



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).