

Wellness, Sports, and Disordered Eating Resource Kit

Are you constantly trying to create take-away materials that support what you teach athletes or teams about healthy eating? Now you can use that time more effectively, while providing resources to help athletes make healthy and performance-enhancing nutritional choices. Three needs-oriented packets contain original handouts, with a space provided where you can add your business card to personalize each, plus space at the bottom of most for your **additional recommendations**. But one packet, any two, or all three. Here's what each packet contains:

SPORTS NUTRITION PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Building Your Sports Nutrition Grocery Shopping Skills		X	X
Carbohydrate Facts for Athletes	X	X	X
Compulsive Exercise			X
Dining-Out Tips for Athletes		X	X
Increasing Appropriate Fluid Intake for Sports	X		X
Keys to Muscle Weight Gain for Athletes	X		X
Performance Menu Planning Tips for Sports (w/sample meals)	X		X

SPORTS NUTRITION PACKET (cont.)	Fact Sheet	Work-sheet	Helpful List(s)
Preparing for Tournament Travel		X	X
Protein in the Athlete's Diet	X	X	X
Red Meat: Why Is It Good for Athletes?	X		X
Serve Up Your Own Pre-Game Meal Plan		X	
Top Ten Tips to Reduce Fat in the Training Diet			X
Top Ten Ways to Increase Calcium in the Training Diet			X
Training Diet Sample Shopping List			X

DISORDERED EATING PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Body Image and Self Esteem Worksheet: Positive Self-Talk		X	
Choosing and Enjoying Foods	X		X
Controlling Behaviors			X
Dealing with Food, Weight & Body Image			X
Dealing with Nutrition, Body Image and Exercise Obsession		X	X
Decreasing Your Obsessions: Nutrition and Movement Goals		X	
Dessert		X	X
Dining-Out Fears	X	X	X

DISORDERED EATING PACKET (cont.)	Fact Sheet	Work-sheet	Helpful List(s)
Evaluating the Nutritional Adequacy of Your Eating Style		X	X
Fear of Fat	X	X	X
How are you doing on your nutritional recovery?		X	
How to Fight Back Puzzling Diet Fads	X		X
Meat Alternatives & Vegetarian Proteins			X
Mindful Eating			X
Top Ten Reasons Not to Weigh Yourself			X
Ways to Curb Overeating	X		X
Ways to Decrease Binging/Purging		X	

GENERAL NUTRITION PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Breakfast Ideas			X
Dangers of Low-Carb, High-Protein Diets	X		
Dinner Ideas	X		X
Food Guide Pyramid: Personalized Daily Portions		X	
Iron and Fiber Cereals	X		X
Key Performance Foods for the College Dorm Room			X
Lunch Ideas			X
Nutrition Facts (see attached sample)	X		X
Quick Fruit Ideas			X
Quick Vegetable ideas	X		X

GENERAL NUTRITION PACKET (cont.)	Fact Sheet	Work-sheet	Helpful List(s)
Raising Your Metabolism		X	
Sample Portion Sizes	X		X
Sample Workout for Beginners	X		X
Snacking	X	X	X
Tips for a Bland Diet	X		X
Top Ten Ways to Increase Fiber Intake	X		X
Top Ten Ways to Increase Iron Intake	X		X
Top Ten Weight Management Guidelines	X		X

Sports Nutrition Questionnaire (S)			X
Food and Activity Journal		X	

Individual handouts are \$10 each. *Sports Nutrition* (14) is \$100; *Disordered Eating Packet* (17 handouts) is \$100; and *General Nutrition* (18) is \$100; purchase full kit—all three packets plus the Sports Nutrition Questionnaire and Food and Activity Journal, 51 handouts—for \$250, a 50% discount. (Available in copy and in PDF format.)

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

