Thunderbird Nutrition Guide

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Hydration

Tips to stay hydrated:

- Always carry a water bottle
- Focus on fluid intake throughout the day
- Use water enhancers (Crystal Light, Mio, etc.) to add flavor and increase your desire to drink more water.

- Check your urine to determine your hydration status as follows:

<table>
<thead>
<tr>
<th>Hydrated</th>
<th>Dehydrated</th>
<th>Extremely Dehydrated (consult a doctor)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</table>

How much do you need to drink?

- MINIMUM: Women= 2.7 L/day (about 12 cups)
- Men= 3.7 L/day (about 16 cups)

- Your needs will increase as you exercise and lose fluid through sweat.

And the winner is... staying hydrated!!
What should I drink?

<table>
<thead>
<tr>
<th>Type of Drink</th>
<th>When to Drink it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Best drink for daily hydration.</td>
</tr>
<tr>
<td>Gatorade/Powerade</td>
<td>During exercise lasting &gt;60 minutes. After exercise.</td>
</tr>
<tr>
<td>Milk</td>
<td>During the day as tolerated. Chocolate milk is a great post-exercise drink.</td>
</tr>
<tr>
<td>Fruit smoothies/100% Fruit Juice</td>
<td>During the day as tolerated. After exercise.</td>
</tr>
<tr>
<td>Soda/Energy Drinks</td>
<td>LIMIT</td>
</tr>
</tbody>
</table>

-Fruits and vegetables also add fluid to your diet. For this reason, smoothies are a great way to improve your hydration.
Feel as tired as these two do?

You probably are not getting enough sleep!

In addition to making healthy eating a priority, adequate sleep needs to be a priority as well. You should be getting 7 to 9 hours of sleep each night.

If you are not getting enough sleep, try following these Top 5 Sleep Tips:

1. **Create a sleep schedule and stick to it**: Go to sleep and wake up at the same time each day to regulate your body's internal clock.
2. **Keep your bedroom completely DARK and maintain a COOL temperature in the room**.
3. **Keep the bedroom extremely quiet**: or use a white noise generator (such as a fan).
4. **Create a relaxing bedtime routine**: Stay away from loud noises, bright lights (including your phone), and any activity that can cause stress or anxiety.
5. **Follow the 10-3-2-1-0 routine**:
   - **10 hours before bed**: No more caffeine/stimulants
   - **3 hours before bed**: No heavy meals
   - **2 hours before bed**: No more work
   - **1 hour before bed**: No more screen time (phone, TV, laptop)
   - **0**: the # of times you hit the snooze button in the morning
Carbohydrates

When are carbohydrates important to consume?
- Before exercise to provide you with energy.
- Before class! Remember, your brain relies on carbohydrates for function.

Functions of Carbohydrates:
- The body's primary source of energy
- Provide essential fuel for the brain and muscles
- Fuel the body during exercise over a large range of intensities

Results of not Eating Enough Carbohydrates:
- Fatigue
- Decreased work rates
- Impaired skills and concentration

Nutrient-rich carbohydrates to provide sustained energy:
- **Fibrous fruit** (berries, apples, bananas)
- **Fibrous vegetables** (broccoli, asparagus, carrots, Brussel sprouts)
- **Potatoes** (regular and sweet)
- **Legumes** (beans)
- **Oatmeal/Cereal**
- **Rice**
- **Pasta**
- **Bread/Bagels**
- **Tortillas**
- **Dairy products** (milk and yogurt)
Protein is important for many functions, especially building tissues and muscle.

Muscles are broken down during exercise

Muscles are built when protein (along with carbohydrates) is consumed after exercise

By repairing the damage done during exercise, protein increases muscle mass and strength

**Tip:** Consume protein with each meal and snack to optimize your muscle mass/strength

Protein can be found in many foods, including:

- Lean meats (chicken, turkey, lean beef, etc.)
- Fish (salmon, tuna, shrimp, etc.)
- Eggs
- Dairy products (milk, Greek yogurt, cheese)
- Legumes (beans) with rice
- Nuts/Nut butters
- Whole grains
- Soy/Tofu

**Protein Supplements:**

- The highest quality protein is found in whole foods
- When whole foods are not available or convenient, protein supplements can be used
- Supplements are of the greatest value when *added* to a balanced diet
Fat

Fun Fat Facts (say that 5 times quickly):

- Fats secrete hormones that regulate the appetite and influence other body functions.
- Fat provides insulation for the body in extreme temperatures and protection for vital organs.
- Fats are needed to absorb important fat-soluble vitamins (Vitamin A, D, E, K) that contribute to overall health.

The MVP of all Fats: Omega-3 Fatty Acids

Omega-3’s function to:

- Decrease inflammation
- Increase brain function
- Promote heart health

Sources of Omega-3’s:

- Fatty fish (salmon, tuna, cod, etc.)
  - Eat fish at least twice per week!
- Walnuts
- Canola oil
- Flaxseed

Healthy Fat Options:

- Fatty fish (salmon, tuna, cod, etc.)
- Avocado
  - Nuts (walnuts, almonds, cashews, etc.)
- Nut butters (peanut butter, almond butter, etc.)
  - Oils (olive, canola, etc.)
- Eggs
- Cheese
- Chia seeds/Flaxseeds
Putting Together a Plate

The United States Department of Agriculture (USDA) developed the MyPlate graphic to show the public what a nutritious meal looks like.

This plate shows balanced portions of different types of healthy foods.

Building your plate in this way will allow you to consume a variety of healthy foods.

See the next page for examples of healthy options to use when building your plate.

Check out https://www.choosemyplate.gov/ for more information and tips!
Variety is key.

- Different foods contain different nutrients that your body needs for optimal health.
- Fruits and vegetables contain different *phytonutrients*, which are nutrients that are especially beneficial for your health.
- The difference in colors between fruits and vegetables is indicative of different phytonutrients that they contain.

#TasteTheRainbow #TheHealthyOne
Meal Ideas

Breakfast Ideas:

1. Omelet (or a scramble if you aren't up for the challenge)
   - In addition to the eggs, add ingredients such as avocado, cheese, fibrous vegetables, meat, etc. Pair with a glass of milk and fruit.

2. Breakfast sandwich/burrito
   - Add the same ingredients of a scramble to two pieces of toast or a tortilla. Pair with a glass of milk and fruit.

3. Oatmeal
   - Use add-ins such as milk, nuts, peanut butter, chia seeds, flaxseed, coconut, honey, fruit (fresh or dried), etc.

4. Smoothie/Protein Shake
   - Use milk, 100% fruit juice, Greek yogurt, nuts/nut butter, fibrous fruits, spinach, protein powder, oats, chia/flaxseed, cinnamon, honey, etc.

Breakfast gets its name from being the meal that BREAKs the overnight FAST while you slept.

Breakfast is used to fill up your empty tank.

Breakfast starts your metabolism and gives you energy throughout the day.

Tips for Breakfast:

➢ Do NOT skip it
➢ Eat it within 1 hour of waking up
➢ Choose foods that will give you lasting energy

No time for breakfast? Choose an on-the-go option:

- Make overnight oats at night to enjoy in the morning
- Grab Greek yogurt and top it with trail mix/granola
- Bring a protein bar and a piece of fruit
- Make a PB&J at night and place it in the fridge for the next morning

*See the Recipes section for step-by-step instructions for meals
Top 10 Lunch/Dinner Ideas:

1. **Stir-Fry**
   - Sauté fibrous vegetables along with chicken, steak, or fish. You can also add rice or noodles.

2. **Tacos/Burritos/Fajitas**
   - User’s choice! Add a lean protein, beans, rice, vegetables, avocado, salsa, etc.

3. **Enchiladas**
   - Use lean meats and cheese. Bake in bulk to last you a few days.

4. **Chicken and Rice Bowl**
   - Use different seasonings and dressings. Add vegetables.

5. **Power Salad**
   - Add lean protein, avocado, cheese, nuts/seeds, fibrous fruits and vegetables, etc. Top with a dressing of your choice.

6. **Sandwich/Wrap**
   - Get creative! PB & banana with honey, tuna salad, turkey and cheese, steak and vegetables, etc. Try them fresh, grilled, or panini style using a panini press (Ex: George Foreman Grill).

7. **Roasted Vegetables**
   - Season and roast your favorite vegetables. Pair with a protein.

8. **Pasta**
   - From good old spaghetti, to baked ziti and chicken parmesan.

9. **Loaded Potatoes**
   - Use regular or sweet potatoes and fill them to the top with healthy fats, protein, and vegetables.

10. **Baked Chicken Fingers and Fries**
    - A healthy alternative to a classic favorite. Simple and easy.

*See the Recipes section for step-by-step instructions for meals*
Hungry in class? No problem.

Keeping some “Snack-bag Swag” in your backpack will make sure that you stay fueled wherever you are!

**Snack-bag Swag**

- Sandwich (PB&J)
- Nuts
- Almonds
- Clif Bar
- Kind Bar
- Beef Jerky
- Apple
- Granola/Protein Bar
- String cheese
- Walnuts
- Any fibrous fruit or vegetable
- Great value trail mix (Walmart’s finest!)
# Cooking Basics

## Cooking Meat:

### Cooking Method with Temperature and Time

<table>
<thead>
<tr>
<th>Type of Meat</th>
<th>Bake: Line a baking sheet with tin-foil and spray with cooking spray. Cook in oven.</th>
<th>Pan-Fry: Add oil to a pan and cook the meat over medium heat until done.</th>
<th>Grill: Place meat on a heated grill. Flip over half-way through cooking time.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken</strong></td>
<td>375°F 20-30 minutes</td>
<td>6-8 minutes per side</td>
<td>10-15 minutes per side</td>
</tr>
<tr>
<td><strong>Steak</strong></td>
<td>Not Advised</td>
<td>3-8 minutes per side based on desired wellness</td>
<td>5-10 minutes per side based on desired wellness</td>
</tr>
<tr>
<td><strong>Ground Beef/Turkey</strong></td>
<td>Not Advised</td>
<td>About 8-10 minutes</td>
<td>5-6 minutes per side (burger patties)</td>
</tr>
<tr>
<td><strong>Fish</strong></td>
<td>400°F 15-20 minutes</td>
<td>4-5 minutes per side</td>
<td>About 5-6 minutes per side</td>
</tr>
</tbody>
</table>

### When is my meat done cooking?

- **Chicken**: The inside is **WHITE with NO PINK**.
- **Steak**: This is a personal choice. Can be anywhere from rare (pink inside) to well-done (no pink inside).
- **Ground Beef/Turkey**: No pink inside.
- **Fish**: Flaky when cut with a fork. **“Opaque”**: not able to be seen through.
Cooking Grains:

3 Options for Rice:
1. Use a rice-cooker and follow the label’s instructions. Easy!
2. Microwave: Add 1 cup of instant-rice and 1 cup of water to a microwave-safe bowl. Microwave on high for about 7 minutes.
3. Stove-top: For every 1 cup of dry rice use 1 ¼ cup water. Boil water. Add rice, cover with a lid, turn to low heat, simmer for about 15-18 minutes depending on label’s instructions. Remove from heat, let cool for 5 minutes, fluff with fork.

Pasta:
1. Boil water (enough to cover the pasta) and add salt to taste in a large pot. Add pasta into boiling water. Cook until pasta is desired texture. Usually about 8-12 minutes. Drain the pasta and let it cool.

*Cooked pasta will stick to the wall when it is thrown at it. (Only try one noodle at a time)
For all recipes below, remember to include these types of seasonings.
Add seasonings to meats and vegetables before &/or during cooking.
Try new seasonings and learn the types and amounts that you enjoy.
**Breakfast:**

1. **Omelet/Scramble**

   **Ingredients:**
   - Eggs
   - Milk
   - Cooked Protein (chicken, ham, etc.)
   - Cheese (shredded)
   - Vegetables (onions, mushrooms, spinach, asparagus, tomatoes, etc.)
   - Avocado

   Pair with toast, fruit, yogurt, milk, etc.

   **Instructions:**
   1. Slice protein and vegetables
   2. In a bowl whisk the eggs and milk together
   3. Spray pan with cooking spray or coat with oil
   4. Sautee vegetables and protein for about 1 minute
   5. Pour egg/milk mixture into pan with protein and vegetables
   6. Stir for another minute (or flip after one minute for an omelet)
   7. Sprinkle with cheese. Top with sliced avocado and enjoy!

2. **Breakfast Sandwich/Burrito**

   **Ingredients:**
   - Same as the omelet/scramble

   **Instructions:**
   1. Same as the omelet/scramble
   2. Add to two pieces of toast to make a sandwich, or into a cooked tortilla for a burrito.

3. **Oatmeal**

   **Ingredients:**
   - Oats
   - Milk
   - Toppings: Nut butter, nuts, fresh/dried fruit, chia seeds, flaxseed, coconut, honey, etc.

   **Microwave Instructions:**
   1. Pour ½ cup oats into a microwave safe bowl
   2. Add ½ to 1 cup of milk (less milk makes thicker oatmeal, more makes it runny)
   3. Cook for 1 ½ minutes
   4. Add any toppings. Make it your own!
4. ***Smoothie/Protein Shake***

**Ingredients:**
- Ice
- Milk &/or juice
- Fruit (fresh or frozen)
- Vegetables (spinach, kale, etc.)
- Oats
- Nuts/Nut butters
- Avocado
- Protein Powder
- Chia/Flaxseed
- Cinnamon
- Honey

**Instructions:**
1. Add all of the ingredients that you want into the blender
2. Blend until desired consistency
3. Give it a cool name
4. Start sippin’!

***BONUS RECIPE***

5. ***Overnight Oats***

**Ingredients:**
- Oats
- Milk
- Protein Powder
- Chia seeds/Flaxseed
- Brown Sugar
- Honey
- Cinnamon
- Nuts/Nut butters
- Fruit

Also needed: Tupperware or a Mason Jar

**Instructions:**
1. Add ½ cup oats to Tupperware or Mason Jar
2. Add ½- ¾ cup milk
3. Add any add-ins you want! (Check resources section for recipe ideas)
4. Place the Tupperware or Mason Jar in the fridge to sit overnight
5. Wake up and enjoy your easy overnight oats!
Lunch/Dinner:

1. **Stir-Fry**

   **Ingredients:**
   - Olive or canola oil
   - Vegetables (fresh or frozen)
   - Protein (chicken, steak, fish, tofu, etc.)
   - Rice/noodles
   - Teriyaki sauce

   **Instructions:**
   1. Add oil to a pan
   2. Cook protein until done and set aside
   3. Add oil to a large pan
   4. Sauté vegetables until soft
   5. Add cooked protein and teriyaki sauce
   6. Stir for about 1 minute
   7. Either stir in cooked rice/noodles or pour the stir-fry over cooked rice/noodles.

2. **Tacos/Burritos/Fajitas**

   **Ingredients:**
   - Olive or canola oil
   - Protein (chicken, lean beef, steak, tofu, etc.)
   - Ultimate Southwest Blend frozen vegetables (beans, corns, onions, red peppers, chilies)
   - Lettuce, tomatoes, cilantro
   - Avocado, cheese, salsa

   **Instructions:**
   1. Add olive oil to pan
   2. Cook protein until done and remove from pan
   3. Add oil to another pan and cook frozen vegetables until done
   4. Slice the avocado (or make guacamole)
   5. Heat up tortillas on the stovetop or microwave and load them up with any ingredients that you want
   6. Invite your friends over and enjoy your taco/burrito bar!
3. **Enchiladas**

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tortillas</td>
</tr>
<tr>
<td>• Protein (chicken, lean beef)</td>
</tr>
<tr>
<td>• Cheese (shredded)</td>
</tr>
<tr>
<td>• Enchilada sauce</td>
</tr>
<tr>
<td>• Vegetables (onions, corn, peppers, etc.)</td>
</tr>
</tbody>
</table>

**Instructions:**

1. Preheat the oven to 350°F
2. Cook protein in a pan with olive oil
3. Set protein aside once it is cooked
4. Add oil to a new pan and cook the vegetables until they are soft
5. Spray a baking dish with cooking spray
6. Add enchilada sauce to the baking dish
7. Mix the meat, vegetables, and cheese in a bowl
8. Add the meat, vegetable, and cheese mixture to tortillas and roll them
9. Add the rolled enchiladas seal-side down into the baking dish
10. Sprinkle the top with more cheese and sauce if desired
11. Bake for 15-20 minutes or until cheese is browned. Let cool and enjoy!

**Bake in large batches to save and enjoy throughout the week!**

4. **Chicken and Rice Bowl**

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Chicken (boneless, skinless, breast or tenderloins)</td>
</tr>
<tr>
<td>• Rice</td>
</tr>
<tr>
<td>• The possibilities are endless! Mix in all kinds of toppings like vegetables, beans, cheese, avocado, nuts, sauces, &amp; grains</td>
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</tbody>
</table>

**Instructions:**

1. Season chicken. Options:
   - Marinate: Place chicken in a zip lock bag and pour in sauce being used to marinate. Let it sit in the refrigerator for a couple of hours or overnight.
   - Season: Add any spices or seasonings directly to the chicken and pat it on.
2. Cook chicken
3. Cook rice
4. Make your bowl! Add any fresh or cooked vegetables and additional toppings that you want. Save extra for leftovers.
5. Power Salad

**Ingredients:**
- Lettuce, spinach, kale, etc. OR Buy a pre-packaged chopped salad kit.
- Vegetables (the more the better!)
- Fruit (add some color to the salad)
- Other toppings: nuts, seeds, cheese, avocado, meat, tofu, grains, dressing, etc.

**Instructions:**
1. Chop up the lettuce (or get out the pre-chopped salad kit) and place in a large bowl.
2. Add in all of the toppings that you want. Load it up!
3. Pour in dressing and stir it all together.
4. Send your family a picture of you eating salad to make them proud.

6. Sandwich/Wrap

**Ingredients:**
- 2 slices of 100% whole wheat bread OR a large tortilla
- Any fillings you want (PB&J, PB&Honey with banana, tuna/chicken salad, meat and vegetables with cheese, etc.)

**Instructions:**
I think you all have this one down. Make sure to pair this meal with extra fruit or vegetables on the side and a glass of milk.

For tuna/chicken salad: drain the can and mix the meat with plain Greek yogurt, relish, mustard, chopped vegetables, nuts, raisins, etc.

7. Roasted Vegetables

**Ingredients:**
- Any vegetables you want: potatoes (regular or sweet), Brussel sprouts, onions, yellow squash, zucchini squash, mushrooms, asparagus, broccoli, bell peppers, carrots, etc.
- Olive oil
- Seasonings (basil, thyme, oregano, salt, pepper, etc.)

**Instructions:**
1. Chop up your vegetables into bite-size pieces
2. Place vegetables in a bowl and add 1-3 tablespoons of olive oil, depending on how many vegetables you have.
3. Sprinkle seasonings on and mix well
4. Place tin-foil on a baking sheet and spray with cooking spray. Add vegetables.
5. Bake at 425°F until soft and golden brown (about 30-40 minutes)
6. Pair with a protein and enjoy!
8. Pasta

**Ingredients:**
- Pasta (whatever size or shape you desire)
- Spaghetti sauce (marinara)
- Protein (chicken, ground turkey/beef, meatballs, etc.)
- Cheese (try new types)

**Instructions:**
1. Turn on the Italian Dinner Party station on Pandora or Spotify
2. Cook pasta
3. Get your Italian on and make the pasta your own! Add any cooked meat, vegetables, and sauce you desire.

9. Loaded Potatoes

**Ingredients:**
- Potatoes (Russet or sweet)
- Toppings: Protein (chicken, ham), vegetables, beans, green onion, avocado, cheese, etc.

**Instructions:**
1. Bake the potatoes: Wrap the potatoes in tin-foil and bake in the oven at 425°F for 50-60 minutes or until soft. Flip half-way through. Remove and cool.
2. Slice potato in half and load it up. Enjoy!

10. Baked Chicken Fingers and Fries

**Ingredients:**
- Chicken Fingers:
  - Flour
  - Egg
  - Water
  - Bread crumbs
  - Parmesan cheese
  - Boneless, skinless, chicken tenders

- Fries:
  - Potatoes (Russet or sweet)
  - Olive oil
  - Salt/Pepper

**Instructions:**

**Chicken Fingers:**
1. Heat oven to 425°F. Line a baking sheet with tin-foil and spray with cooking spray.
2. Add flour to one dish and in another dish, beat eggs and water. In a third dish, mix the bread crumbs and parmesan cheese.
3. Coat chicken with flour, dip into egg/water mixture, and then coat with the bread crumb/cheese mixture.
4. Place on the baking sheet.
5. Bake for 15-20 minutes or until no longer pink inside.
6. Let cool before eating.
For more meal ideas check the Resources section.

Looking for delicious meals that take hardly any effort? Invest in a crock-pot!
- Simply add the ingredients to the crock pot, turn it on, and come back at the end of the day to a warm, home-cooked meal.
- Cook meals in large amounts to have leftovers during the week.
- Check the Resources section for recipe links. Or get your Pinterest on for plenty of recipes!

Fries:
1. Heat oven to 425°F. Line a baking sheet with tin-foil and spray with cooking spray.
2. Slice potatoes into desired thickness
3. Place in a bowl and coat with olive oil (1 to 2 tablespoons) and sprinkle with salt/pepper as desired.
4. Place on a baking sheet
5. Cook for 40-50 minutes or until golden brown. Let cool.
6. Have a flashback to your childhood and enjoy this healthy alternative to your childhood (or current) favorite meal.
Meal-Prep Hacks

Too tired after a long day to cook? No time to make lunch in-between classes? Invest a few hours each week to meal-prep and make sure that you always have healthy meals available.

**HACK #1: Be organized**
Plan your meals for the week before it starts. Make a grocery list and get all of the foods needed to be able to make these meals.

**HACK #2: Be prepared**
Buy meats in bulk, slice them, place them in freezer-safe zip lock bags, and freeze them to have them available to thaw and use at any time.

**HACK #3: Tag-team prep**
To avoid getting sick of the same meal, get a group together and have each person prep a different meal. Switch meals within the group so that you have different meals during the week.

**HACK #4: Spice it up**
Try new foods! Add new spices. Find new recipes. Don’t let yourself get bored of the same old meals.
Grocery Shopping Guide

Healthy Shopping List

- Chicken
- Lean Ground Beef
- Eggs
- Milk
- Greek Yogurt
- Avocado
- Peanut Butter
- Olive Oil
- Hummus
- Marinara Sauce
- Wheat Thins
- Graham Crackers
- Clif Bars
- Fresh Peaches
- Natural Applesauce
- Frozen Fruit
- Corn on the Cob
- Fresh or Frozen Green Beans
- Fresh Potatoes
- Oats
- Rice
- Whole Wheat Bread
- Bagel

Less Healthy Shopping List

- Frozen Chicken Fingers
- Frozen Meatballs
- Bacon
- Soda
- Ice Cream
- Mayonnaise
- Nutella
- Butter
- Ranch
- Alfredo Sauce
- Chips
- Oreos
- Pop Tarts
- Canned Peaches
- Apple Juice
- Popsicles
- Canned Cream Corn
- Canned Green Beans
- Instant Potatoes
- Crunch Berry Cereal
- Top Ramen
- White Bread
- Muffin
Your house is a **Safe Zone**: YOU control what food is available. Make good choices.

**SAFE ZONE ARSENAL:**
- LEAN MEATS
- FRESH AND FROZEN VEGETABLES/FRUIT
- HEALTHY FATS
- WHOLE GRAINS
- MILK/YOGURT

**Tips to Keep in Mind During Shopping:**
- Buy things in **bulk** that will last over time: frozen meat, frozen vegetables/fruit, canned tuna/salmon, beans, oatmeal, pasta, rice, nuts/nut butter, etc.
- Don’t buy more than you can eat. Be aware of how much fresh produce that you buy.
- Shop for weakly deals (on healthy items).

**PLAN AHEAD!**
1. Plan your meals for the week
2. Make a list with the ingredients you will need
3. Stick to your list. Keep your eye on the prize!
Benefits of having a solid Safe Zone arsenal:

1. You will **SAVE MONEY** by eating at home

<table>
<thead>
<tr>
<th>Unhealthy Meal</th>
<th>Healthy Meal (at home)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Panda Express</td>
<td>Instant rice: $0.36 per cup</td>
</tr>
<tr>
<td>Fried rice (2 cups)</td>
<td>Frozen stir-fry vegetables: $0.83 per cup</td>
</tr>
<tr>
<td>Orange chicken (6 oz.)</td>
<td>Chicken: $0.13 per oz.</td>
</tr>
<tr>
<td>Unhealthy Meal Total Cost: $6.80</td>
<td>Teriyaki sauce: $0.28 per 2 tbsp.</td>
</tr>
<tr>
<td>Healthy Meal (at home) Total Cost: $2.25</td>
<td></td>
</tr>
</tbody>
</table>

2. Hunger will not get the best of you. You will always have food available to put a quick, healthy meal together to avoid going to McDonald’s looking like Patrick:

3. It will be easy to make healthy choices. **If you have healthy food in your house, you will eat healthy food.** Just ask Kevin Durant.
Healthy Eating on a Budget

- Healthy eating can actually help you save money.
- Below is an example of how to eat healthy while spending only $50/week.
- The options shown can make 2-3 separate meals depending on the serving size.
- Tip: Buy ingredients that you can use in multiple meals to save money and eliminate waste. The next week you can try new ingredients and meals to mix it up!

<table>
<thead>
<tr>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples= $1.80</td>
</tr>
<tr>
<td>Wheat thins= $2.56</td>
</tr>
<tr>
<td>Kind bars= $2.98</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast sandwich</td>
</tr>
<tr>
<td>- Whole wheat bread= $2.05</td>
</tr>
<tr>
<td>- Ham= $2.98</td>
</tr>
<tr>
<td>- Eggs= $1.58</td>
</tr>
<tr>
<td>- Cheese= $1.98</td>
</tr>
<tr>
<td>- Hot sauce= $1.48</td>
</tr>
<tr>
<td>Overnight oats</td>
</tr>
<tr>
<td>- Oats= $2.48</td>
</tr>
<tr>
<td>- Milk= $1.90</td>
</tr>
<tr>
<td>- Cinnamon= $0.98</td>
</tr>
<tr>
<td>- Peanut butter= $3.32</td>
</tr>
<tr>
<td>- Bananas= $0.76</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stir fry</td>
</tr>
<tr>
<td>- Ground turkey= $2.67</td>
</tr>
<tr>
<td>- Packaged stir fry veggies= $2.98</td>
</tr>
<tr>
<td>- Rice= $1.98</td>
</tr>
<tr>
<td>Ham sandwich</td>
</tr>
<tr>
<td>- Whole wheat bread</td>
</tr>
<tr>
<td>- Ham</td>
</tr>
<tr>
<td>- Cheese</td>
</tr>
<tr>
<td>- Lettuce= $0.98</td>
</tr>
<tr>
<td>- Tomato= $0.60</td>
</tr>
<tr>
<td>- Mustard= $1.48</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burrito bowls</td>
</tr>
<tr>
<td>- Ground Turkey</td>
</tr>
<tr>
<td>- Rice</td>
</tr>
<tr>
<td>- Ultimate southwest blend frozen vegetables= $2.28</td>
</tr>
<tr>
<td>- Hot sauce</td>
</tr>
<tr>
<td>- Cheese</td>
</tr>
<tr>
<td>Salad</td>
</tr>
<tr>
<td>- Eggs (hard boiled)</td>
</tr>
<tr>
<td>- Packaged salad kit= $2.98</td>
</tr>
<tr>
<td>Chicken and roasted veggies</td>
</tr>
<tr>
<td>- Chicken= $2.70</td>
</tr>
<tr>
<td>- Carrots= $0.98</td>
</tr>
<tr>
<td>- Broccoli= $0.90</td>
</tr>
<tr>
<td>- Potatoes= $0.40</td>
</tr>
<tr>
<td>- Canola oil= $2.28</td>
</tr>
<tr>
<td>- Salt &amp; pepper= $1.48</td>
</tr>
</tbody>
</table>

Total= $51.54/week

Red= Things already bought for a previous meal
Blue= Things that will last for multiple weeks
Dining Out

Dining out does not always have to mean eating unhealthy foods. There are healthy options everywhere.

Choosing healthy options can even help you save money!

### Average meal

<table>
<thead>
<tr>
<th>McDonalds</th>
<th>Double Quarter Pounder with Cheese Meal: <strong>$7.70</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Burger</td>
<td>(770 kcal)</td>
</tr>
<tr>
<td>Medium fry</td>
<td>(340 kcal)</td>
</tr>
<tr>
<td>Medium Coke</td>
<td>(220 kcal)</td>
</tr>
<tr>
<td>Regular McFlurry</td>
<td>(510 kcal): <strong>$2.80</strong></td>
</tr>
</tbody>
</table>

Total: **$10.50** (1,840 kcal)

### Healthier meal

<table>
<thead>
<tr>
<th>McDonalds</th>
<th>Artisan Grilled Chicken Sandwich Meal: <strong>$7.50</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandwich</td>
<td>(380 kcal)</td>
</tr>
<tr>
<td>Side salad with vinaigrette</td>
<td>(50 kcal)</td>
</tr>
<tr>
<td>Water or Milk</td>
<td>(0-100 kcal)</td>
</tr>
<tr>
<td>Fruit parfait</td>
<td>(150 kcal): <strong>$1.00</strong></td>
</tr>
</tbody>
</table>

Total: **$8.50** (580-680 kcal)

Dining Out

Every once and a while it is OKAY to enjoy your favorite, and less healthy, foods.

However,

There are always healthy alternatives available.

Make goals to:

- Substitute sides. Ex: Instead of fries get a side salad, fruit, parfait, etc.
- Avoid sugary drinks such as soda and sweet tea. Instead, order water, light lemonade, milk, etc.
- Limit creamy sauces/dressings such as alfredo sauce, gravy, ranch, etc. Instead try ketchup, mustard, marinara, etc.
- Eat meats that are baked, roasted, or grilled instead of fried.
Every meal can make a difference on your road to better health, so make good choices.

Healthier alternatives are available wherever you go:

**Entrees:**
- Grilled Chicken Sandwich or Grilled Chicken Nuggets
- Grilled Market Salad
- Grilled Chicken Cool Wrap

**Sides:**
- Greek Yogurt Parfait
- Side Salad
- Fruit Cup

**Drinks:**
- Diet Lemonade
- Unsweetened Tea

**Entrees:**
- Salad with Cilantro Lime Vinaigrette (Tip: Eat the salad portion, save some of the insides, and roll it like a burrito to enjoy later for meal #2)
- Tacos or burrito (add lettuce, guacamole, and Pico de Gallo)
- Choose chicken, salmon, shrimp, or steak.
**Entrees:**
- Choose a meat plate, sandwich, or salad.
- Meats: Chicken, turkey, beef brisket.

**Sides:**
- Coleslaw
- Mashed Potatoes
- Baked Beans
- Side Salad
- Collard Greens

**Breakfast:**
- Egg McMuffin
- Oatmeal
- Parfait

**Lunch:**
- Artisan Grilled Chicken Sandwich
- Southwest Grilled Chicken Salad

**Sides/Desserts:**
- Parfait
- Apple Slices
- Side Salad
- Small Ice Cream Cone
Entrees:
- Choose entrees labeled as “Wok Smart” (green image on the right) such as:
  - Kung Pao Chicken
  - Beef and Broccoli
  - Teriyaki Chicken

Sides:
- Mixed Vegetables
- Brown or White Steamed Rice

Tips:
- Add extra vegetables (lettuce, tomato, onion, etc.)
- Add avocado spread instead of mayonnaise
- Choose wheat bread for extra fiber and protein
- Skip the chips and choose a Jumbo Dill Pickle

Tips:
- Add extra vegetables (bell peppers, onions, tomatoes, etc.)
- Go with a friend and split a pizza and a salad!

*Raspberry Pecan Salad is highly recommended!*
Entrees:
- All “Guiltless Grill” Options
- Caribbean Salad
- California Turkey Club
- Fajitas
- Grilled Chicken Fresh Mex Bowls
- Tacos
- Sirloin Steak with a Side of Vegetables

Sides:
- Steamed Broccoli
- Grilled Asparagus & Garlic Roasted Tomatoes
- Mashed Potatoes
- Black Beans
- Corn on the Cob

Food:
- Wraps
- Sandwiches
- Flatbreads
- Salads
- Get fruit instead of chips as a side.

Smoothies:
- Try the “Superfood Smoothies” and “Supercharged Smoothies” for extra nutrition benefits
- Add protein
- Add spinach/kale
- Add almonds, chia seeds, oats, multi-vitamin, etc.
Tip:
- Avoid/limit fried chicken. Go for GRILLED.
- Limit the usage of dipping sauces.
- Choose unsweetened tea or milk.

Entrees:
- Zalads with Grilled Chicken
- Grilled Chicken Sandwich
- Cajun Club Sandwich

Sides:
- Side salad, celery, coleslaw

Breakfast Entrees:
Choose ham or chicken for the protein.
- Bagel Sandwich
- Omelet (can be made with egg whites)
- Value Meal: eggs, ham, and potatoes.

Breakfast Sides:
- Cottage cheese, applesauce, fruit.

Lunch/Dinner Entrees:
- Turkey or Ham Sub
- Grilled Chicken Sandwich
- Chef or Grilled Chicken Salad
- All wraps (choose grilled chicken)
- Sirloin Steak
- Grilled Tilapia.

Lunch/Dinner Sides:
- Salad, mashed potatoes, baked potato, coleslaw, rice pilaf, veggies.
Try any delicious acai bowl &/or smoothies!

Benefits of Ingredients:

- **Acai berry**: packed with antioxidants to aid in recovery.
- **Peanut butter**: for healthy fats & protein.
- **Protein powder**: for additional protein to repair & build your muscles.
- **All other fruits (& spinach)**: contain vitamins & minerals to enhance immunity.
- **Granola**: contains carbohydrates to provide energy throughout the day.

Have a meal plan? Time to use it!

Tips:

- Scope out all of your options before filling your plate!
  - Have a game plan to build your #PerfectPlate
- Utilize the stations that are always available to make the healthiest choices possible:
  - Salad Bar
  - Pasta Bar
  - Sandwich Station
  - Stir-fry Station
- Choose entrees with lean protein (chicken, fish, turkey, eggs, etc.)
- Load up on fresh fruits and vegetables
- Limit fried foods, desserts, and soda

Now open in the Student Center!
Pre-Exercise Fueling

Pre-exercise fueling is entirely up to you. Every person is unique and responds to food differently.

TIP: If eating before exercise makes you feel nauseous (especially in the morning) try a “liquid meal” such as a smoothie for ease of digestion.

When to eat before exercise:
3-4 hours before exercise have LARGE meals
2-3 hours before exercise have MEDIUM/SMALL meals
1-2 hours before exercise have a SNACK
1 hour before exercise drink 1-2 cups of water

PRE-EXERCISE FUELING TIPS

Common preferences for pre-exercise fuel:

- **High Complex Carbohydrates** (grains, vegetables, fruit, etc.)
  - Critical for pre-exercise fuel!
  - Too many simple sugars (candy, desserts, etc.) can cause undesired “crashes” during exercise.

- **Low Fiber**
  - Too much fiber can often cause an upset stomach during exercise.

- **Low/Moderate Fat**
  - Too much fat can take a long time to digest. Plan meal times accordingly.

- **Moderate Protein**
  - Lean proteins will help stimulate muscle growth.
Post-Exercise Fueling

First things first, **REHYDRATE**! Drink fluids such as water, sports drinks, chocolate milk, etc. following intense exercise.

![Image of a person with a sign that says, "Have you heard that joke about hydration? False. Hydration is not a joke!"

If you are not ready to eat a full meal after intense exercise, try drinking a smoothie or protein shake as fluids are often tolerated more easily than food.

**The Golden Hour**

Within **1 hour** of finishing exercise you should consume a meal that includes lean protein, healthy fats, and complex carbohydrates (whole grains, vegetables, etc.)

This meal will help repair and build your muscles, refuel your energy stores, and reduce soreness.

- Salmon with vegetables and rice
- Chicken burrito with beans, salsa, vegetables, and guacamole
- Turkey sandwich with a side salad and fruit
Alcohol, Caffeine, and Supplements

**Alcohol:**

Negatives:
- Can cause dehydration
- Decreases concentration and coordination
- Increases chances of cancer and heart disease
- Can lead to liver failure

**Caffeine:**

Negatives:
- Increases blood pressure
- Causes upset stomach, diarrhea, irritability, headaches, and loss of sleep
- Can lead to dependence

**Supplements:**

Recommendations:
- Utilize the benefits of a healthy diet instead. Food first!
- Consult with a Registered Dietitian (RD) to find the safest supplements.
Resources

- Additional Recipes:
  - [http://www.stack.com/a/healthy-10-minute-dinners](http://www.stack.com/a/healthy-10-minute-dinners)

- Crockpot Recipes:
  - [http://thefrugalgirls.com/easy-crockpot-recipes](http://thefrugalgirls.com/easy-crockpot-recipes)

- Overnight Oats Recipes:
  - [http://blog.foodnetwork.com/healthyeats/2015/05/13/overnight-oats-for-breakfast/](http://blog.foodnetwork.com/healthyeats/2015/05/13/overnight-oats-for-breakfast/)

- Additional Websites:
  - eatright.org
  - scandpg.org

- To find out your exact calorie needs, see a Registered Dietitian. This website offers a good estimate that you can use.
  - [http://www.active.com/fitness/calculators/calories](http://www.active.com/fitness/calculators/calories)

Contact Information:

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References


