

# Athlete's Grocery Guide



## *Work the Walls*

- The walls or “perimeter” of the store contains the healthiest, freshest foods. It’s also a fast way to cut food costs.

## *What to Buy-Perimeter*

- Fruits & Veggies- Place to splurge
  - Peppers, bananas carrots, cucumbers, tomatoes, berries...
  - Potatoes—think of it as a grain
  - Avocados—great healthy fat
- Grains – Look for “whole wheat” or “whole grain” as 1<sup>st</sup> ingredient
  - Bread, tortillas
  - Aim for 3g fiber per serving
- Meat-Lean such as LOIN or ROUND
  - Boneless/skinless chicken breasts
  - 85% lean ground beef (rinse fat)
  - Fish and sea food
- Dairy
  - Milk-all milk has the same nutrients, fat and calories change
  - Cottage cheese- protein packed
  - Cheese
    - White= less fat (string)
    - Sharp –use less for same flavor
  - Yogurt
- Eggs-Great source of protein
  - Yolk contains most of the fat

## *The Middle Aisles*

- Fruits & Veggies
  - Canned/frozen (last longer & save money), dried fruits
- Grains
  - Breakfast cereals, pasta, oatmeal, granola bars
- Protein
  - Power bars, beans, tuna
- Healthy Fats
  - Peanut butter, nuts, olives and canola/olive oil.
- Snack foods
  - Whole grain crackers, Light popcorn, sports drinks

## *Shop Smart—Cut Costs*

- Cut cost:
  - Clip coupons, set a budget, watch for sales, consider generic or store brands
- Make a list of what to buy
- Don't shop when you are hungry

# Sports Nutrition

