

Cardinal NUTRITION

NUTRITION- THE KEY TO SUCCESS

One major challenge, in your quest for maximum physical development, lies in your ability to supply your body with adequate levels of nutrients. Your intake of nutrients is needed by your body for practice, workouts, competition, and recovery. The foods you eat supply your body with the nutrients you need to be able to withstand the demands of your daily life and training program. The science of nutrition is just that, a science. The following information has been compiled to give you the basic nutritional standards of today's knowledge base. The goal of this information is to educate you with the basic principles of nutrition and then help you implement this information into your daily diet.

BASELINE NUTRITIONAL HABITS

The following six (6) personal habits must become part of your daily lifestyle. It is imperative that you develop these habits (actions) and implement them on a daily basis. Your friend here is consistency.

1. Always eat at least five (5) meals per day.
2. At each meal your caloric intake should equal 1 part fat, 2 parts protein, 3 parts carbohydrate.
3. At meals only eat enough food (calories) to meet your energy requirements for the next 3 – 4 hours.
4. Never try to lose weight only try to increase lean weight and decrease fat weight.
5. Drink 8 – 12 glasses of water each day.
6. Remember – no one is perfect, if you mess up, get back on track and try not to make it a habit.

Why eating at least 5 (5) meals important?

1. It will speed up your metabolism,
2. It helps you become leaner.
3. It will build muscle faster.
4. It will increase your energy for workouts.
5. It will help you get all the nutrients you need for everyday.

MISTAKES....

1. Skipping meals
2. Lifting on an empty stomach
3. Eating fried foods- saturated fats = a non lean body.
4. Not eating until you feel hungry- eat every 3 hours.
5. Not knowing the importance of timing your meals throughout the day. (30 min, 2 hours after workouts)
6. Not staying properly hydrated. Carry around a gallon of water.

CARBOHYDRATES

Carbohydrates are one of the most important ingredients in an athlete's diet. Carbohydrates supply the energy you need for workouts, nerve transmissions, and muscular contractions. There are two types of carbohydrates: low glycemic and high glycemic. Consume most of your carbs during breakfast, during lunch, pre work out, and post work out. (Try to stay away from carbohydrates after 7 pm,-by this time your body is ready for bed)

TYPES OF CARBS

Low Glycemic Carbs: Provides the body with a long-lasting source of energy, great for pre work out meals

High Glycemic Carbs: Absorbed into the blood very rapidly, what is left over is stored in the body as fat. Avoid before training and competitions since they may cause a rapid depletion in blood sugar levels. This will slow down your metabolism. However, HGC is good when it is essential to quickly increase blood sugar levels for the purpose of re-stocking muscle energy levels. Consumption of these foods after a competition/ training may help recovery by restoring used energy levels.

Empty Carbs: The following foods, although carbs, are not the best habitual choices for athletic performance. Athletes concerned about body composition need to eliminate these foods from their diet. Loaded with fat. Examples: biscuits, doughnuts, coffee cake, cinnamon rolls, croissants, chips, onion rings, fried potatoes, vegetables in cooked butter, canned fruit, sugary fruit juices.

VEGGIES ARE A GREAT SOURCE OF CARBOHYDRATES. THE GREENER THE BETTER

****NOT ENOUGH ENERGY= NOT ENOUGH CARBS****

TIMING OF CARBOHYDRATE INTAKE

Once you have developed the habits of eating the right types of foods your next step is to ingest food at the best possible time during the day. With regard to carbohydrates, it is critical that you consume adequate quantities before, and after exercise. This scheduling of carbohydrate intake will enhance your ability to do work in your workout, keep your energy stores high during your workout and maximize your replenishment of energy nutrients post workout. This progression can only enhance your development and recovery from one workout to the next.

PRE WORK-OUT CARBS

From a mental stand point it has been demonstrated that your perception of fatigue directly parallels the decline in muscle glycogen stores. Thus, to maintain high levels of motivation, you need high levels of carbs in your diet. To enhance your carb levels you should ingest carbs before exercise, and after exercise (during if possible). The most important time for you to consume carbohydrates is before exercise. If you come into a workout with a low level of energy stores you will never be able to catch up during your workout. Your workout will be sub-optimal and you will not be getting the most from your efforts. Following is the recommended amount of carbs to ingest before you train. This amount of carbohydrates is part of the total number of calories you need relative to your body weight goal and activity level requirements.

Pre - Workout Carbohydrates 100 grams (400 calories) - 3 hours prior to training
Wake Up at 5:00 am - eat and go back to sleep if you need to.

POST WORK-OUT CARBS

The rule of thumb here is to drink (8 oz) of a liquid complex that has complex carbs, glucose and fructose immediately after exercise. Your body's ability to synthesize glycogen is highest during the first hour post exercise. You should always try to overestimate your need for carbohydrate in your diet because over a period of time small daily deficiencies can build – up to a point of progressive exhaustion of glycogen stores. In addition, the extra carbohydrates in your diet will reduce your use of muscle protein for energy and thus allow the protein in your system to repair and build muscle tissue. Remember this number of carbohydrates post exercise is part of your daily total.

Post – Workout Carbohydrates 225 grams (900 calories) – within an hour after training

GENERAL RULES FOR CARBOHYDRATE INTAKE

1. Take 8 oz of liquid carbohydrates, glucose and fructose immediately after exercise
2. Use Carbohydrate / Exercise Needs table to determine your carbohydrate needs
3. Eat carbohydrates in small meals throughout the day.
4. Eat carbohydrates with a low glycemic index.
5. Use glycogen repletion drinks high in glucose polymers with small amounts of fructose.
6. Habitually take 100 grams of a carbohydrate drink 3 hours before exercise.
7. Drink a 5 – 10% carbohydrate rehydration drink at a rate of 1 quart per hour of exercise.

PROTEIN

Protein is very important to strength and power athletes. Protein helps with tissue growth and tissue maintenance. Of your total daily caloric intake, all the calories you eat in a day, 15% of those calories should consist of protein. To give you an idea on how important you protein nutrition is, research has shown that 98% of the molecules of the human body are completely replaced each year. Bits and pieces of all your structures are constantly being replaced with new proteins. In six months your blood, enzymes and structures of your genes are all completely replaced. Your body of today was built from what you have eaten over the last six months.

BEST SOURCES OF PROTEIN

The ranking order, Protein Equivalency Ratio (PER), of protein sources are;

100%	Whey Protein (lactalbumin) & Egg White Protein (egg albumin)
80%	Fish and Meats
75%	Casein and soy
<50%	Plant Foods

THE BEST SOURCES OF PROTEIN AND CARBOHYDRATE

Protein and carbohydrates in your diet are critical for rebuilding muscle, bone, tendons, after hard and strenuous work-outs. Carbohydrates are critical because they maximize your energy stores and spare the protein in your diet. The importance here is that you will have high levels of energy and allow your body to use protein for rebuilding instead of energy.

Over 20% Protein Under 20% Fat

Soy Beans	Lima Beans
Split Peas	Black-eyed Peas
Kidney Beans	Lentils
Peas	Black Beans

Over 70% Carbohydrate Under 5% Fat

Brown Rice	Wild Rice
Whole Barley	Whole Corn
Whole Buckwheat	Pearl Millet
Whole Wheat	Whole Rye

Low Glycemic Index Foods	High Glycemic Index Foods
Good for pre-work out (1.5 – 2 hours)	Good for post-work out (30 mins after)
Whole Grain/ Wheat Bread	White Bread/Honey Wheat Bread
Whole Grain/ Wheat Bagel	White Bread/Honey Wheat Bagel
Bran Muffin	Waffles
Whole Wheat Pasta	Shredded Wheat Cereal
Whole Grain/ Wheat Tortillas	Flour Tortillas
2% Milk	Energy Bars
Yogurt (Low Fat)	Sports Drinks (Gatorade)
Banana	Orange Juice
Spinach	White Rice
Brown Rice	Low Fat Chocolate Milk
Broccoli	Traditional Pasta
Sweet Potato	Baked Potato
Apple	Watermelon
Orange	Cornflakes
Pineapple	Rice Cakes

You don't need to over indulge in carbohydrates at night because their purpose is to replenish energy stores. It only takes a small amount of carbohydrates to restore your needs. Any excess is stored as fat.

HOW MUCH PROTEIN

It is important to remember an athlete's goal is to increase lean body weight. The techniques used to increase lean body weight include weight training and conditioning exercises. By training and increasing the stress placed on your muscular system you will see an increase in your size, strength and power. To maximize the training effect you need to supply your body with needed building blocks (protein). The following chart estimates the number of grams of protein you need per day relative to the emphasis in your training program (strength versus endurance).

DAILY PROTEIN REQUIREMENTS FOR ATHLETES

SPORT TYPE REQUIREMENTS

BODY WEIGHT (LBS)	STRENGTH	SPEED	ENDURANCE
88	80	68	56
110	100	85	70
132	120	102	84
154	140	119	98
176	160	136	112
198	180	153	126
220	200	170	146
242	220	187	154
264	240	204	168
286	260	221	182
308	280	238	196
330	300	255	210

DANGERS OF EXCESSIVE PROTEIN CONSUMPTION

Be careful to avoid excess protein intake because too much protein can hinder your performance. In summary, as your body breaks down protein in your diet, excess protein causes an increase in amino acids in your blood. With excess amino acids in your blood they are converted into carbon dioxide and water plus highly toxic ammonia. Your body will work to protect itself by turning the ammonia into urea that is excreted by the kidneys. If you exceed the capacity of your kidneys to excrete ammonia you will overload your kidneys and poison your blood. It is extremely important to maintain high levels of hydration by drinking 10-12 glasses of water each day.

DAILY PROTEIN REQUIREMENT EXAMPLE

For the 198 pound athlete with a strength dominant training program, the chart above indicates a protein requirement of 180 grams (720 calories) of protein per day. For our example of a 200 pound athlete you need to calculate protein needs by determining how many grams of protein per additional pound over 198. This number equals approximately .8 grams per pound. Since our example athlete is 2 pounds over 198 pounds we multiply 2×0.8 . This gives us 1.6 extra grams of protein for our athlete, 182 grams per day.

HIGH FIBER FOODS

For the competitive athlete fiber is essential to help reduce body fat and to stabilize blood sugar. The following list gives you the best common sources of fiber you can work to include in your diet.

GRAINS

Shredded Wheat
Puffed Wheat
Grape Nuts
Rye Bread
Sweet Corn
Wheat Bread
Popcorn

VEGETABLES

Peas
Peanuts
Steamed Veggies
Mixed Salad
Broccoli
Cauliflower
Carrots

FRUITS

Raisins
Bananas
Pears
Blackberries
Raspberries
Oranges
Peaches

THE UGLY ON FAT IN YOUR DIET

The total amount of fat in your diet should be in the 15-20% range of the total calories in your diet. Thus if your diet is 5,000 calories you should only digest 750-1,000 calories from fat sources. This amount equals 83-111 grams of fat (total fat calories / .9). For the competitive athlete a certain level of fat is needed to keep you healthy and help you adapt to the rigors of a high intensity training program. But, as with anything, too much of a good thing ends up being detrimental. Three factors that adversely affect performance, for an over fat athlete, are reduced speed of movement, increased energy cost of exercise and ability to cool one's body.

AVOID THOSE FAST FOOD FAT CALORIES

Please review the following list of fast food choices and their fast food alternative. It is critical for you to reduce the amount of fat in your diet whenever possible. Fat is needed in your diet but should be limited to food selections that contain less than 15-20% of their calories from fat whenever possible. A fast and simple way to determine the level of fat in the foods you eat is greater than 15-20% of the total calories you should question whether you need to eat it or not.

YOU ARE WHAT YOU EAT

The following list of foods is highly recommended. Your goal is to make these foods “your choice” whenever you eat. As with any new habit that you are trying to develop, you must give yourself time and mentally think about making better choice of food.

FOOD TO INCREASE MUSCLE MASS & LOSE FAT

FOODS TO EAT

FOODS TO AVOID

BREADS & CEREALS

Whole Wheat Breads
Whole Wheat Cereals
Whole Grain Pasta
Brown or Wild Rice
Plain Popcorn
Lentils
Sweet Potatoes / Yams
Beans

Refined Beans
Fiber Free Bread
Fiber Free Cereals
Fiber Free Grains
Fiber Free Pastas

FATS

Canola Oil
Olive Oil

FRUITS

Apples
Oranges
Grapes
Cantaloupe
Bananas (not pre-workout)

MEATS

Broiled Lean Meats
Broiled Lean Fish
Egg Whites
Broiled Lean Poultry
Lean Shellfish
Smoked Fish & Meats
Egg Yolks

Oil Packed Fish
Luncheon Meats
Processed Meats

Dairy

Skim Milk
Yogurt (non/ low fat)
Cottage Cheese (nonfat)
Ricotta (nonfat)
Mozzarella (nonfat)

All Cheese not listed

VEGETABLES

Eat all you can eat- the greener the better, but add a variety of colors

MISCELLANEOUS

Non- Fatty Homemade Soup
Diet Cola
Nutritional Supplements
Filtered Water (8-10 cups)

Non Diet Coke
Alcohol

HYDRATION

First, water is a nutrient transporting agent. Following a workout, water will quickly transport nutrients from your meals to the parts of the body that need them the most. Second, water keeps your body temperate at a normal level. If you do not hydrate properly your body temperature will rise, which will slowly cause your body to shut down. It is very important that athletes track their pre and post weight following workouts, so that they know how much water they need to replenish.

- **Hydration is one of the most important parts of your diet!!**
- Water is vital to your survival and recovery process.
- Drink 1/2 liter, two bottles, of water for every pound lost during workouts. Remember that 70% of your body consists of water. Stay properly hydrated!

WEIGHT MANAGEMENT

HOW TO DETERMINE YOUR DAILY CALORIC NEEDS

A simple but effect way to help you determine your basal metabolic rate (BMR) is to first determine your current body weight and multiply this number by a factor of 11 – 14. If you weigh 225 pounds your BMR would indicate a daily caloric need of 2,475 – 3, 150. This amount of calories, in your diet, is necessary to maintain your body weight if you are not currently training.

To determine your caloric needs if you are currently training is done by using your current body weight and multiplying this number by the activity level that best represents your current training volume and intensity. With this number you can then determine your caloric needs by factoring in your current body weight and current level of physical activity. This formula we use is; (Total body weight x Activity Factor) = Daily Caloric Needs.

ACTIVITY LEVEL FACTOR

BMR 11 – 14

MODERATE 17 – 20

ACTIVITY LEVEL FACTOR

LOW 13 – 16

HIGH 21 – 24

As an example, if your body weight is 200 pounds and you are in our training mode you would multiply your body weight by the activity factor (18-22). This would give you a daily caloric need of 3,600 to 4,400 calories to maintain your current body weight. This number is meant only as a guide and is not an absolute. The actual number of calories you need is dependent on your current lean body weight, type of training program you are engaged in (endurance vs. strength), individual metabolic differences and level of stress in your life. You should monitor your daily body weight to help you determine if you are getting the appropriate nutrition. If you are losing weight and you do not want to lose weight, you should increase your caloric intake approximately 2 calories per pound of your current body weight.

Conversely, if you are gaining weight and you do not want to gain weight then you should reduce your caloric intake approximately 2 calories per pound of your current body weight.

PERCENTAGE OF CARBS, PROTEINS, AND FAT IN DIET

A balance diet that includes a variety of foods from all the major food groups is critical for you and your needs for energy in your workouts and building blocks for restoration. You need to ensure that you are ingesting all the nutrients you need from a variety of foods. The total number of calories you eat each day should approach 70% from carbohydrates, 15% from proteins, and 15% from fat. In our example of the 200 pound athlete, this individual would need to consume 2,700 – 3,300 calories (675 - 825 grams) from carbohydrate sources. The numbers for protein are 540 - 660 calories (135 – 165 grams) from protein sources. The total amount of fat would equal 540-660 calories (60 –73 grams).

IF YOUR GOAL IS TO ADD LEAN WEIGHT

As a rule of thumb you should add 2 calories to your diet for every pound of your current body weight. As an example, if you weigh 200 pounds, you should increase your caloric intake by 400 calories over your activity metabolic needs. These extra 400 calories should come from quality protein and complex carbohydrate sources. In addition, these calories should be spread throughout the day. At five meals per day this equals an additional 80 calories per meal.

IF YOUR GOAL IS TO LOSE FAT WEIGHT

In this scenario, you should follow the same pattern above except you should reduce your caloric intake 2 calories per pound of body weight. The calories you eliminate in your diet should come from fat – not protein. Again, never skip meals and equally distribute the total number of calories you are omitting in your diet over the course of five meals per day.

IF YOUR GOAL IS TO MAINTAIN WEIGHT AND INCREASE LEAN BODY WEIGHT

In this case you should use your activity level metabolic caloric need value and equally distribute these calories over the course of five meals per day. You should try to remember that the total calories you eat at any one meal should be just enough calories to meet your energy demands of the activities you will be taking part in before your next meal.

With all the above situations it is very important that you train with intensity, focus, and consistency. Training is the stimulus for your development. Nutrition represents the raw materials you need to help you train and recover from your workouts.

HEALTHY WEIGHT MANAGEMENT

JUICE: Apple, cranberry, cranapple, grape, pineapple, and apricot have more calories than grapefruit, orange, and tomato juice. To increase the calories in frozen OJ, add less H₂O

FRUIT: Bananas, pineapples, raisins, dates, dried apricots, and other dried fruits have more calories than watery fruits such as grapefruit, plums, and peaches.

MILK: To boost the calorie value of milk, add ¼ cup powdered milk to one cup of regular milk. You can also add malt powder, Ovaltine, Carnation Instant Breakfast, Nestle's Quik.

HOT CEREAL: By using milk to cook cereal, instead of water, you'll add more calories. Lots of mix-ins, such as powdered milk, margarine, peanut butter, walnuts, and wheat germs.

COLD CEREAL: Choose dense cereals (not flaked or puffed), such as granola, muesli, grape nuts, and wheat chex. Top with raisins, bananas, and other fruits.

TOAST: Spread with generous amounts of peanut butter, margarine, and jam.

SANDWICHES: Select hearty, dense breads (as opposed to fluffy types), such as sprouted wheat, honey bran, rye and pumpernickel- the thinner the better! Stuff with PB & Jelly or Tuna.

MEATS: Go lean with meat. You can boost the calorie value of lean meat, chicken or fish by sautéing them in olive oil, as well as adding bread crumb toppings.

SOUPS: Hearty Lentil, split pea, minestrone and barley soups have more calories than brothy chicken and beef types. Make canned soups more substantial by adding evaporating milk.

BEANS: Red, black, white, pinto, chili with beans, limas, and other dried beans are not only high in calories but also excellent sources of protein and carbs.

VEGETABLES: Peas, corn, carrots, winter squash, and beets have more calories than green beans, broccoli, summer squash, and other watery vegetables. Add grated cheese and almonds

SALADS: Add cottage cheese, garbanzo beans, guacamole, sun flower seeds, assorted vegetables, chopped walnuts, raisins, tuna fish, lean meat, croutons with low fat dressings or oil.

POTATO: Add generous amounts of butter and extra powdered milk to mashed potatoes. Use sour cream and gravy sparingly.

DESSERTS: Try oatmeal raisin cookies, Fig Newtons, rice pudding, chocolate pudding, fruit, pumpkin pie, blueberry muffins, born bread with honey, banana bread, but eat sparingly.

SNACKS: A substantial afternoon or evening snack is an excellent way to boost your caloric intake. Some healthy snack choices include: fruit yogurt, bran muffins, cheese and crackers, mixed nuts, English muffins, bagels, milk shakes, instant breakfast, fruit, and sandwiches

HIGH CALORIE SNACKS

400 Calorie Snacks

Large whole wheat bagel w/2 Tbs. peanut butter	<u>Homemade Trail Mix</u> 1 cup dry cereal, ¼ cup granola, 20 nuts	1 pack Nature Valley Granola Bars, 1 fruit & 2-2% string cheese	Quaker Oatmeal Square & 12 oz 2% milk	Peanut butter & banana sandwich on wheat bread (2 Tbs. PB)	1 yogurt with ¼ cup granola, ½ cup fruit & 15 nuts
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600 Calorie Snacks

Large whole wheat bagel with 3-4 slices ham, 2 slices 2% cheese & 1 serving wheat crackers or pretzels	20 oz low-fat chocolate milk & peanut butter sandwich on wheat bread (1 Tbs. PB)	300 calorie energy bar, 1 banana & 16 oz 2% milk	20 oz Smoothie King Smoothie with protein & 250-300 calorie energy bar	Peanut butter and jelly sandwich on wheat bread (2 Tbs. PB & 2 Tbs. jelly), 1 bag baked lays & 1 fruit	2 cups cereal w/2% milk, sprinkle 3 Tbs. almonds in cereal & 1 yogurt or 2% string cheese
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800 Calorie Snacks

2 cups high calorie cereal (~200 calories/serving) w/2% milk & 1 banana & 2 pieces wheat toast w/1 Tbs. peanut butter on each	<u>Homemade Shake</u> 2 cups 2% milk, 1 Yoplait Thick & Creamy vanilla yogurt, 1 scoop ice cream, 1-2 Tbs. peanut butter	3 Eggo whole wheat waffles w/1 Tbs. peanut butter on each, 1 fruit & 16 oz low-fat chocolate milk	1 whole wheat bagel w/ 2 Tbs. cream cheese, 1 pack Nature Valley granola bars & 16 oz low-fat chocolate milk	High calorie energy bar (250-350 calories), 16 oz low-fat chocolate milk w/1 scoop whey protein mixed in & 1 banana	2 Whole grain Hot Pockets, 1 individual bag reduced-fat Sun Chips & 16 oz 2% or low-fat chocolate milk
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1000 Calorie Snacks

1 whole wheat bagel w/ 2 Tbs. peanut butter, 1 cup high calorie cereal & 1 cup granola w/ 2% milk	High calorie energy bar (250-350 calories), 1 individual bottle (20 oz) 2% milk, 1 pack peanut butter crackers & a banana	2 Yoplait Whips or Thick & Creamy yogurts w/1 cup granola mix in, 2 pieces whole wheat toast w/1 Tbs. peanut butter on each & 16 oz 2% milk	2 Quaker Oatmeal Squares, 1 individual bottle (20 oz) low-fat chocolate milk & ½ cup nuts	Subway 12" sandwich w/meat, cheese, sauce, & veggies, 1 bag Sun Chips, 1 bag apples & 1 individual bottle juice or 2% milk	2 peanut butter & jelly sandwiches on wheat bread (2 Tbs. PB & 2 jelly on each), 16 oz 2% milk & 1 banana or chewy granola bar
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Tips for adding "quality" calories to food...

- Add 2 spoons peanut butter to things like toast, bagels, waffles, oatmeal, crackers, shakes, etc.
- Add granola to cereal, trail mix, yogurt, oatmeal, ice cream
- Add avocado to salads, sandwiches, wraps, chips, crackers, dips
- Eat sandwiches on wheat buns, subs, or bagels instead of on bread or a thin wrap
- Choose high calorie cereals, energy bars, granola bars, yogurts, etc.
- Cook vegetables and meat in Extra Virgin Olive Oil
- Make shakes with high calorie shake powder & add things like peanut butter, honey, chocolate syrup, some ice cream, etc to it
- Add nuts to cereal, granola, trail mix, oatmeal, yogurt, parfaits, ice cream, salads & eat plain
- Drink 2% milk, low-fat chocolate milk and/or some juice with meals and snacks
- Eat a snack (as mentioned above) right before you go to bed, 7 days a week

SHOPPING LIST

PROTEIN

Chicken Breast
Turkey Breast
Lean Chicken Deli Meat
Lean Roast Beef Deli Meat
Lean Turkey/Chicken Hot Dog
Lean Ham Deli Meat
Salmon-can or fresh
Chicken-can in water
Tuna-can in water
Halibut
Crab
Shrimp
Lobster
Venison
Flank Steak
Ground Turkey Breast
Ground Chicken Breast
Top Round or Sirloin Steak
Egg Whites/Egg Substitutes
Low-fat Cottage Cheese
Low-fat Peanut Butter
Low-fat/Fat-free Cheese

CONDIMENTS

Fat-free Mayonnaise
Mustard
Ketchup
w/fruit
Salsa
Cheese
Fat-free/Low-fat Sour Cream
Margarine
Butter Substitutes:
Molly McButter
Promise Ultra Light
Cookie
Benacol Light
Take Control
Miracle Whip Light

CARBOHYDRATES

Sweet Potato
Baked Potato
Brown Rice
Wild Rice
Whole Wheat Pasta
Whole Wheat Bread
Whole Wheat Buns
Black Beans
Red Beans
White Beans
Refried Beans
Baked Beans
Strawberries/Blueberries
Melon
Apple/Pear
Orange/Grapefruit
Banana
Peach/Plum
Grapes-Red or Green
Fat-free Yogurt
Whole Wheat Spaghetti
White/Brown Rice
Whole Wheat Waffles
English Muffins
Raisin Bran
Total/Wheaties
Pancakes

Wheat Bread

Italian Bread

DRINKS

Gallon of Water each day
2%, Low Fat or Skim Milk

Crystal Light- Sugar free
Orange Juice w/ Calcium
Diet Soda

VEGETABLES

Broccoli
Cauliflower
Green Beans
Green Peas
Green/Red Peppers
Mushrooms
Tomato
Carrot
Celery
Cabbage
Cucumber
Zucchini
Onion
Lettuce
Asparagus
Spinach
Collard Greens
Artichoke
Kidney Beans
Mixed Vegetables

SNACKS

Pretzels
Baked Tortilla Chips
Baked Lays
All Fruit
Fat-free Yogurt

Low fat Cottage

DESSERTS

Jello
Angel Food Cake
Oatmeal Raisin

Chocolate Pudding
Sherbert
Frozen Yogurt