

The athlete's fridge

By Nancy Rodriguez, Director of Sports Nutrition Programs, University of Connecticut

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| How many meals should I eat per day? | What's the most important meal of the day? | What items should athletes stay away from? |
| 5-6: 3 meals & 2-3 snacks | Breakfast! | Soda, sugar, corn syrup. They are all empty calories. Bacon, sausage and hot dogs are high in fat, high in nitrates and have a very low nutrient quality. |



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| Sports Drinks (above) | Chocolate Milk (above) | Berries (below) |
| The electrolytes in sports drinks are important for replacing electrolytes lost while sweating. | The casein and whey protein can help with muscle repair and recovery. And the chocolate has carbs to restore energy. | They have anti-oxidants that help with muscle repair and recovery, as well as help boost your immune system. |



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| Peanut Butter | Water | 100% Juice | Carrots |
| <i>Refrigerate after opening</i> Natural peanut butter is a good source of protein and you can eat it with some vegetables. | It's a critical nutrient for physical and mental performance. Hydration is the key to endurance and power. | You want to limit the artificial sweeteners and high-fructose corn syrup. Too much of these can detriment your cardio health. | They're a good source of fiber and natural sugar. And the beta carotene and other compounds in them act as antioxidants. |



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| Yogurt | Apples |
| It's got good calcium, which high school athletes need for their bones. And it's a good source of probiotics, which can help your gut. | Fruits are low-calorie foods and are a good source of fiber, which is one way to "exercise" your gut. |