

TEEN NUTRITION BLUEPRINT

from the bus stop to the final bell

It is possible to eat around the clock, even with the scheduling constraints of school and practice.

Breakfast: 7 a.m.

Getting things started right every morning with a well-rounded meal is key. Your breakfast should consist of complex carbohydrates, protein and some healthy Omega-3 fats if possible.

Midmorning Snack Attack: 9:30 a.m.

You may have to grab a quick bite between classes, but don't wait until lunch to eat again. Otherwise, your body will start running on "glucose low" and you'll start to feel sluggish. Plan ahead and choose portable snacks that won't spoil when stored in your locker.

Lunch: 11:30 a.m. to 12:30 p.m.

Lunch serves as the "launching" pad for building up your after-school practice or workout energy reserves. The hot-food line probably isn't your best choice as it tends to be packed with fried and processed foods. Bring your own lunch, or look for healthier alternatives such as salads.

Midafternoon Snack Attack: 2:30 to 3 p.m.

This is often the last thing you'll eat before practice, so you want to make sure it's going to deliver an energy boost without making you feel full or uncomfortable during your activity.

Dinner: 6 to 7 p.m.

Given that it most often follows a game or practice, your dinner is going to focus more on nutrient replenishment than on fueling your body. To get a good balance, divide your dinner plate into thirds: one-third lean protein, one-third starchy carb, and one-third fibrous carb.

Bedtime Snack Attack: 8:30 to 10 p.m.

Eat something between 200 and 400 calories that can supply your system with some quality protein (for muscle reconstruction while you sleep) that is moderate to low in carbs and fat.

Make
healthy
choices

Breakfast

- Multigrain toast with a couple tablespoons of peanut butter, a glass of skim milk, and a couple hard-boiled eggs.

Daytime Snacks

- Healthy granola or protein bar
- Trail mix
- Banana
- Small bag of peanuts
- Half of a PBJ sandwich
- Cheese stick and some pretzels

Lunch

- Salad
- Low-fat yogurt, cheese sticks, or milk
- Turkey wrap

Dinner

- Grilled chicken, fish, turkey, pork chops, lean beef
- Baked potato, pasta, cous cous, rice
- Veggies

Pre-Bed Snacks

- Air-popped popcorn and a glass of milk
- Protein shake
- Low-sugar cereal and skim milk