



OhioHealth Sports Medicine for Student Athletes

Healthy Eating

What to eat for a strong foundation

Grains	Vegetables	Fruits
<ul style="list-style-type: none"> + Whole grain bread + Brown rice + Whole wheat pasta + Oatmeal + Barley + Popcorn + Whole wheat crackers + Pita bread + Cornmeal + Quinoa + Millet <p>Portions: 1 mini bagel or slice of bread ½ cup rice, pasta, oatmeal = ½ baseball 1 cup cold cereal = baseball Pancake or waffle = CD Crackers = package serving size</p>	<ul style="list-style-type: none"> + Broccoli + Cauliflower + Squash + Potatoes/sweet potatoes + Greens – kale, spinach, Swiss Chard, collards + Tomatoes + Mushrooms + Green beans + Beets + Brussels sprouts + Cucumbers + Lettuce <p>Portions: Cooked vegetables = baseball 2 cups leafy vegetables = 2 closed fists</p>	<ul style="list-style-type: none"> + Apples + Banana + Apricots + Kiwi + Oranges + Mangoes + Berries - strawberries, blueberries, raspberries + Grapes + Cherries + Melons + Pineapple <p>Portions: Apple, orange, peach = baseball 1 cup strawberries = 8 1 cup grapes = 32 Dried fruit = golf ball</p>
Protein–Meats/Nuts/Beans/Fish	Dairy	Healthy Fats
<ul style="list-style-type: none"> + Chicken, Turkey, Pork + Beef — lean cuts + Fish — salmon, shrimp, tuna + Eggs + Nuts — almonds, pecans, walnuts, pistachios, etc (~ 24 nuts) + Lentils or Edamame + Beans - kidney, black, pinto, refried <p>Portions: 3 oz meat = deck of cards 1 ounce = 1 egg, ¼ cup of beans, or 1 tablespoon peanut butter</p>	<ul style="list-style-type: none"> + Milk (low-fat or fat-free) + Chocolate milk + Ice cream or frozen yogurt + Yogurt — plain, fruit or Greek + Cheese + Cottage cheese <p>Portions: 1.5 oz cheese = 3 dice 1 cup milk, yogurt, ice cream, cottage cheese = baseball</p>	<ul style="list-style-type: none"> + Olive oil + Canola oil + Fish oils + Avocado + Nuts + Seeds <p>Portions: 1 tablespoon oil = poker chip 1 oz. nuts ~ 12 1/2 an avocado 4 olives</p>



What foods will help you feel your best? The plate pictured, MyPlate, is a great guide for meals and snacks.

- + Try three meals and snacks to keep a steady supply of energy, carbohydrates, protein, fats and fluids during the day.
- + Select foods from each food group, especially at lunch and dinner.
- + Choose a variety each day.

NEED MORE INFO?

To learn more about healthy eating visit, OhioHealth.com/SportsMed-Nutrition

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