



FoodFit  
Center For Nutrition & Athletics

# FAST FOOD FOR ATHLETES

A limited food budget creates a fueling challenge for many athletes, including college teams traveling to games, students responsible for their own meals, parents of active kids, and semi-pro players hoping to get to the next level. These practical tips can help optimize a low-budget sports diet. Here are things to shop for:

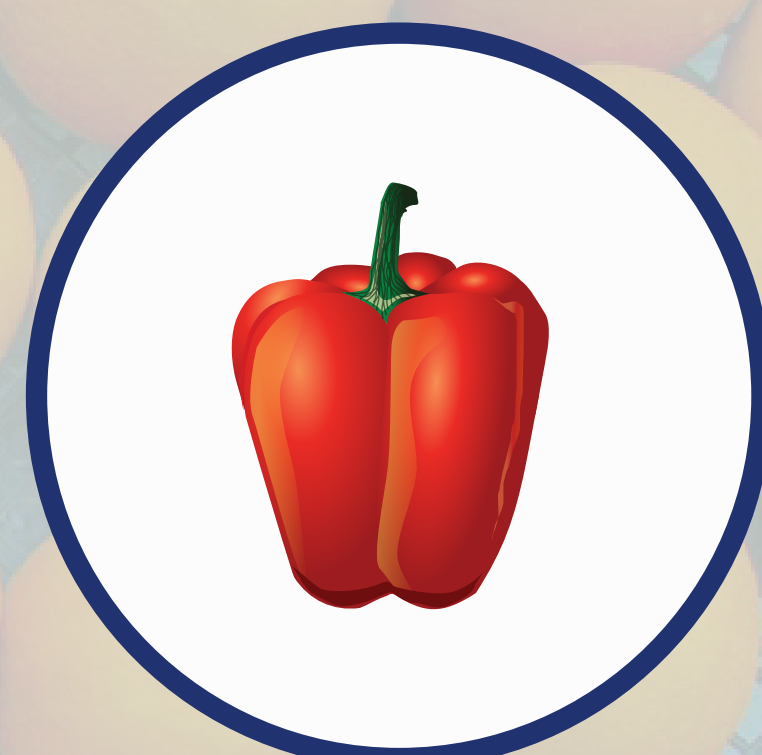
## FRESH FRUITS

Bananas, apples, pears, and grapes.



## FRESH VEGGIES

A green or red pepper, baby carrots with hummus, or cherry tomatoes.



## PROTEIN

Deli turkey, roast beef, or ham with whole wheat rolls, cottage cheese, tuna, and peanut butter.



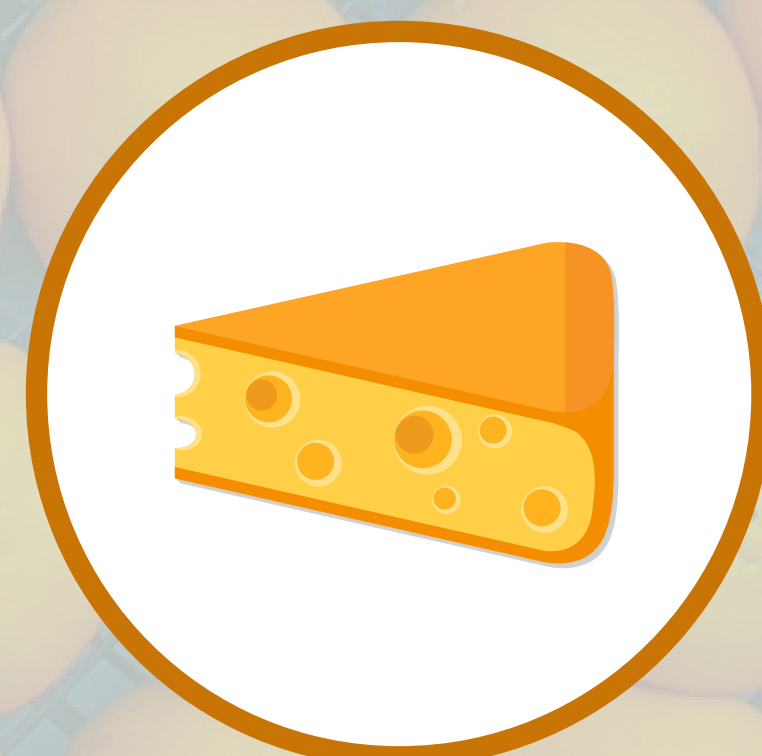
## GRAINS AND OTHER CARBS

Pita, wraps, baked chips, whole-grain crackers and pretzels.



## CALCIUM RICH FOODS

Lowfat yogurt, white milk, chocolate milk, soymilk, and lowfat cheese.



## BEVERAGES

Water, milk, or chocolate milk.



## TIPS

Be cautious of super salads. While they have a seemingly healthy glow, they can be unfriendly for many sports diets, particularly if you are weight-conscious.

Hungry athletes who need lots of inexpensive calories can do well by packing sandwiches made with peanut butter & jelly (or PB & jam, honey, raisins, banana, pickles or even cottage cheese—whatever tastes good to you).