

Sports Nutrition Eating Guide

	ANYTIME	SOMETIMES*	SELDOM*
FRUITS & VEGETABLES 5-9 servings a day Serving size: 1 piece fruit 1 cup vegetables 8 oz. potato = 2 servings	All fresh fruits & vegetables – except those at right	Dried fruit Fruit juice Avocado, olives	Coconut French fries Fried vegetables Scalloped or au gratin potatoes
GRAIN GROUP 6-12 servings a day 3-5 g. fiber minimum Serving size: 1 oz. bread or cereal ½ cup rice, pasta 3 cups air popcorn	Whole grain breads, tortillas, pasta, crackers and cereals Brown rice, bulgur, barley, oats Air popped & microwave light popcorn	Muffins, bagels Granola cereals Waffles, pancakes Pretzels Oil popped popcorn	Heavily sweetened cereals Biscuits, donuts, croissants Fried rice Pasta & rice in fatty sauces Snack crackers > 4g fat per 1 oz. Bread stuffing from mix Popcorn with added fat
DAIRY GROUP 2-4 servings a day Serving size: 1 cup milk 1 cup yogurt ½ cup cottage cheese	Skim milk, ½%, 1% milk Nonfat yogurt 1% cottage cheese Evaporated skim milk Buttermilk Soy milk, nondairy alternatives	2% milk 2% cottage cheese Low fat cheeses <5 g fat/oz. Fruit yogurt – high sugar Ice milk, frozen yogurt or sherbet	Whole milk, cream Whole milk yogurt Hard, processed or cream cheese Milkshakes, ice cream Regular cottage cheese Evaporated or condensed milk
PROTEIN GROUP 2-4 servings a day Serving size: Fish & seafood – 5 oz. Poultry – 4 oz. without skin Red meats – 3 oz.	Fish & seafood Poultry – white meat Red meats Pork tenderloins Beef – round cuts 1 cup cooked beans, lentils, split peas Soy protein products – tofu, vegetable crumbles, burgers	Poultry – dark meat Ground turkey or chicken Beef, pork, veal-loin or sirloin Lean ham Canadian bacon Whole egg Nuts, seeds, peanut butter	Fried fish Tuna – oil packed Fried chicken Fried meat Chuck blade, rib roast Ground beef Pork or lamb – ribs, chops Bologna, salami, sausage, bacon, pepperoni, hot dogs
FATS, OILS & SAUCES	Ketchup, mustard, vinegar, cocktail sauces, barbecue sauce, salsa, horseradish, pickle relish, herbs, spices, low fat or fat-free salad dressings	Steak sauce, soy sauce and bouillon Reduced calorie mayonnaise Unsaturated vegetable oils (olive, canola)	Butter, coconut oil, lard Regular margarine & mayonnaise Regular salad dressings Cream sauces Gravy
SWEETS & SNACKS	Fruit	Low fat cakes, cookies, crackers, fruit bars	Cookies, cakes, pies, soft drinks, candy, chips

*Anytime, sometimes and seldom recommendations are based on levels of sodium, fat, calorie and fiber content of foods.

*Recommendations should be adjusted to meet individual nutritional and caloric requirements.