

Do You/CAN YOU  
Do THIS?  
SHORT WELLNESS  
SELF-CHECKS

## Do You Eat Real Foods

### SPORTS NUTRITION SERIES

**Summary:** Many athletes fuel themselves with highly processed protein powders, bars, shakes, and supplements. They are typically pricey and not that great for you in my opinion. See Chart. Read on.

## TAKING DIETARY SUPPLEMENTS?



# EAT REAL FOOD INSTEAD!

 <b>SUPPLEMENT: PRE-WORKOUT</b> <b>FOODS THAT ENERGIZE YOU BEFORE YOUR WORKOUT:</b> <ul style="list-style-type: none"><li>• Nut butter and jam/jelly on whole-grain bread</li><li>• Low-fat Greek yogurt with fruit and water</li><li>• Oatmeal, banana, and water</li><li>• Low-fat granola and milk</li></ul>	 <b>SUPPLEMENT: POST-WORKOUT</b> <b>FOODS THAT ENHANCE YOUR POST-WORKOUT RECOVERY:</b> <ul style="list-style-type: none"><li>• Tuna, whole-grain crackers, fruit, and water</li><li>• Chocolate milk (or soy milk) and fruit</li><li>• Yogurt, fruit, granola, and juice</li><li>• Nuts, fruit, and water</li></ul>	 <b>SUPPLEMENT: BODYBUILDING</b> <b>FOODS THAT PROMOTE MUSCLE GROWTH:</b> <ul style="list-style-type: none"><li>• Lean meats</li><li>• Poultry</li><li>• Fish and seafood</li><li>• Milk and Greek yogurt</li><li>• Beans and lentils</li><li>• Nuts and seeds</li><li>• Tofu</li><li>• Eggs</li></ul>
 <b>SUPPLEMENT: WHEY OR CASEIN PROTEIN</b> <b>FOODS SOURCES OF WHEY OR CASEIN:</b> <ul style="list-style-type: none"><li>• Milk</li><li>• Cottage cheese</li><li>• Ricotta cheese</li><li>• Yogurt</li></ul>	 <b>SUPPLEMENT: BRANCHED-CHAIN AMINO ACIDS</b> <b>FOODS SOURCES OF BCAAS:</b> <ul style="list-style-type: none"><li>• Meats</li><li>• Poultry</li><li>• Fish and seafood</li><li>• Milk</li><li>• Cottage cheese</li></ul>	 <b>SUPPLEMENT: WEIGHT LOSS</b> <b>FOODS THAT HELP YOU LOSE WEIGHT:</b> <ul style="list-style-type: none"><li>• Fruits and veggies</li><li>• Whole grains (brown rice, quinoa, etc.)</li><li>• Lean proteins (fish, poultry, beans, nuts, and dairy)</li><li>• Unsweetened beverages (water, low-fat milk, tea, etc.)</li></ul>

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# Do You You Eat Real Foods

## SPORTS NUTRITION SERIES

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Do you eat food that looks like food? That may sound like a weird question, but do you eat packaged or bottled foods. Does your foods and meals have real ingredients? Back in the old days when I was an athlete I enjoyed well-balanced diets filled with natural sports foods—bananas, orange slices, yogurt, pasta, spinach, and chicken. Loved that Pasta! Today, many athletes fuel themselves with highly processed protein powders, bars, shakes, and supplements. They are typically pricey and not that great for you in my opinion. Unfortunately it is a booming industry. Consumer beware: A review of the research mentioned in sports supplement advertisements and websites indicates that only 3 of 74 studies were judged to be high quality with low risk of bias (Heneghan et al. 2012).

Although there is a time and a place for engineered nutrition according to sports nutritionist N. Clark, commercial products should be used knowledgeably, at the right times, and for the right reasons. Commercial products advertise promises of enhanced performance and nutritional excellence, but please don't miss this important point says Clark: Natural foods contain components that interact in highly complex ways to synergistically benefit your overall health. Dietary supplements, in comparison, commonly contain isolated components with no synergistic effect but rather a high likelihood of being tainted with unapproved substances. Eating food that is as close to its natural form as possible is by far the best bet for improving health, preventing disease, optimizing healing, and thus enhancing performance. That just makes sense. Vegetables, fruits, whole grains, nuts, beans, legumes, lean meats, and low-fat dairy foods are all rich in a combination of the important vitamins, minerals, fiber, protein, fat, carbohydrate, antioxidants, and phytochemicals that athletes need daily to stay in the game. **Bottomline: Eat Real Food.**