

***Fat is an important nutrient. Athletes should choose healthy fats that come from foods such as nuts, seeds, vegetable oils and fish. Too much of the wrong fats are not healthy.**

Tips for reducing fat intake

Instead of:	Choose:
fried or deep fried foods	baked, broiled, steamed, or microwaved, meat, fish, potato, vegs
sausage, bacon, lamb, deli meats regular ground beef	skinless chicken or turkey breast, sliced turkey, chicken or steak, ham at the deli, lots of fish or lean meat (extra lean ground)
oils, salad dressings, sour cream, mayonnaise	reduced-calorie salad dressings and sour cream low-fat or nonfat plain yogurt, mustard
whole milk, cream	skim or 1% milk, low fat soy milk, juice
butter, margarine	jam, jelly, preserves, low-fat cream cheese as a spread, salsa or low-fat sour cream on baked potato
cake, pie, cookies, pastries	angel food cake, baked fruit crisp, oatmeal cookies bagels, ginger snaps, fresh or juice-pack fruit
snack crackers, chips	crisp breads, matzo, pretzels, rice cakes, melba toast, air-popped popcorn, baked pita/bagel chips

Fruits & Veggies contain many valuable nutrients & antioxidants that can help athletic performance and promote muscle recovery after training

Tips for Adding *More* Fruits and Vegetables to Your Diet

- Pack ready-to-eat fruits and vegetables for a convenient snack on the go, such as an apple, pear, banana, grapes or baby carrots
- Add fresh fruit and veg to foods you already eat - like berries and bananas to yogurt and cereal; veggies to pasta, pizza, and casseroles; and lettuce, tomato cucumber & onion to sandwiches.
- Eat dried fruit instead of candy (be aware: dried fruit calories can add up if weight loss is goal)
- Make a smoothie by combining fruit (frozen berries, banana,) yogurt, juice and ice
- Make homemade salsa with tomatoes, mangoes, avocados, red onions, cilantro, & lime juice
- Make homemade vegetarian pizza with tomatoes, mushrooms, onions, green/red/yellow peppers or any other veggies
- Keep fruits/veggies easily accessible: pre-cut and keep in the fridge in a bowl or in baggies to grab on the run (keep in school bag, gym bag, car office, dorm room)
- Add pepper strips, broccoli florets, carrot slices, or cucumber to pasta or potato salad
- Purchase pre-cut vegetable, fruits and salad mixes
- Add apple chunks, pineapple or raisins to chicken or tuna salad.
- When grilling, include vegetable in aluminum foil, or grill skewers of pineapple, eggplant, zucchini, or cherry tomatoes
- Add fruit to your cold or hot cereal (sliced apples & cinnamon in oatmeal - yum!)
- Try a new fruit or vegetable every week
- Choose juices whose labels claim: 100% fruit juice, or invest in a juicer and juice your own