get you through training and practices. It will also help you perform at a higher level.
4. If you find it difficult to be able to eat at certain times of the day, buy Ziploc containers and take food from the union and put in your bag to have if you need to get in a meal or snack. Also pack your bag with food the night before to ensure you'll have something with you for the following day.

Summer / Off-season / In-Season

Meals

- Strive for 3 meals and 2 snacks a day.

Breakfast Options:

1. *Protein Sources:*

- Eggs
- Turkey Bacon
- 1% or fat free milk
- Beef, Chicken, or Turkey
- Fat Free-Low Fat Yogurt
- Cottage Cheese

2. *Carbohydrate Sources:*

- 100% Whole grain (Cereals, Bread, Muffins, Pita, Wraps, Pancakes)
- Oatmeal
- Fruits (Banana, Apple, Orange, Strawberries, Raspberries, Kiwi, Pears)
- Granola
- Vegetables (Bell Peppers, Onions, Garlic, Potatoes, Broccoli)

3. *Fat Sources:*

- Flax Seeds
- Chia Seeds
- Peanut Butter
- Fish Oil

**Fat will also be taken in when eating meats, low fat- fat free dressings,
extra virgin olive oil, canola oil**

Lunch Options:

1. *Protein Sources:*

- Lean Beef
- Chicken
- Turkey
- Fish
- Cottage Cheese
- Humus
- Tofu

2. *Carbohydrate Sources:*

- 100% Whole Grain (Bread, Wrap, Pita)
- Beans (Pinto, Navy, Black, Kidney)
- Vegetables (Peas, Carrots, Corn, Leafy Greens, Potatoes, Broccoli) • Salad
- Fruit (Banana, Orange, Apple, Pears, Strawberries)

3. *Fat Sources:*

- Avocado
- Peanut Butter
- Seeds (Pumpkin, Sunflower, Chia, Flax,)
- Fish Oil

Fat will also be taken in when eating meats, low fat- fat free dressings, extra virgin olive oil, canola oil, nuts (pecans, almonds, peanuts, cashews)

Dinner Options:

1. *Protein Sources:*

- Lean Beef
- Chicken
- Turkey
- Fish
- Beef
- Cottage Cheese
- Eggs
- Humus
- Tofu

2. *Carbohydrate Sources:*

- 100% Whole Grain (Bread, Wrap, Pita,)
- Beans (Pinto, Navy, Black, Kidney)
- Vegetables (Peas, Carrots, Corn, Leafy Greens, Potatoes, Broccoli)
- Salad

3. *Fat Sources:*

- Avocado
- Peanut Butter
- Seeds (Pumpkin, Sunflower, Chia, Flax,)
- Fish Oil

Fat will also be taken in when eating meats and poultry, low fat- fat free dressings, extra virgin olive oil, canola oil, nuts (pecans, almonds, peanuts, cashews)

Healthy Snack options:

- PBJ (peanut butter and jelly)
- Fruit (Apples, Bananas, oranges)
- Crackers with Peanut Butter
- Yogurt with Seeds, Nuts, or Granola
- Raw Vegetables with Yogurt Dip or Low-Fat/Fat Free Dressing
- Chewy Bar
- Nut Bar
- Protein Bar
- Sunflower Seeds
- Protein Shake
- Trail Mix
- Nut Mix
- Cheese Stick
- Oatmeal
- Whole Grain Cereal
- Pretzels with Yogurt or Peanut Butter
- Lean Turkey, Chicken or Ham Sandwich.

Healthy choices while at college

- Dining on campus can be tough because of the all the unhealthy options presented to you. These are some quick ideas to consider when making your food choices throughout the day.
 - When it comes to lunch in Retail Dining, order from Subway, Salsaritas or the pre-made sushi. These locations will provide healthier options that include leans meats, beans and veggies to help fuel your body
 - If eating at the Buffet Dining Hall, try to eat salads, whole grain bread sandwiches with turkey, chicken and vegetables, with no or light dressing. Avoid greasy foods at the grill that can slow you down. Get food from the stations with vegetables, rice, pasta and leans meats.
 - At the “To Go” station go for the 100% Naked juices, whole grain cereals, 1%-fat free milk, 100 calories packs and fruit bars

Pre and post workout nutrition

Pre-workout:

1. Eat meals or snacks at least an hour prior to a lift, training or practice to provide your stomach time to digest the food and prevent GI (Gastrointestinal) upset, “upset stomach”
2. Try to avoid foods high in fiber which can also cause GI upset
3. One serving of gummy bears/gummy worms (15-25 pieces) can be consumed to provide glucose for the muscles during your exercise
4. Be sure to be hydrated before an event to prevent muscle weakness. The body is made up of 55-70% water depending on your age. This is a time where Gatorade can be substituted for water. If Gatorade isn't available mix half a cup of water with half a cup of juice, it will give the same effect as Gatorade.

Post-workout:

1. For every lb. lost after an activity refill your body with 16 oz. of water to replenish your body, *16 oz. = 1 lbs*
2. Consume some form of simple carbohydrate to refill your glycogen stores which will enable you to be ready for your next training session. Examples for a simple carbohydrate can be fruit, chewy bar, Gummy worms/bears, Gatorade. This should be done right after training sessions.
3. Consume a protein source to help with recovery and muscle building. Ex's are a whey protein shake, protein bar, nuts (almonds, peanuts, cashews, walnuts), lean cuts of chicken, beef, turkey, fish, and nut bars. This should be done within 30 minutes to an hour after a training session
4. An hour/hour and a half after your training session:
 - Have a meal or snack to help further re-fuel your body

Calculating your own Calories

- Depending on gender, sport, and position played, The standard is:
 1. **Women:** 2,500-3,000 Calories
 2. **Men:** 3,500- 4,500 Calories
- As athletes it's critical to get the proper amount of nutrition in your body to keep you fueled throughout the day and through training/practice.

Below is a way to calculate the amount of calories you need from each macronutrient:

- Carbohydrates 4 calories per Kg, protein 4 calories per Kg, Fat 9 calories per Kg
- Macronutrient Breakdown: Carbohydrates 45-65% of diet, Fat 25-30% of diet, protein 15-25%.
- Athletes should aim for 1.0-1.5 grams per lb., EX: bodyweight is 220 lbs., $220 \text{ lbs.} \times 1.0 \text{ g} = 220 \text{ grams per lb.}$

Example of How to Calculate Calories:

Female Athlete:

- 2,500 calories diet,
- Weight has to be converted from lbs. to Kg's. To do this, divide your weight by 2.2
- For the example a girl weighs 120lbs. So the equation would be $120/2.2 = 54.54 \text{ Kg}$
 - *Carbohydrates:* $2,500 \text{ Calories} \times .50$ (50%=> 0.50 this is percent you should aim for) = 1,250 Calories (Calories need from carbs), $1,250/4 \text{ Kcal per g} = 312.5$ (grams of carbs need)
 - *Protein:* $2,500 \text{ Calories} \times .20 = 500 \text{ calories}$, $500/4 \text{ Kcal per g} = 125 \text{ g}$
 - *Fat:* $2,500 \text{ Calories} \times 0.30 = 750 \text{ Calories}$, $750/9 \text{ Kcal per gram} = 83.3\text{g}$

Male athlete example:

- 4,000 calories diet
- Weighs 260, $260/2.2 = 118.2 \text{ kg}$
 - *Carbohydrates:* $4,000 \times .55 = 2,200 \text{ Calories}$, $2,200/4 \text{ Kcal per gram} = 550 \text{ g}$
 - *Protein:* $4,000 \times .20 = 800 \text{ Calories}$, $800/4 \text{ Kcal per gram} = 200 \text{ g}$
 - *Fat:* $4,000 \times .25 = 1000 \text{ Calories}$, $1,000/9 \text{ Kcal per gram} = 111.1 \text{ g}$

