



FUELING TO WIN:

SMART SHOPPING STRATEGIES & EASY RECIPE IDEAS | by Kristina LaRue, RD, CSSD, LDN

The old motto rings true for nutrition...fail to plan, plan to fail. Athletes train their bodies for hours every day, and the type of fuel they put in can make or break performance gains. Athlete schedules are jam-packed and how they manage their time and feed their body can give them a competitive advantage. Carving out one hour a week to grocery shop and to prep food will positively impact daily food choices and sports performance.

SMART SHOPPING

- Plan your meals for the week and create a list based on foods you need.
 - Check your pantry & fridge for those foods before you shop.
 - Stick to your list!
- Shop the perimeter of the grocery store first to find less processed foods, (i.e. fresh produce and meats).
- Don't go to the grocery store hungry—you'll be more likely to buy "splurge" foods.
- Check store ads and look for store BOGO (Buy 1, Get 1 Free) deals and specials.
- Don't rationalize buying something just because it is on sale.
- Buy store brands to save \$. Quality is the same but price is lower.
- Weigh the cost of convenience.
 - Pre-cut veggies, pre-cooked meats (i.e. grilled or rotisserie chicken) and hard-boiled eggs—may be more expensive, but they simplify meal prep and make healthy eating more convenient.
- Don't buy more than you'll eat.
- Color your cart: your grocery cart should look like your plate, full of different colors.

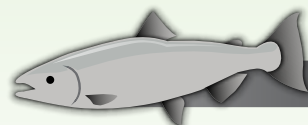


HOW TO SHOP EACH SECTION



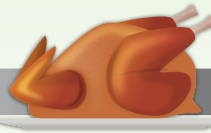
PRODUCE

- Color your cart with a variety of colors of produce.
- Buy what's in season = often cheaper.
- Remember the 3F's—Fresh & Frozen First!
- Frozen is just as nutrient-packed & won't spoil as quickly.
- Canned produce—stock your pantry with beans, tomatoes, corn and tomato sauce for quick meal prep.



MEAT/SEAFOOD

- Choose leaner cuts (look for the words - round, loin).
- Choose less marbling for less fat.
- Aim for meats that are 90% lean or higher.



DELI

- Hummus or guacamole are great sources of healthy fat.
- Rotisserie chickens are quick, easy protein.
- Deli meat makes a convenient protein-rich snack (Look for nitrite/nitrate free).



BREAD

- Look for 3g fiber per slice.
- Look for *whole grain* as 1st ingredient.
- Ensure *sugar* is not listed in the first 5 ingredients.



DAIRY

- Soy milk is an adequate substitute for cow's milk if dairy needs to be avoided.
 - Almond milk is not an ideal substitute—providing only 1g protein per cup.
- Choose Greek yogurt for 3x more protein than regular yogurt.
- Eggs are the cheapest source of high quality protein.
- Choose low-fat or reduced fat vs. whole milk.

