

# Healthy Performance Menu Planning for Tennis

## 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 2-3 ounces of protein 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 to a sandwich or snack.
5. Consume small amounts (1 teaspoon) of fat at each meal to help with satiety and stabilizing blood sugar.
6. 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. Consider adding a smoothie with protein powder, Boost®, or Ensure® to an afternoon snack.
9. To aid in digestion allow at least 8 fluid ounces of a decaffeinated beverage to each meal; you may need even more fluids to aid in overall hydration.
10. Set a reasonable limit on caffeinated beverages.

**Examples of Portion Sizes in a Meal**

2nd serving of a food group or 2nd serving of a food group's subcategory (e.g., 2nd cup of cereal)

1st cup of starch/grain choice per meal

1/2 - 1 cup vegetable or salad

1 cup dairy

1/2 cup fruit or 1/4 cup dried

1 ounce fat source

**Sample Meal**

2 ounces chicken breast (baked, not cooked previously)

1 cup dry pasta, polenta, or large grain rice

1 cup or 2/3 cup cooked spinach, or green beans

1/2 cup milk or yogurt, or 1/2 cup cottage cheese

1 apple or 1/2 cup fruit cup

1/2 cup grapefruit or orange segments

1 cup canned fruit (no sugar added)

1 cup fruit juice (100% juice)

1/2-2/3 of melon or cantaloupe

2/3 cup grape juice

**Meat / Protein**

These should be baked, grilled, broiled, or roasted, without skin.

**One serving =**

- 3-4 ounces lean beef, chicken, turkey, or fish
- 3/4 cup of cottage cheese, tuna, or salmon
- 3 eggs
- 6 large egg whites
- 3 ounces lowfat cheese
- 2 Tbsp. peanut butter (also counts as fat)

**Vegetables**

**One serving =**

- 1 cup cooked vegetable or vegetable juice
- 2 cups raw vegetables
- Includes cabbage, carrots, green beans, broccoli, collards, cauliflower, tomato, okra, squash, spinach, zucchini, asparagus, pea pods, turnip.

**Bread / Starch**

**One serving =**

- 1 cup unenriched cold cereal
- 1 cup cooked cereal or grits
- 1 cup rice or dried beans
- 1 cup pasta or corn
- 1 medium (3 oz.) potato or 1 cup mashed potatoes
- bagel, English muffin, or hamburger bun
- 2 slices white wheat bread
- 6 cups popcorn
- 12 saltines
- 1 10" flour tortilla
- 4 graham cracker rectangles
- 1 oz. pretzels (1 cup)

**Milk**

**One serving =**

- 1 cup (8 ounces) skim, 1/2%, 1%, or 2% milk
- 1 cup cultured yogurt – plain or sugar-free with fruit
- 1/2 cup cottage cheese or 2 ounces low fat cheese

**Fats**

**One serving =**

- 1 tsp. margarine or mayonnaise
- 1 Tbsp. reduced calorie margarine, reduced calories mayonnaise, or regular salad dressing (oil variety)
- 2 tsp. regular salad dressing (mayonnaise type)
- 1 Tbsp. reduced calorie salad dressing (mayonnaise type)
- 2 Tbsp. reduced calorie salad dressing (oil variety)
- 1/4 cup avocado
- 20 peanuts or 1 Tbsp. other nuts
- 1 tsp. oil
- 10 small or 5 large olives
- 2 Tbsp. cream (light, coffee, table)

**Fruit**

**One serving =**

- 1 large banana
- 1 grapefruit
- 1 medium/large apple, pear, nectarine, orange, or peach
- 20 grapes
- 1/4 cup raisins
- 6 prunes

Page Love, MS, RD, LD, is a leading sports nutrition expert and owner of Nutritfit, Sport, Therapy, Inc., a company dedicated to helping clients reach wellness goals. The Nutritfit team specializes in individual and group counseling for disease prevention, weight management, sport nutrition, eating disorders, and more. Her credentials include being a registered dietitian of the American Dietetic Association and a Health and Fitness Instructor certified by the American College of Sports Medicine. Page is consulted by media locally and nationally and has been featured as an expert by programs/publications such as CNN's Headline News, Woman's Sports Illustrated, Tennis Magazine, Runner's World, People Magazine, and Men's Health, and Fox News. Please contact Page Love with more questions at email: [nutritlove@aol.com](mailto:nutritlove@aol.com) or check out her website: [nutritfitga.com](http://nutritfitga.com).