

# INDIANA UNIVERSITY HOOSIERS



**CARBUR**  
**BEAT PURDUE**





# EAT RIGHT



# PLAY RIGHT



INDIANA UNIVERSITY ATHLETICS

**PERFORMANCE NUTRITION**



JAUARY 26TH - FEBRUARY 1ST

**FRUIT/VEGGIES**

Navel Oranges.....	\$2.99
Blueberries.....	\$1.99
Brussels Sprouts.....	\$1.69
Pink Lady Apples.....	\$2.89
Broccoli.....	\$1.29

**MEAT/EGGS**

Uncured Hickory Bacon.....	\$5.39
Chicken Tenderloins.....	\$2.69
85/15 Beef Patties.....	\$4.99

**OTHER**

Happy Farms Cheese.....	\$1.59
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JANUARY 26TH - FEBUARY 1ST  
\*PRICE WITH DIGITAL COUPON OFFER

## Meat/Eggs

18ct Eggs.....	\$0.97
3lb Frozen Chicken Breast.....	\$5.97
Fresh 80/20 Ground Beef Patties.....	10/\$10

## Dairy / Alternatives

Greek Gods Greek Yogurt*.....	\$2.99
Almond Breeze Almondmilk*.....	\$1.99
Chobani Greek Yogurt.....	10/\$10

## Fruit / Vegetables

Fresh Strawberries.....	3/\$5
Bell Pepper.....	\$0.77
Simple Truth Salad Blends.....	\$2/5
5lb Red/Gold Potatoes.....	\$3.49
32oz Simple Truth Frozen Fruit*.....	\$6.99

## Grains

Dave's Killer Thin Sliced Bread*.....	\$4.79
Thomas' English Muffins or Bagels.....	BOGO

## Other

Skinny Pop Popcorn*.....	\$2.49
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# BUILD A BALANCED PLATE

## CARBOHYDRATES

CHOOSE  
2-3

MUFFINS  
OATMEAL/GRITS  
BREAD  
PASTA

ROASTED POTATOES  
DINNER ROLLS  
YELLOW RICE

## PROTEIN

CHOOSE  
1-2

BEEF TENDERLOIN  
TERIYAKI CHICKEN  
MEAT SAUCE

DELI MEAT  
TILAPIA/FLOUNDER

## FRUITS/VEGETABLES

CHOOSE  
1-2

FRESH FRUIT  
MARINARA  
FRUIT SMOOTHIES

CARROTS  
HOUSE SALAD  
ROASTED BROCCOLI



# PROTEIN

- OPTIMUM NUTRITION
- MOMENTOUS
- VEGA SPORT



# PRE-WORKOUT

- C4
- UNBREAKABLE
- ADVOCARE SPARK



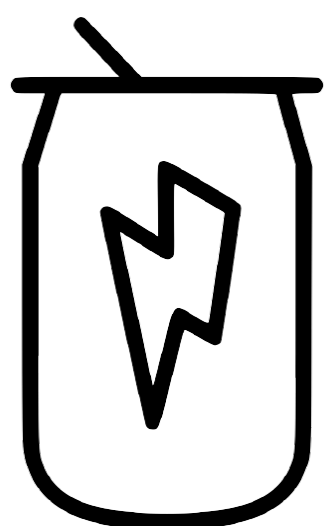
**CLEAN. SAFE. EFFECTIVE.**



**THESE SUPPLEMENTS ARE THIRD-PARTY APPROVED**

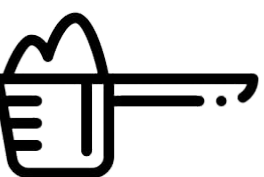


# ENERGY DRINKS



- RED BULL

# CREATINE



- MUSCLE PHARM
- GNC (PRO-PERFORMANCE)
- OPTIMUM NUTRITION (MICRONIZED)

INDIANA UNIVERSITY ATHLETICS

# PERFORMANCE NUTRITION

## BUILDING MASS 101: QUICK TIPS TO START TODAY

### DAILY SNACKS

- EAT HALF A CUP OF YOUR FAVORITE TYPE OF TRAIL MIX OR NUT VARIETY (ALMONDS/CASHEWS/PEANUTS, ETC)
- HAVE PBJ SANDWICH WITH A GLASS OF WHOLE MILK BEFORE BED
- ADD NUT BUTTER TO ANY GRANOLA BAR, PROTEIN BAR, OR CRACKER(S)
- HAVE 2 CUPS OF HIGH CALORIE CEREAL (AT LEAST 180 CALS & 3 G FIBER PER SERVING) WITH 1.5 CUPS WHOLE MILK

### DAILY MEALS

- HYDRATE WITH 2 GLASSES OF 100% JUICE AND MILK INSTEAD OF POWERADE OR WATER AT MEALS
- ADD HIGHER CALORIE TOPPINGS TO YOUR FOODS (OLIVE OIL, MAYO, CHEESE & DRESSINGS)

**STAY CONSISTENT!**



INDIANA UNIVERSITY ATHLETICS  
**PERFORMANCE NUTRITION**

# HEALTHY DINING OUT OPTIONS

## CHICK-FIL-A

CHECK OUT INSTAGRAM @INDIANAFUEL FOR MORE!

- 2 EGG WHITE GRILLS & YOGURT PARFAIT (850 KCALS, 25G FAT, 65G PROTIEN)
- COOL WRAP (FAT FREE DRESSING) & SIDE SALAD (FAT FREE DRESSING) & WAFFLE POTATO CHIPS (830 KCALS, 30G FAT, 50G PROTEIN)



## CHIPOTLE

- HAVE A BURRITO OR BOWL WITH: GRILLED STEAK, GRILLED CHICKEN (DOUBLE MEAT); ADD IN: BLACK BEANS, BROWN RICE, FAJITA VEGGIES, LETTUCE, LIGHT CHEESE, SALSA, AND GUACAMOLE (805 KCALS, 25G FAT, 80G PROTEIN)



## TACO BELL

- 4 SOFT TACOS ADD: GRILLED CHICKEN, BLACK BEANS, RICE, TOMATOES, LETTUCE, & REDUCED FAT SOUR CREAM (1050 KCALS, 30G FAT, 58G PROTEIN)
- 2 BURRITO SUPREME ADD: EXTRA CHICKEN, BLACK BEANS, RICE, TOMATOES, SOUR CREAM, ONIONS, & RED CHILI SAUCE (870 KCALS, 23G FAT, 53G PROTEIN)



## WENDY'S

- GRILLED CHICKEN SANDWICH & LARGE CHILI & GATORADE (830 KCALS, 23G FAT, 55 G PROTIEN)
- APPLE PECAN SALAD (NO CHEESE) & 10 PC NUGGETS & GATORADE (770 KCALS, 32 G FAT, 47G PROTEIN)



## BUFFALOIE'S

- PARMIGANA GRILLED CHICKEN SANDWICH WITH SWEET POTATO FRIES (750 KCALS, 21G FAT, 52G PROTEIN)
- BUFFALO STYLE GRILLED CHICKEN SANDWICH & COLESLAW (620 KCALS, 28G FAT, 44G PROTEIN)





INDIANA UNIVERSITY ATHLETICS  
**PERFORMANCE NUTRITION**

# HEALTHY DINING OUT OPTIONS

## JIMMY JOHNS

- **TURKEY TOM ON THICK SLICED WHEAT** (610 KCALS, 25G FAT, 31G PROTEIN)
- **THE PEPE ON THICK SLICED WHEAT** (730 KCALS, 36G FAT, 37G PROTEIN)



## NOODLES & COMPANY

- **GRILLED CHICKEN PENNE ROSA** (870 KCALS, 29G FAT, 50G PROTEIN)
- **GRILLED CHICKEN JAPANESE PAN NOODLES**  
(780 KCALS, 16G FAT, 47G PROTEIN)



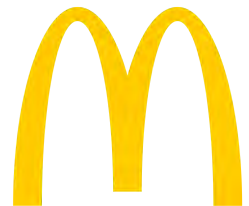
## SAKURA 15

- **CHICKEN FRIED RICE** (987 KCALS, 18G FAT, 39G FAT)
- **TERIYAKI CHICKEN WITH A SIDE OF RICE**  
(978 KCALS, 14G FAT, 68G PROTEIN)



## MCDONALD'S

- **QUARTER POUNDER DELUXE (NO CHEESE & NO MAYO) WITH 4CT CHICKEN MCNUGGETS & LARGE MANGO PINEAPPLE SMOOTHIE**  
(990 KCALS, 32G FAT, 39G PROTEIN)
- **DELUXE CRISPY CHICKEN SANDWICH (NO MAYO) & LARGE STRAWBERRY BANANA SMOOTHIE & 4CT CHICKEN MCNUGGETS**  
(980 KCALS, 29G FAT, 41G PROTEIN)



## FAZOLI'S

- **SPICY BAKED ZITI WITH CHICKEN** (710 KCALS, 28G FAT, 46G PROTEIN)
- **CHICKEN FETTUCCINE ALFREDO** (840 KCALS, 31G FAT, 41G PROTEIN)





# FUEL

*noosiers*

# UP



**PERFORMANCE NUTRITION**



# Goal-based Recovery Suggestions:

FOR WORKOUTS >60 MINUTES AT A MEDIUM TO HIGH INTENSITY

## RECOVERY WEIGHT LOSS



<350 KCALS  
>25G PROTEIN  
<50G CARBS

## RECOVERY WEIGHT MAINTENANCE



300-500 KCALS  
20-25G PROTEIN  
50G CARBS

CHECK WITH YOUR SPORTS RD AS SPECIFIC NEEDS MAY VARY DEPENDING ON GOALS.

## RECOVERY WEIGHT GAIN



>500 KCALS  
20-25G PROTEIN  
50G CARBS



# FUELING FOR PERFORMANCE

## FUELING BEFORE A ROUND:

Consuming a nutritious meal before a competition can help maintain blood sugar & optimize energy levels to prevent fatigue. You should aim to consume a meal **2-3 hours** before beginning a round. Meals should consist of **carbs** (fuel), moderate **protein** (helps prevent hunger by slowing digestion), and low in **fat** (to prevent GI distress).

### BREAKFAST IDEAS:

1 cup oatmeal + 2 scrambled eggs + banana

1 bagel + 1 cup Greek yogurt + apple

1 serving whole grain cereal + 8 oz milk + fresh fruit

Egg and cheese breakfast sandwich + 8 oz milk + 1 cup strawberries



## NERVOUS?

A liquid source of protein and carbohydrates, such as a fruit smoothie, can be good option.



## FUELING DURING A ROUND:

The goal is to have a snack every hour while on the course, or every 4-6 holes.

**Carbs:** ~30g/H; low-glycemic to prevent sugar crashes.

**Protein:** 10-15g; slows digestion and prevents hunger; moderate in fat and fiber to prevent GI distress.

**Hydration:** Water is the ideal choice to replace fluids during rounds, but electrolyte beverages may be needed during rounds in extreme heat which can also provide carbs and help fuel.



## PERFORMANCE NUTRITION



## SNACK PAIRINGS ON THE COURSE:



## FUELING AFTER A ROUND (RECOVERY):

This is very important when playing multiple days in a row during a tournament. Make sure you are consuming balanced meals: **carbs** (refuel), **protein** (rebuild muscles), healthy **fats** and antioxidants (fight inflammation).

**REHYDRATE:** Dehydration can cause fatigue, impaired ability to focus and concentrate. Sweat is also important to help our bodies regulate temperature.

**SLEEP:** Aiming for 8-10 hours before a round is ideal. Inadequate sleep can lead to poor concentration and decreased performance.

**CAFFEINE:** Keep caffeine intake to a minimum to avoid crashes; 1-3mg/kg body weight.

EXAMPLE: 150 lb athlete: 70-200 mg  
1 cup coffee: 80-100 mg

1 cup green tea: 30-50 mg

1 grande starbucks drink: 160 mg-200 mg

**Starbucks suggestions:** grande skinny mocha, grande caffe latte, grande honey almond milk cold brew, grande vanilla sweet cream cold brew



# PERFORMANCE NUTRITION



# IV Women's Basketball



**HOW IS YOUR TANK?**



**NAME GOES HERE**

BASED ON YOUR ENERGY EXPENDITURE, POST WORKOUT YOU SHOULD CONSUME...



**CALORIES:  
897 KCALS**



**PROTEIN: 45G**



**CARBS: 135G**



**FATS: 20G**



**LIQUIDS: 30 FLOZ**

**POOR NUTRITION RECOVERY CAN LEAD TO:**

**POOR PERFORMANCE • DEHYDRATION • FATIGUE • NUTRITIONAL  
DEFICIENCIES • INCREASED INJURY RISK • POOR SLEEP**



**PERFORMANCE NUTRITION**



# HYDRATE!

YOU MUST REPLACE FLUIDS LOST DURING EXERCISE

1 POUND  
LOST



2 POUNDS  
LOST



3 POUNDS  
LOST



4 POUNDS  
LOST



\*\*\* CAN BE WATER, GATORADE OR PROPEL



# WHAT IS IN A MULTIVITAMIN?

## MAGNESIUM

SUPPORTS  
NEUROMUSCULAR,  
CARDIOVASCULAR,  
IMMUNE & HORMONAL  
FUNCTION

**CALCIUM,  
VITAMIN D**  
SUPPORTS BONE  
HEALTH

**ZINC**  
AIDS IN MUSCLE  
GROWTH &  
RECOVERY &  
ENERGY  
PRODUCTION

**OMEGA 3,  
VITAMIN A & E**  
SUPPORTS CELL  
FUNCTION, REDUCES  
INFLAMMATION

**IRON**  
SUPPORTS  
OXYGEN  
TRANSPORT &  
ENERGY  
PRODUCTION

**VITAMIN C**  
IMMUNE SUPPORT &  
SUPPORTS SOFT  
TISSUE & SKIN  
REPAIR

**B VITAMINS**  
SUPPORTS BLOOD  
CELL HEALTH,  
ENERGY  
PRODUCTION, &  
TISSUE REPAIR



# • NUTRITION FOR WELLNESS •

## VEGAN MEATBALLS WITH MUSHROOM GRAVY AND GRITS

### VEGAN GRITS



#### INGREDIENTS

4 cups vegetable broth  
1 cup grits  
1/4 cup olive oil  
1/3 cups diced yellow onion  
2 tbsp minced garlic  
1 & 1/2 cup coconut milk  
1/2 tbsp kosher salt  
2 tbsp pepper

#### METHOD

1. Heat oil in pan, add onions and cook until translucent
2. Add garlic cook until fragrant, about one minute
3. Add vegetable broth and coconut milk & bring to a boil
4. While stirring slowly add grits
5. Reduce heat to simmer and cook 10-12 minutes
6. Once cooked remove from heat stir in salt and pepper

### VEGAN MEATBALLS



#### INGREDIENTS

1/2 cup oats  
1/4 cup unsweetened plant milk  
24 oz impossible meat  
2 tbsp vegan worcestershire sauce  
2 tbsp natural yeast  
2 tbsp fresh chopped parsley  
1 tsp minced garlic  
1 tsp italian seasoning  
1.2 tsp ground fennel  
2 tsp onion powder

#### METHOD

1. Preheat oven 425
2. in a small bowl mix oats and plant milk, set aside
3. in a large bowl mix remaining ingredients together
4. add small bowl to large bowl and mix everything together
5. Use small cookie scoop to form meatballs (2 tbsp in size) and place on prepared sheet pan
6. bake for 10-12 minutes

### VEGAN MUSHROOM GRAVY



#### INGREDIENTS

3 tbsp vegan butter  
1 cup diced red onion  
1 lb mushrooms  
2 tbsp minced garlic  
1/4 tsp dried thyme  
1 tbsp vegan worcestershire sauce  
2 tbsp all purpose flour  
3 cups vegetable broth

#### METHOD

1. Melt butter in a saute pan
2. Add mushrooms and onion and saute for 10 minutes
3. Add garlic, thyme, worcestershire sauce cook 1 minute
4. Add flour, stir to coat mushrooms cook 1 minute stirring often then add vegetable broth stirring until no visible clumps of flour
5. Bring to a slow boil for 10 minutes occasionally stirring until thickened taste then add salt and pepper as needed before serving



# • NUTRITION FOR WELLNESS •

## THE BENEFITS



### ONION

High in vitamin C which regulates immune health, collagen production, tissue repair, and iron absorption. Rich in vitamins B6 & B9 which play key roles in metabolism, blood cell production and nerve function.



### GARLIC

Can lower LDL cholesterol. Increase antioxidant enzymes, as well as reduce oxidative stress in those with high blood pressure.



### OLIVE OIL

Reduces inflammation in the body, improves blood vessel health, helps manage blood clotting, and lowers blood pressure.



### MUSHROOMS

Source of B vitamins, phosphorus, vitamin D, selenium, copper, potassium. Potassium may reduce blood pressure, may reduce the risk of stroke, and prevent osteoporosis. Selenium may reduce the risk of certain cancers, and helps to boost your immune system.



### OATS

Can reduce LDL and total cholesterol levels, reduce blood sugar and insulin response, increased feeling of fullness, increased growth of good bacteria in the digestive tract.

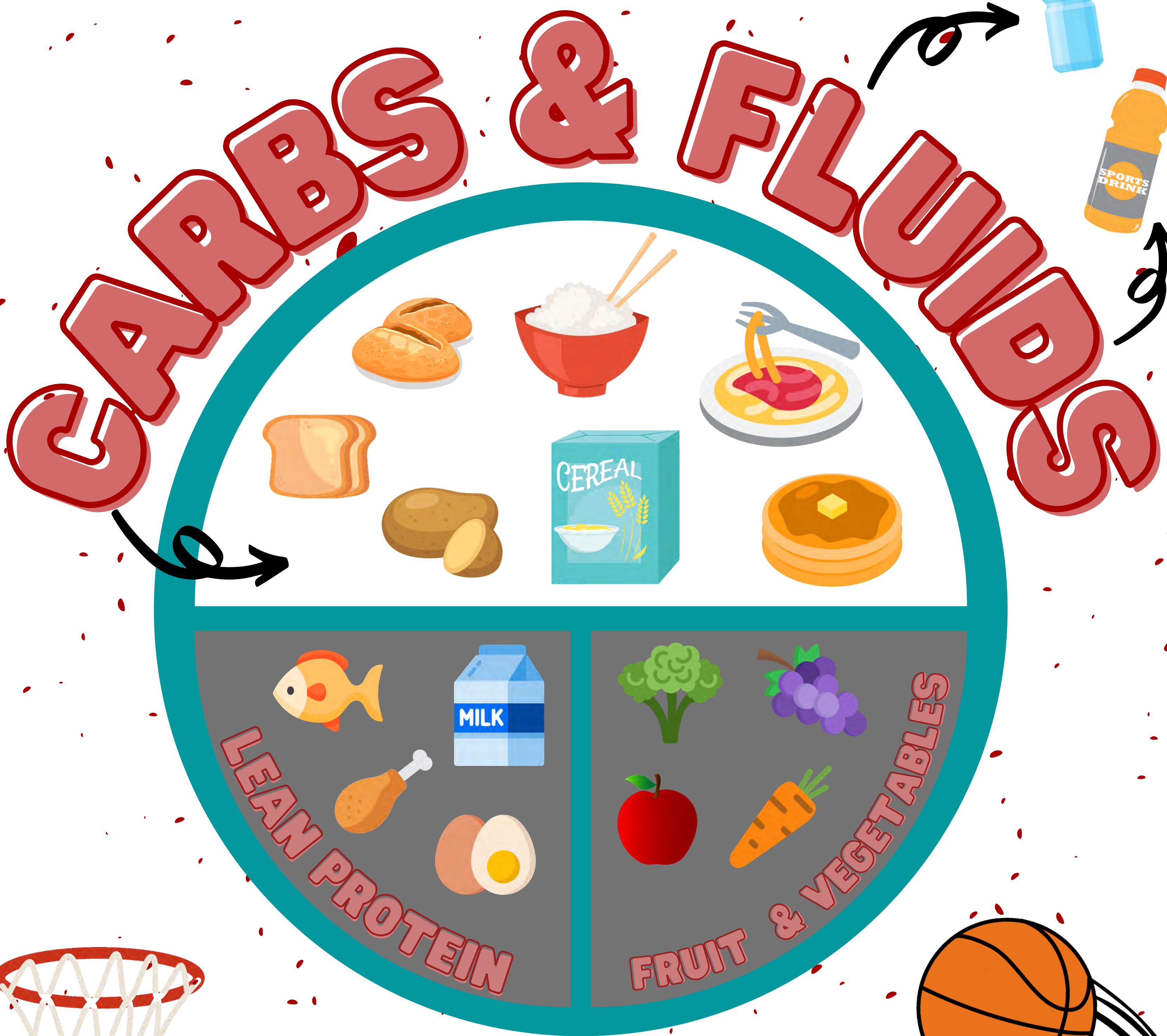


### PEPPER

Black pepper is a good source of Vitamin C, calcium, magnesium, and potassium. Potassium and magnesium are important for appropriate fluid and electrolyte balance. Alkaloids in pepper play a key role in prostate prevention and progression.

# Pregame Meal

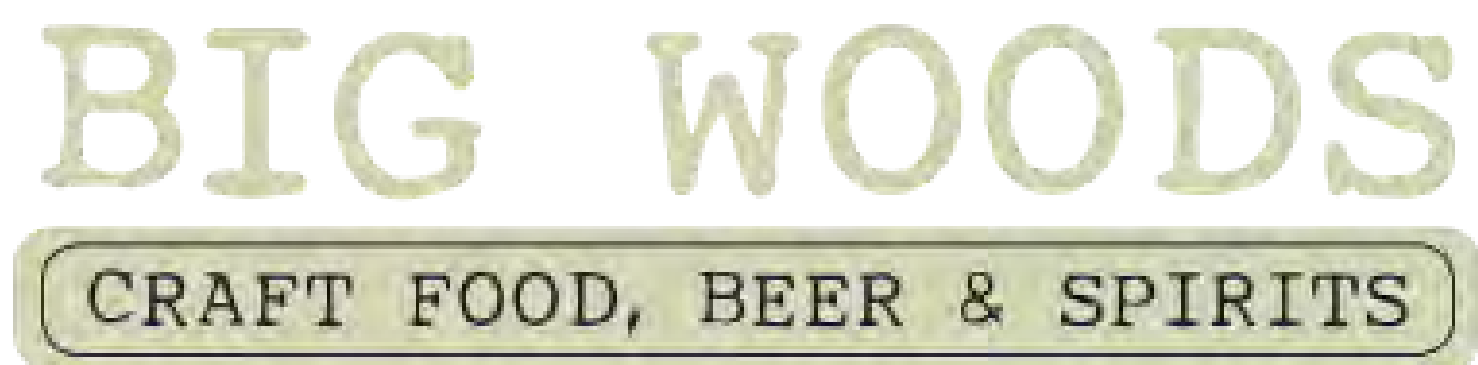
## FOCUS ON



PERFORMANCE NUTRITION



# Restaurants of the Week



## **CHICKEN STREET TACOS**

Shredded chicken, onion, radish, cilantro, cotija cheese sub corn for side salad

## **BIG WOODS CHICKEN SANDWHICH**

Grilled chicken, argula, onion, tomatoes, gouda on brioche bun sub fries with side salad

## **STEAK SALAD**

Steak tips, mixed greens, onions, goat cheese, tomatoes, pickled carrots, cilantro, green onion

## **GRILLED CHICKEN SANDWICH**

Grilled chicken breast, cheddar, lettuce, tomato, onion on multigrain bread

## **POWERHOUSE SALAD**

Grilled chicken breast, avocado, hummus, hardboiled egg, cucumber, tomatoes, lettuce, fat-free vinaigrette

## **AVO TURKEY SANDWICH**

Turkey breast, swiss, avocado, cucumbers on multigrain bread



# SWIPE OR SIGN IN



**TRACKING ATTENDANCE  
AT MEALS HELPS US  
IMPROVE OUR SERVICES!**



**INDIANA UNIVERSITY ATHLETICS  
PERFORMANCE NUTRITION**

# TIPS TO IMPROVE BODY COMPOSITION

**OVERALL, YOU NEED TO REDUCE THE NUMBER OF CALORIES YOU CONSUME AS WELL AS INCREASE PROTEIN INTAKE DAILY.**

HOW DO I...

**REDUCE  
CALORIES**

- CHOOSE GRILLED MEATS ONLY
- NO FRIED OR BREADED FOODS
- CHANGE OR REMOVE SAUCES & TOPPINGS
- CONSUME ONLY WATER OR ZERO CALORIE DRINKS
- LIMIT SIMPLE CARBS OUTSIDE OF EXERCISE
- STICK TO HIGH PROTEIN OR FRUIT/VEGETABLE SNACKS

HOW DO I...

**INCREASE  
PROTEIN  
INTAKE**

- CONSUME PROTEIN RICH SNACKS & MEALS
- DRINK A PROTEIN SHAKE DAILY

★ SEE ISAAC FOR  
SNACK/MEAL ★  
RECOMMENDATIONS



# CONSIDERING A DIETARY SUPPLEMENT?

## QUESTIONS TO ANSWER:

**1**

**WHAT REASON DO I HAVE FOR TAKING THIS SUPPLEMENT?**

**2**

**CAN THIS SUPPLEMENT BE OBTAINED FROM FOOD?**

**\*IF YOU DO NOT KNOW, ASK ISAAC\***

**3**

**IS THE SUPPLEMENT CERTIFIED BY A THIRD PARTY?**



**\*LOOK FOR ONE OF THESE LABELS ON YOUR SUPPLEMENT\***

**4**

**DOES MY SPORTS DIETITIAN (ISAAC) KNOW THAT I AM THINKING OF TAKING OR CURRENTLY TAKING A SUPPLEMENT?**

**\*IF NOT, LET ISAAC KNOW IMMEDIATELY\***