



# Making Healthier Food Choices

You've put a lot of effort into building up strength, endurance and speed. Good nutrition at home and on the road is a key part of a successful training program.

## Nutritional Comparisons for High-Carb Foods

High-Carbohydrate, Low-Fat	Carbs	Protein	Fat	Higher Fat Choices	Carbs	Protein	Fat
Baked potato (medium)	51g	5g	0.2g	French fries (small)	26g	3g	10g
Grilled chicken sandwich	36g	24g	8g	Fried chicken sandwich	53g	25g	39g
Garden veggie salad (1 cup)	4g	1g	4g	Caesar salad with dressing (1 cup)	6g	5g	14g
Sherbet (1/2 cup)	29g	1g	2g	Chocolate ice cream (1/2 cup)	16g	2g	9g
Bean burrito	33g	16g	14g	Beef burrito	22g	19g	20g
Cheese pizza (2 slices 12")	54g	15g	11g	Pizza with meat topping (2 slices 12")	57g	26g	26g
Spaghetti / marinara sauce (1 cup)	41g	4g	4g	Fettuccini alfredo (1 cup)	45g	11g	21g
Turkey sub (6")	45g	17g	3.5g	Meatball sub (6")	46g	23g	25g
Baked tortilla chips (1oz) and salsa (2 TBS)	22g	3g	1g	Nachos (beans & cheese) (1 cup)	21g	8g	14g
Rice (1/2 cup)	22g	2g	0g	Fried rice (1/2 cup)	45g	9g	6g
Fresh vegetables (2 2/3 cups) with fat-free ranch dip (2 TBS)	26g	3g	0g	Fried cheese nuggets (3)	20g	34g	29g
Gingersnap cookies (4)	22g	1g	3g	Chocolate chip cookies (2)	18g	2g	9g
Gummy candy (1pkg)	82g	6g	0g	Milk chocolate bar	53g	6g	30g
Turkey burger	5g	20g	10g	Cheeseburger	31g	22g	19g
Pineapple, banana, orange smoothie (8oz)	64g	1g	0g	Vanilla ice cream shake (8oz)	36g	6g	16g

**Drink plenty of fluids throughout the day such as: milk, juice, sports drinks like Gatorade® Thirst Quencher and water.**