Maximize your performance by choosing the right foods and fluids.

Importance of Sleep
- Lack of sleep will make it harder to eat well, especially later in the day.
- Lack of sleep on top of a poor diet can result in decreased performance.
- At least eight hours of sleep will allow you to make healthy meal and snack choices
- Naps count! A short nap, less than 45 minutes, can refresh your mind and body.

Care Packages
- Snacks sent in care packages are perfect for keeping on hand for late night snacking.
- Request that the sender place nutritious snacks in the package rather than junk foods.
- Granola bars, trail mix, gum, microwave-able soups, whole wheat crackers, string cheese, english muffins, bagels, and Snack Pack pudding are all great choices.

Late Night Snacking
- Be prepared with nutritious snacks if you get hungry late at night

Healthy choices for late night snacking:
- Apple or banana slices and peanut butter
- Cottage cheese with fresh or canned fruit
- Dry cereal with raisins or cranberries
- Granola with low fat milk and fruit
- Low fat pudding and graham crackers
- Yogurt and canned fruit
- Small bowl of hot soup
- Whole grain english muffin/ peanut butter
- Smart Pop popcorn
- Oatmeal bar with light string cheese
- Cheese cubes and pretzels
- Whole wheat pita with 1/4 cup hummus

The Hidden Dangers of Frozen Foods
- High sodium content
- Some food is unsafe if not heated thoroughly
- Emerging research shows microwaving plastic dishes, even those that are ‘microwave safe’, can be dangerous to health
- Fewer nutrients than raw foods

Look for these brands which provide less sodium, less saturated fat, and fewer calories:
- Healthy Choice
- Lean Cuisine
- Kashi

Avoid these brands which are high in sodium, saturated fat, and calories:
- White Castle
- Hungryman
- Don Miguel Burrito
- Friday’s Potato Skins

Resources
- Gatorade www.gatorade.com
- SCAN: Sports, Cardiovascular, and Wellness Nutrition www.scandpg.org
- My Pyramid www.mypyramid.gov
- 100 Questions and Answers about Sports Nutrition and Exercise by Lilah Al-Masri and Simon Bartlett
- The College Student’s Guide to Eating Well on Campus by Ann Selkowitz Litt
To make an appointment with a USNA Registered Dietitian visit the Midshipmen Development Center Website: http://intranet.usna.edu/MDC/

Created by Elizabeth Henry, dietetic student
Virginia Tech, Summer 2010
**Before Exercise**

Eat a high carbohydrate snack **30-60 minutes prior** to training or competition. Eating a snack high in protein or fat before exercise can hinder performance.

**Performance Enhancing Snacks:**
- Fresh, canned, or dried fruit
- Raisins, craisins
- Fig Newtons
- Bagel or english muffin with Jelly
- Oatmeal
- Pretzels
- High carbohydrate energy bar
- Graham crackers

**Snacks to limit or avoid:**
- Fruit pies, muffins, etc
- Ramon noodles
- Energy drinks
- Candy
- Protein shakes
- Pop-tarts

**WARNING: Energy Bars**
Check the saturated fat
- If the % of saturated fat is greater than half of the % of total fat, it is not a good choice.
- Example: 10 grams of fat with 8 grams of saturated fat is not a good choice.
- Some energy bars can be deceptively high in calories.

**During Exercise**

Hydration is the key to a successful performance. Consume **5-12 ounces of water every 15-20 minutes** during exercise. It is recommended that 30-60 grams of carbohydrates be consumed per hour of exercise.

**Drinks to avoid:**
- Energy drinks
- Soda
- Vitamin water
- Other high-calorie beverages

**When to choose sport drinks:**
Sport drinks, such as Gatorade, should only be consumed if your workout exceeds **60 minutes** in order to:
- Replenish electrolytes
- Refuel with carbohydrates
- Rehydrate

**WARNING: Vitamin Water**
Most Americans get the nutrients they need from their normal diets. Consuming excess beverages that are fortified with vitamins, such as vitamin water, can be harmful. Our bodies can only process a certain level of vitamins. Going above this level could be harmful to your body.

**WARNING: Protein Shakes**
Protein shakes are not beneficial post-workout.
- The average American gets more than twice the amount of protein that their body needs.
- Excess protein is stored as fat.
- Snacks that are high in carbohydrate with a moderate amount of protein are the most beneficial for muscle recovery.

**After Exercise**

Eat a snack high in carbohydrates with a moderate amount of protein **within 30 minutes** after your workout. This is important to ensure recovery and prevent injury.

**Recovery Snacks:**
- Low-fat chocolate milk
- Peanut butter and jelly sandwich
- Tuna sandwich
- Trail mix
- Nuts
- Cereal and milk
- Whole grain crackers/string cheese
- Cottage cheese and fruit

**Snacks to limit or avoid:**
- Burrito
- Potato Skins
- Easy cheese
- Protein shakes
- Muscle milk