



# Stratford High School Nutrition

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## We are on Twitter!

- Stratford HS Nutrition **@FuelingSpartans**
- Brett Singer- **@Bsinger10**
- Christina Curry- **@C\_CurrySportsRD**
- Melanie Battaglia - **@MBattagliaRD**



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# Macronutrients & Portion Sizing

## Topics

- Carbohydrates
- Fat
- Protein
- How Much



## Carbohydrate



Grains




Starchy Veggies




Fruit





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# Why Carbs?

- Energy
  - Glucose
  - Most easily accessed by muscles




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# Portions

- Grains ~1 cup
  - fist 
- Fruit ~4oz.
  - Tennis ball sized 
  - Half regular banana 

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# Fat




Nuts & Seeds



Avocado



Oils



'Junk Foods'

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# Fat

- Energy
  - Most energy dense nutrient
- Vitamin absorption
- Joint health




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## Portions

- Oils ~1-2 teaspoon
  - 1-2 Finger tips
- Nuts
  - Small hand-full
- Nut Butters ~2 tablespoons
  - Ping pong ball

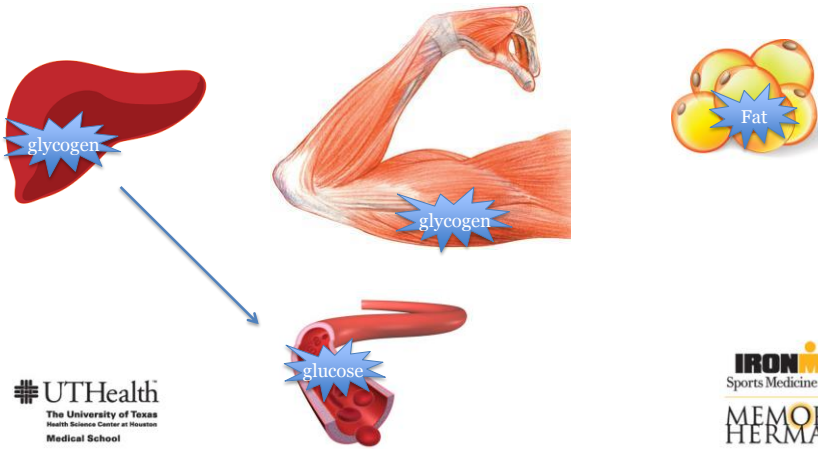




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## Muscle Energy Sources



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# Muscle Fuel Sources

The diagram illustrates the progression of muscle fuel sources during different levels of physical activity. It is divided into three columns: 'At Rest', 'Moderate Exercise', and 'Intense Exercise'. Each column features a photograph of a person in that state, a diagram of the fuel sources, and a logo at the bottom.

- At Rest:** A photograph of a man sleeping. Below it, a diagram shows three yellow circles labeled 'Fat'. The UTHealth logo is at the bottom left.
- Moderate Exercise:** A photograph of two people jogging. Below it, a diagram shows two yellow circles labeled 'Fat' and two red muscle sections labeled 'glycogen'. The IRONMAN logo is at the bottom right.
- Intense Exercise:** A photograph of a basketball game. Below it, a diagram shows two red muscle sections labeled 'glycogen' and one red circle labeled 'glucose'. The MEMORIAL HERMANN logo is at the bottom right.

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# Protein

The slide displays three categories of protein sources, each with a photograph and a label. The UTHealth logo is at the bottom left, and the IRONMAN and MEMORIAL HERMANN logos are at the bottom right.

- Meat & Poultry:** A photograph of various raw meats, including chicken, beef, and pork.
- Fish & Seafood:** A photograph of a large salmon fillet, shrimp, and other seafood items.
- Dairy & Eggs:** A photograph of various dairy products (milk, cheese, yogurt) and eggs.

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## Alternate Protein Sources



Nuts & Nut Butters



Beans & Legumes



Whole Grains

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## Protein

- Muscle
  - Repair
  - Growth
- Feeling full



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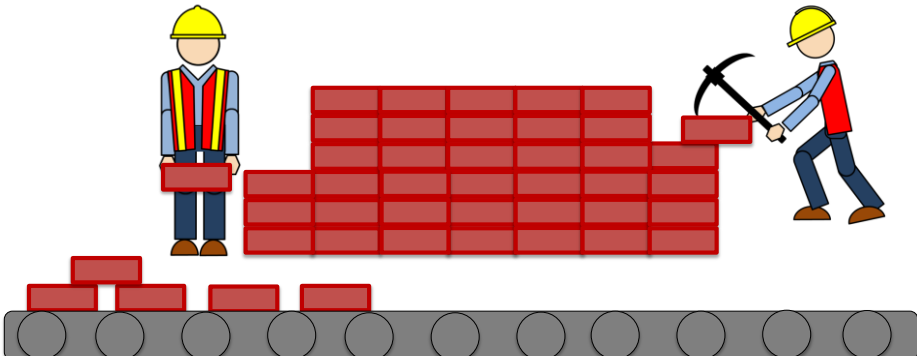
# Protein

## Three T's

- Total
  - 20-30g @ each meal
- Timing
  - Every 3-4 hours
- Types
  - High quality



# Protein








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## Portions

- Meat ~3oz.
  - Palm of hand/Deck of cards
  - Deli meats: 3 CD sized
  - Fish: cell phone
- Eggs ~2-3
- Dairy ~8 oz (1 cup).
  - 20 oz. (2.5 cups)
- 1 cup of low fat milk or yogurt

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## Daily Nutrition Goals

1. Eat 4-6 times a day 
2. Include carbohydrate with each meal 
3. Consume protein at each meal/ snack 
4. Fruit and veggie at each meal 
5. Hydrate throughout the day 

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## MODERATE TRAINING:

**FATS**  
1 Tablespoon

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads  
Legumes

**Lean Protein**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Vegetables**  
Raw Veggies  
Cooked Veggies  
Veggie Soups

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

Fresh Fruit  
Stewed Fruit  
Dried Fruit

Water  
Dairy/Nondairy Beverages  
Diluted Juice  
Flavored Beverages

Coffee  
Tea

Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter

The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.  
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## HARD TRAINING / RACE DAY:

**FATS**  
2 Tablespoons

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads

**Lean Protein**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Vegetables**  
Cooked Veggies  
Veggie Soups  
Raw Veggies

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

Fresh Fruit  
Stewed Fruit  
Dried Fruit

Water  
Dairy/Nondairy Beverages  
Diluted Juice  
Flavored Beverages


Coffee  
Tea

Avocado  
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# Questions?

