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QUESTIONS FROM
SPEAKERS**

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Fueling Performance in the Age of Fast Food, Skipped Meals and Convenience Stores

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2017

Objectives

- Understand how the athletic lifestyle poses challenges to ideal food and fluid intake.
- Review the current literature regarding fast food consumption and caloric intake and athletes perceptions about healthy eating.
- Discuss practical advice for how athlete can best fuel their performance by planning ahead.
- Learn strategies to help athletes more successfully navigate fast food menus and other convenience food options to make good choices on the road.

About

- Registered Dietitian
- ATC
- NATA Liaison to SCAN
- SCAN-NATA Alliance Committee
- Sports RD – Quinnipiac University
- USOC sports RD registry
- Culinary RD – Food Blogger
- Runner and TRX enthusiast
- Mom of 3



Disclosure

- Spokesperson for Gatorade
- Dana Angelo White, MS RD ATC is employed by Quinnipiac University Department of Athletics, Athletic Training & Sports Medicine, and the Netter School of Medicine
- Industry nutrition consultant and recipe developer

Today's Session

- Culture of fast food
- Best choices for before and after activity
- Tips & strategies for ordering
- Case studies
- Poll questions
- Q&A

Poll Question #1



TAKE
A
POLL

How often do you eat fast food?

- A. Once a month or less
- B. 1 time per week
- C. 2 times per week
- D. You don't want to know

To answer poll questions, visit www.GATORADE.CNF.IO

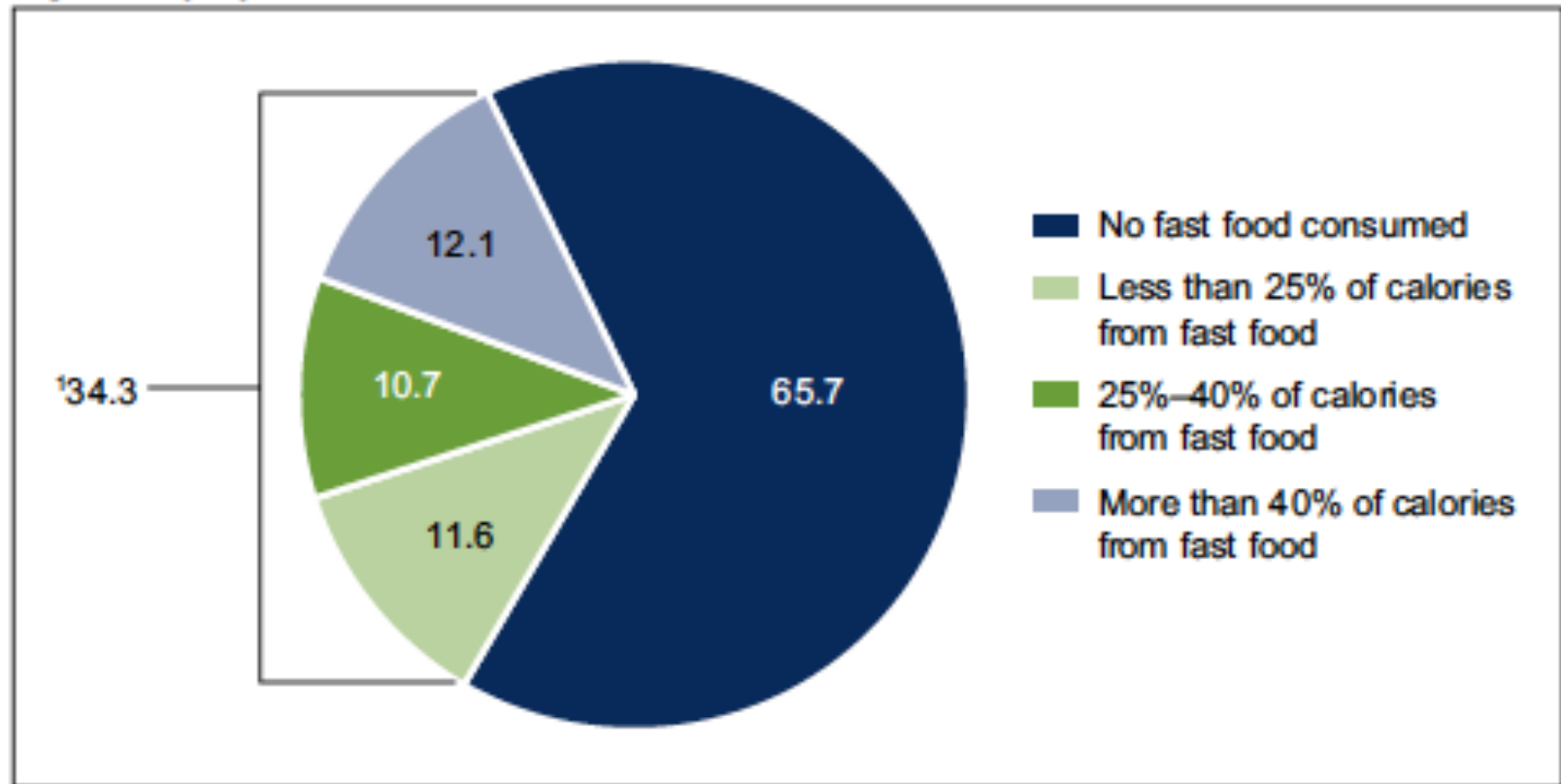
Why Eat Fast Food?

- Easy
- Cheap
- Mindless
- Tastes good
- Variety
- Familiar
- At times...a necessity



Fast Food Consumption CDC 2015

Figure 1. Percentage of children and adolescents aged 2–19 years who consumed fast food on a given day, by calories consumed: United States, 2011–2012



*Individual percentages do not add to 34.3 due to rounding.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2011–2012.

Poll Question #2

TAKE
A
POLL

How many calories are in the average fast food meal?

- A. 750
- B. 850
- C. 1050

Even when calories are posted, it doesn't seem to influence choices.

Alternatives - traffic light system?



To answer poll questions, visit www.GATORADE.CNF.IO

Fast Food Hierarchy

- Burgers
- Pizza
- Sandwich
- Mexican
- Chicken



Fast Food

Getting healthier?

- Some improvements
- Average calories still high
- Average sodium 3200mg
- Solid fats
- Added sugars

But what does this mean for ATHLETES?

Rehm, Drewnowski. Trends in Consumption of Solid Fats, Added Sugars, Sodium, Sugar-Sweetened Beverages, and Fritot from Fast Food Restaurants and Restaurant Type Among US Children. Nutrients. 2016

Best Choices: Fast Food

Pre Workout

- **Goal: fuel performance, tolerance, TIMING**
 - Bagel
 - Oatmeal
 - Egg & cheese
 - Yogurt parfait
 - Turkey sub
 - Wraps
- Fluids: water, sports drink, 100% fruit juice

Best Choices: Fast Food

Recovery

- **Goal: calories from carbs + protein; fluid + electrolytes**
 - Egg sandwich + smoothie
 - Grilled chicken sandwich
 - Panini + soup
 - Burrito / Rice bowl
 - Oatmeal + chocolate milk
 - Salad* with protein + roll
 - Fluids: water, sports drink

*teach your athletes the “salad rule”

Best Choices: Fast Food Fundamentals

1. Don't SUPERSIZE it
2. Special order
3. Skip soda
4. Limit fried stuff
5. Check menus ahead
6. Choose carbs over fats
7. Variety at Chinese, Mexican, Italian
8. Visit in moderation

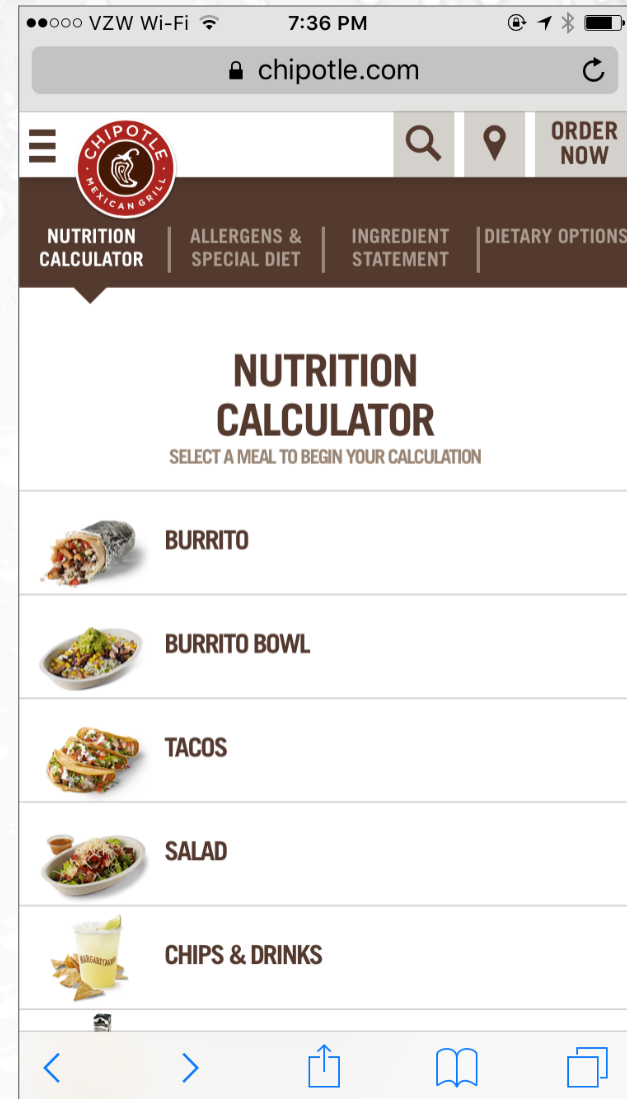
Modified from MySportsRDconnect.com

Fast Food: Better Chains

- b.good
- Snap Kitchen
- Freshii
- Chopt
- Considerations: time, location, price point

Case Study #1: What's in Your Burrito

- Your Chipotle order
- Chipotle mobile
- Enter your order
- Scroll down





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NUTRITION CALCULATOR

SELECT A MEAL TO BEGIN YOUR CALCULATION



BURRITO



BURRITO
BOWL



TACOS



SALAD



CHIPS &
DRINKS



KID'S BUILD
YOUR OWN



KID'S CHEESE
QUESADILLA



TOTALS

0

0

0

0

0

0

0

0

0

0

0

0

0

0

0

0

SERVING SIZE (OZ)

CALORIES

CALORIES FROM FAT

TOTAL FAT (G)

SATURATED FAT (G)

TRANS FAT (G)

CHOLESTEROL (MG)

SODIUM (MG)

CARBOHYDRATES (G)

DIETARY FIBER (G)

SUGAR (G)

PROTEIN (G)

VITAMIN A (%DV)

VITAMIN C (%DV)

CALCIUM (%DV)

IRON (%DV)

Burrito Bowl

- Chicken
- Brown Rice
- Black Beans
- Fresh Tomato Salsa
- Sour Cream
- Cheese
- Chips & Guac

Burrito Bowl

- Chicken
- Brown Rice
- Black Beans
- Fresh Tomato Salsa
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- Cheese
- Chips & Guac

▼ TOTALS	26.5	1550	715.5	79	23	0	193	2330	146	30	9	61	29	29	41	40	
	SERVING SIZE (OZ)	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	

Lightened Up

- Chicken
- Brown Rice
- Black Beans
- Fresh Tomato Salsa
- Guac

Lightened Up

- Chicken
- Brown Rice
- Black Beans
- Fresh Tomato Salsa
- Guac

▼ TOTALS		19.5	765	315.5	35.5	7.5	0	125	1690	67	22	3	45	14	27	11	34
	SERVING SIZE (OZ)	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	

Menu Mark Ups

- Plan ahead
- Help guide choices
- Educate
- Allergy considerations
- Vegetarian options
- Any type of restaurant



SALADS

Garden Salad - your choice of romaine lettuce, iceberg lettuce or mixed mesclun greens with grape tomatoes, cucumbers and bell peppers
regular \$5.25 large \$6.25

Chef Salad - turkey, roast beef, swiss cheese and boiled egg served over an iceberg garden salad
regular \$8.25 large \$9.75

Caesar Salad - romaine lettuce, grape tomatoes, croutons and parmesan cheese with a side of caesar dressing
regular \$6.25 large \$7.25

Greek Salad - iceberg garden salad with feta cheese, red onion, pepperoncini, greek olives and stuffed grape leaves with a side of lemon herb vinaigrette
regular \$8.50 large \$9.75

Buffalo Chicken Salad - buffalo chicken cutlet served over an iceberg garden salad with a side of house blue cheese dressing
regular \$8.00 large \$9.00

Buffalo Shrimp Salad - 5 buffalo shrimp served over an iceberg garden salad with a side of blue cheese dressing
regular \$10.50 large \$11.75

Heating Salad - baby greens topped with grilled chicken, dried cranberries, mandarin oranges, walnuts and crumbled gorgonzola cheese with a side of balsamic vinaigrette dressing
regular \$8.50 large \$9.75

ADD TO ANY SALAD

grilled chicken	\$2.25
chicken cutlet	\$2.75
buffalo chicken cutlet	\$3.25
scoop of tuna or chicken salad	\$3.00
scoop of egg salad	\$2.50
grilled shrimp	\$1.75/each
buffalo shrimp	\$1.75/each
avocado	\$1.50
additional add-ons under create a salad	\$.75

CREATE A SALAD/WRAP

Your choice of romaine lettuce, iceberg lettuce or mixed mesclun greens topped with grilled chicken and your choice of three add-ons:

roasted red peppers, artichoke hearts, greek olives, grilled portobello, bacon, sun dried tomatoes, grape tomatoes, mandarin oranges, dried cranberries, walnuts, croutons, boiled egg, grape leaf

* additional daily add-ons posted in deli
** additional add-ons \$.75 each **

...and one cheese:

fresh mozzarella, feta, crumbled gorgonzola, shredded parmesan, asiago, american, cheddar, monterey jack, sliced mozzarella, muenster, pepper jack, provolone, swiss

and your choice of dressing

balsamic vinaigrette, raspberry vinaigrette, lemon herb vinaigrette, italian ranch, russian, caesar, peppercorn, sesame ginger

** add \$.50 for each house blue cheese

** add \$.50 for extra dressing

salad	regular \$8.50	large \$9.75
wrap	plain, spinach, tomato basil, wheat	\$8.50

SIDES

French Fries	\$3.25
Beer Battered Onion Rings	\$4.00
Sweet Potato Fries	\$4.00
Chicken Tenders (5)	\$7.25
with BBQ, ranch, honey mustard, chipotle, sweet & sour, or peppercorn	
Buffalo Chicken Tenders (5)	\$8.25
with celery and blue cheese dressing	
Buffalo Shrimp Tenders (5)	\$9.75
with celery and blue cheese dressing	

SOUP

Soup of the Day - posted in deli

NON-CREAMY

FAVORITES

* **Buffalo Chicken** - chicken cutlet dipped in buffalo sauce with lettuce, tomato and house blue cheese dressing
roll \$7.00 sub \$9.00

* **Buffalo Shrimp Wrap** - 5 breaded shrimp dipped in buffalo sauce with lettuce, tomato, red onion and house blue cheese dressing in a wrap \$9.75

* **Reuben** - corned beef, turkey or pastrami with sauerkraut, russian dressing and swiss cheese on grilled rye bread \$7.75

* **Pastrami Nightmare** - pastrami with swiss cheese, grilled onions, tomato and spicy mustard
roll \$7.25 sub \$8.25

* **Chicken Caesar Wrap** - grilled chicken with romaine lettuce, croutons, parmesan cheese and caesar dressing \$7.25

* **Stirred Mushroom** - grilled portobello mushroom with roasted red peppers, tomato and fresh mozzarella with balsamic vinaigrette on a roll \$7.25

* **Chicken Fajita Wrap** - grilled chicken, grilled onions, grilled peppers, salsa and jack cheese in a grilled wrap \$7.50 add \$.50 for sour cream

* **Turkey Club** - triple-decker turkey sandwich with bacon, lettuce, tomato and mayo on your choice of white, wheat or rye toast \$7.25

* **Greek Wrap** - grilled chicken with lettuce, tomato, greek olives, red onion, feta cheese and lemon herb vinaigrette in a spinach wrap \$8.50

* **Italian Chicken Wrap** - grilled chicken with fresh mozzarella cheese, baby greens, roasted red peppers, grilled portobello and balsamic vinaigrette in a tomato basil wrap \$8.50

* **Heating Wrap** - grilled chicken with baby greens, dried cranberries, mandarin oranges, walnuts, crumbled gorgonzola cheese and balsamic vinaigrette in a spinach wrap \$8.50

Convenience Stores

- They've come a long way!
- Many stores have same price point for junk and healthy offerings
- Look in refrigerator cases
- Stay away from heat lamps
- Allergy concerns
 - What are best choices for athletes with lactose intolerance, nut allergies and Celiac?

DeWeese, Phri-Vachaspati. Cost of Children's Healthy vs. Unhealthy Snacks Does Not Differ at Convenience Stores. Jour of Nutr Ed. 2016

Best Choices: Convenience Store

Pre Workout

- Coffee (with food!)
- Yogurt
- Granola bar + fruit
- Peanut butter crackers
- Trail mix
- Popcorn
- Fluids: water, sports drink

Best Choices: Convenience Store

Recovery

- Greek yogurt
- Hummus cup
- Jerky
- Protein bar
- Trail mix
- Whole grain pita chips + cheese stick
- Fluid: water, sports drink, chocolate milk

Poll Question #3

Which chain just unveiled a new breakfast pizza?!

- A. 7-Eleven
- B. Tiger Mart
- C. Cumberland Farms



**TAKE
A
POLL**

To answer poll questions, visit www.GATORADE.CNF.IO

Case Study #2: Convenient Dangers

Scenario

- College Men's BBall team bus trip
- Game is following day
- 3pm pit stop
- Given meal money to grab whatever they want

Name 5 items found in a convenience store that can put an athlete at risk for a banned substance violation.

QUESTIONS?

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