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Sports Nutrition 101

Pre-Workout

- Meal 3-4 hours before workout

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Performance Grocery Shopping

Best Energy Bars

Best Granola Bar Choices

-To-Go Bar

Best Cracker & Chip Choices

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-Grain

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Best Cereals

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-to-Heart

Best Dairy Choices

Gain Weight
Lose weight

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Weight Gain Tips

- Eat carbohydrate/protein/fat meals every 2-3 hours -night snack
- Eat high-calorie meal right before going to bed (shake, high-calorie protein bar, PBJ & milk)
 - o High calorie shake: 16oz 2% milk, 2 scoops protein powder, 2 Tbs. peanut butter, 2 Tbs. honey, 1 scoop ice cream
- Take in calories during workout via shake or bar & eat immediately post-workout, within 15 min.
- Add 2-3 spoons of peanut butter to a bagel, toast, in a pack of oatmeal, to waffles, etc.
- Add 1 cup (fist size) granola to a bowl of cereal, add granola to oatmeal, granola based trail mix
- Add avocado to sandwiches, wraps, fajitas, salads, etc.
- Using high calorie protein powder (Met-Rx, Muscle Milk Collegiate) in oatmeal & in shakes made w/ 2% milk
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- Eat nuts & granola as a snack
- Choose higher calorie cereals, yogurts, granola bars, energy bars

Weight Loss Tips

- Eat smaller carbohydrate/protein/fat meals every 2-3 hours
- ex: oatmeal vs. pop-tarts
- Avoid refined/processed carbohydrates, fried food, high fat foods, & excess alcohol
- Add fruits and vegetables with skin to meals and snacks & add a salad to dinner w/dressing on side
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