

Page Love's

Sports-Specific Tennis Nutrition Handouts

for Tennis Coaches / Professionals/ Players

Are you constantly spending time trying to create take-away materials that support what you are doing with players? Now you can use that time more effectively, while providing players with professional and helpful handouts. This packet contains many original fact sheets and questionnaires, with a space provided where you can add your business card to personalize each one. Handouts available in Spanish are indicated with a (S).

TRAINING DIET	Fact Sheet	Work-sheet	Helpful List(s)
Breakfast Ideas for Tennis Players			X
Building Your Sports Nutrition Grocery Shopping Skills		X	X
Carbohydrate Facts for Tennis Players	X	X	X
Dinner Ideas for Tennis Players			X
Fat Facts for Tennis Players	X	X	X
Healthy Performance Menu Planning for Tennis (S)	X		
Increasing Appropriate Fluid Intake for Tennis (S)	X		X
Key Performance Foods for the Training Diet			X
Lunch Ideas for Tennis Players			X
Preparing for Tournament Travel (S)		X	X
Protein in the Tennis Player's Diet	X	X	X
Serve Up Your Own Pre-Game Meal Plan (S)		X	
Snacking for Tennis Players	X	X	X
Tennis Nutrition Facts (see attached sample)	X		X
Tennis Training Diet Sample Shopping List			X
Tips for the Nutrition Advantage in Tennis			X

FEMALE NUTRITION ISSUES	Fact Sheet	Work-sheet	Helpful List(s)
Body Image and Self Esteem: Positive Self-Talk		X	
Dealing with Food & Weight Issues for the Tennis Player			X
Decreasing Your Obsessions: Nutrition and Movement Goals		X	X
Helping Tennis Players Deal with Nutrition, Body Image & Exercise Obsession		X	X
Increasing Calcium in the Tennis Player's Diet	X		X

Sports Nutrition Assessment for Tennis Players: Food and Activity Journal		X	X
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WEIGHT MANAGEMENT	Fact Sheet	Work-sheet	Helpful List(s)
Dangers of Low-Carb, High-Protein Diets	X		
Food Guide Pyramid: Personalized Daily Portions		X	
How to Fight Back Puzzling Diet Fads	X		X
How to Prevent Overeating in Your Training Diet	X		X
Keys to Muscle Weight Gain for Tennis Players	X		X
Raising Your Metabolism for Tennis		X	
Sample Portion Sizes for Your Training Diet	X		X
Top Ten Reasons for Tennis Players Not to Overfocus on Weight			X
Top Ten Tips to Reduce Fat in the Training Diet			X
Top Ten Weight Management Guidelines for Tennis			X

OTHER DIET ISSUES	Fact Sheet	Work-sheet	Helpful List(s)
Dessert Ideas for Tennis Players		X	X
Dining-Out Tips for Tennis Players		X	X
Evaluating the Nutritional Adequacy of Your Eating Style (questionnaire)		X	X
Meat Alternatives & Vegetarian Proteins for the Tennis Player's Diet			X
Quick Fruit Ideas for Tennis Players			X
Quick Vegetable Ideas for Tennis Players			X
Red Meat: Why Is It Good for Tennis Players?	X		X
Ten Helpful Tips for Mindful Eating			X
Top 10 Cereals with High Fiber and Iron	X		X
Top Ten Ways for Tennis Players to Increase Fiber Intake	X		X
Top Ten Ways for Tennis Players to Increase Iron Intake	X		X
Top 10 Ways for Tennis Players to Increase Sodium in Their Diet			X

Choose any 5 handouts for \$30, any 10 for \$50, entire set of 44 handouts for \$200.

Nutrition Facts

There are so many diets, and many of their inventors are making big bucks by raising false hopes and making false claims. Any diet will cause weight loss in the short run, but most lead to cravings and binging and eventual weight *gain* – and some may even be **harmful** to your body. It's hard to sort out fact from fiction. Are carbohydrates bad? Is fat the root of evil? Here's the real story, based on nutrition science.

Carbohydrates

Why do I need them?

- They are body's **main source of energy** and help maintain blood sugar
- They are stored in the **muscles** to be used as energy between meals and snacks
- They are an important source of **fiber, B vitamins, and iron**
- They bulk up in the tummy and help us **feel full**

How much do I need?

- At least **2 servings** of carbs (grains) at each meal (**3x/day**)
- **1 serving** of carbs for a snack (**2x/day**)



What are some healthy sources of carbohydrates?

- Whole wheat grains: breads, pastas, brown rice, bagels, muffins
- Starchy vegetables: corn, peas, potatoes
- Legumes / beans: pinto, navy, black, black-eyed peas
- Pretzels, popcorn, wheat crackers

Protein

Why do I need it?

- Your body needs protein to build and repair **muscles**
- It is the building block of **major organs**



- Every **enzyme** in our body, many **hormones**, and our **antibodies** are all made of it
- It provides a feeling of **fullness**
- It is an important source of **iron, zinc, and niacin**

How much do I need?

- A **3-oz. serving** at meal time (**2x/day**)
- A **1- to 2-oz. serving** at snack time (**1-2x/day**)

What are some healthy sources of protein?

- Lean beef, pork, turkey, venison, lamb, seafood and fish
- Tofu and veggie burgers
- Peanut butter and nuts
- Eggs, milk, yogurt, cottage cheese

Fat

Why do I need it?

- Fat is an important energy source and helps to maintain our immune system
- It helps manufacture hormones like estrogen and thyroid
- It is necessary for cell growth
- It helps us feel full and adds flavor and enjoyment to foods

How much do I need?

- A minimum of **1 teaspoon of vegetable fat** per meal and snack
- Take your weight, cut it in half – that's how many fat grams to eat a day (120 lbs. = 60 grams)

What are some healthy sources of fat?

- Peanut butter and other nut butters
- Vegetable oils including olive, safflower, peanut, corn, canola

- Cheese, avocados, olives, legumes, nuts/seeds
- Mayonnaise, margarine, butter, sour cream, salad dressings
- Ice cream, cookies, candy bars, muffins, donuts, chips, crackers, croutons

