

Healthy Performance Menu Planning for Track

Top ten daily menu tips

1. Eat at least 3 regular meals and 2 snacks per day. Try not to go more than 3–4 hours without eating.
2. Include adequate servings of each food group at every meal—starches, meat/meat alternatives, fat, dairy, fruits, and vegetables.
3. Plan 2 starch/grain choices per meal.
4. Plan to eat 2 (3 -4) ounce protein portions at least twice a day. To increase protein intake, try adding 1 ounce of meat to current portion size or adding cheese or peanut butter or hummus to a sandwich or snack.
5. Consume small amounts (1 teaspoon) of fat in the form of condiments or cooking oil at each meal to help with satiety and stabilizing blood sugar.
6. To make sure you get key performance foods in your meal, consume the more nutrient-dense foods first (e.g., meats, fats, starches) and save salads and fruit for last.
7. Pick nutritionally adequate alternatives if avoiding specific foods. For example, eat yogurt or cottage cheese if avoiding milk, beans, or cheese.
8. For recovery, consider adding a smoothie with protein powder or an energy bar to an afternoon snack.
9. Allow at least 8 ounces of a decaffeinated beverage to each meal to aid in overall hydration. If able, try to consume several cups of fluid at each meal to meet training diet base fluid needs.
10. Set a reasonable limit on caffeinated beverages (i.e., 1–2 cups/day). Caffeine causes dehydration and suppresses your hunger.



Examples of Portion Sizes in a Meal	Sample Meal
◆ 4–6 ounces of meat/meat alternative (size of woman's palm or deck of cards)	◆ 5-ounce chicken breast, fish filet, or hamburger patty
◆ 1–2 cups	◆ 1 cup rice, pasta, potatoes, or large dinner roll
◆ ½–1 cup vegetables or salad	◆ 1 cup cooked broccoli, spinach, or green beans
◆ 1 cup dairy	◆ 1 cup milk or yogurt, or ½ cup cottage cheese
◆ 1 whole fruit or ½ cup diced	◆ 1 apple or 1 small fruit cup
◆ 1 or more teaspoons fat source	◆ 1 teaspoon margarine or vegetable oil

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