

Helpful Tables for Healthy Nutrition

Table 2.4—Serving sizes for the MyPyramid food guide

MyPyramid food group	Serving Size
Milk	1 cup of milk or yogurt 1 1/2 ounces natural cheese 2 ounces of processed cheese
Meat	1 ounce of cooked lean meat, poultry, or fish 1/4 cup of cooked dry beans 1 egg 1 tablespoon peanut butter
Grains	1 slice of bread 1 ounce of ready-to-eat cereal 1/2 cup of cooked cereal, rice, or pasta
Vegetable	1 cup of raw, leafy vegetables 1/2 cup of other vegetables, cooked or chopped raw 1 cup vegetable juice
Fruit	1 medium apple, banana, or orange 1 cup of chopped, cooked, or canned fruit 1 cup of fruit juice 1/2 cup dried fruit
Oils (Not an official food group)	1 Teaspoon

Table 2.10—Combining foods for protein complementarity

Milk and Grains

- Pasta with milk or cheese
- Rice and milk pudding
- Cereal with milk
- Macaroni and cheese
- Cheese sandwich
- Cheese on nachos*

Milk and Legumes

- Creamed bean soup*
- Cheese on refried beans*

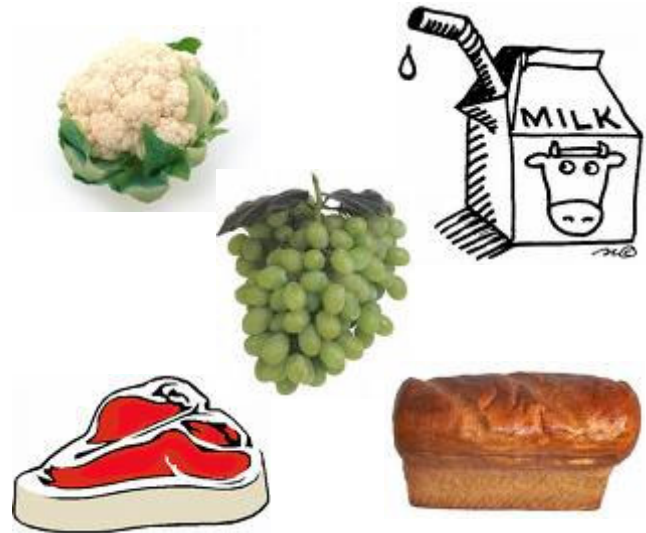
Grains and Legumes

- Rice and beans casserole
- Wheat bread and baked beans
- Corn tortillas and refried beans*
- Pea soup and toast
- Peanut-butter sandwich

*Low-fat, low-sodium version should be selected to minimize excessive saturated fat and sodium intake

Table 2.15—Two examples of precompetition meals containing 600-600 Calories

Meal A	Meal B
Glass of orange juice	One cup low-fat yogurt
One bowl of oatmeal	One banana
Two pieces of toast with jelly	One toasted bagel
Sliced peaches with skim milk	One ounce of turkey breast
	One-half cup of raisins



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(continued)

Table 4.5—Glycemic index of some common foods

The glycemic index is a measure of the rate of digestion and absorption of carbohydrate foods and the resultant effect on the blood sugar level. The baseline is 100, which is based on the response to the oral ingestion of glucose. However, the glycemic index of any food may vary among different individuals.

High Glycemic Index (>85)

- Bread, white and whole wheat
- Candy
- Carrots
- Corn flakes
- Crackers
- Honey
- Potatoes
- Raisins
- Soda, with sugar
- Sports drinks with sugar
- Sucrose



Medium glycemic index (60-85)

- All-Bran cereal
- Baked beans
- Banana
- Corn
- Grapes
- Oatmeal
- Orange juice
- Pasta
- Potato chips
- Rice
- Rice, long grain
- Spaghetti
- Whole-grain rye bread
- Yams

Low glycemic index (<60)

- Apple
- Applesauce
- Cherries
- Chick-peas
- Dates
- Figs
- Fructose
- Ice cream
- Kidney beans
- Lentils
- Milk, skim
- Navy beans
- Peaches
- Plums
- Tomato soup
- Yogurt



Table 4.8—Different methods for carbohydrate loading

Day	A recommended method	Original, classic method
1st	depletion exercise (optional)	depletion exercise
2nd	mixed diet, moderate carbohydrate; tapering exercise	high-protein/fat diet; low carbohydrate; tapering exercise
3rd	mixed diet, moderate carbohydrate; tapering exercise	high-protein/fat diet; low carbohydrate; tapering exercise
4th	mixed diet, moderate carbohydrate; tapering exercise	high-protein/fat diet; low carbohydrate; tapering exercise
5th	high-carbohydrate diet; tapering exercise	high-carbohydrate diet; tapering exercise
6th	high-carbohydrate diet; tapering exercise or rest	high-carbohydrate diet; tapering exercise or rest
7th	high-carbohydrate diet; tapering exercise or rest	high-carbohydrate diet; tapering exercise or rest
8th	competition	competition

High carbohydrate diet: 400-700 g per day depending on body weight; about 70-80 percent of dietary Calories should be carbohydrate.

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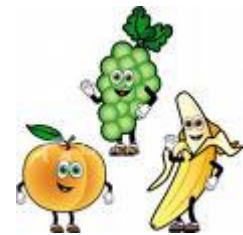
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Table 4.9—Daily food plan for carbohydrate loading

Dietary sources of fats, proteins, and carbohydrates	Amount and Calories	Grams of carbohydrate, protein, and fat
Meat, fish poultry, eggs, cheese, select low-fat items	6-8 oz Calories: 330-440	0 grams carbohydrate* 42-56 grams protein 18-24 grams fat
Breads, cereals, and grain products	10-20 servings Calories: 800-1,600	150-300 grams carbohydrate 24-60 grams protein
Vegetables, high Calorie (such as corn)	4 servings Calories: 280	60 grams carbohydrate 8 grams protein
Fruits	4 servings Calories: 240	60 grams carbohydrate
Fats and oil	2-4 teaspoons Calories: 90-180	10-20 grams fat
Milk, skim	2 servings Calories: 180	24 grams carbohydrate 16 grams protein
Desserts, like pie	2 servings Calories: 700	102 grams carbohydrate 6 grams protein 30 grams fat
Beverages, naturally sweetened	8-24 ounces Calories: 80-240	20-60 grams carbohydrates
Water	8 or more servings Calories: 0	
TOTAL KCAL	2,700-3,860	

TOTAL GRAMS AND APPROXIMATE % OF DIETARY CALORIES

Carbohydrate	416-606	65%
Protein	96-146	15%
Fat	58-74	20%



Consult table 4.2 for specific high-carbohydrate foods in each of the food sources.

*Beans are listed in the meat group because of their high protein content; however, they are also low in fat and high in carbohydrates, so they are an excellent selection from this food group. Substitution of beans for meat will increase the total grams of carbohydrate and the percentage of dietary Calories from carbohydrates.

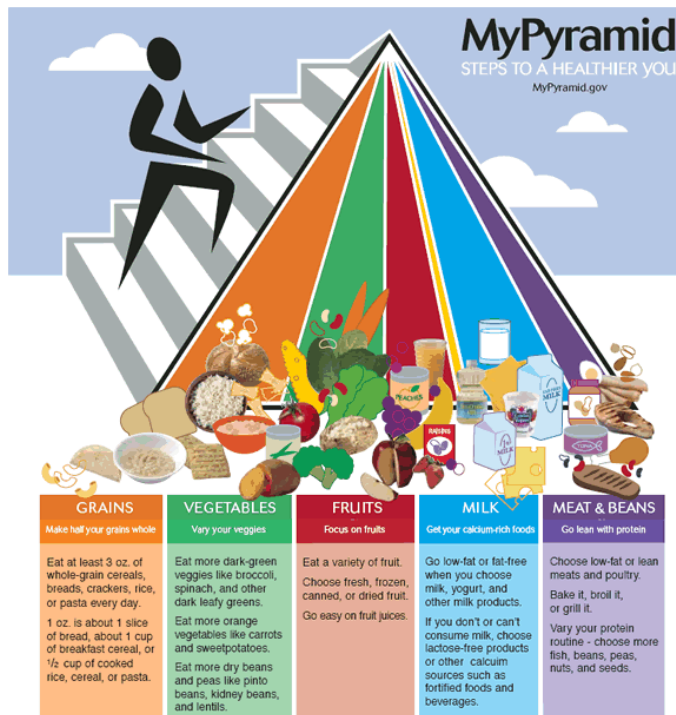
Including high-carbohydrate drinks, such as glucose polymers, can add significant amounts of carbohydrate to the diet and may substitute for other foods, such as desserts.

Source: Adapted from M. Forgas, "Carbohydrate Loading: A Review" in *Journal of the American Dietetic Association* 75:42-5. 1979

Helpful Tables for Healthy Nutrition (continued)

Table 7.3 1,200 Calorie diet containing at least 100% of the RDA or AI for each vitamin

Food	Amount
Milk, skim, fortified with vitamins A & D	2 cups
Carrot	1 medium
Orange	1 average
Bread, whole wheat	4 slices
Chicken breast, roasted	3 ounces
Broccoli	1 stalk
Margarine	1 tablespoon
Cereal, Grape-Nuts	2 ounces
Tuna fish, in water	3 ounces
Cauliflower	1/2 cup



For more information visit: www.MyPyramid.gov

Helpful Tables for Healthy Nutrition

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Table 9.7 Fluid replacement and high carbohydrate beverage comparison chart 8oz serving

Beverage	Carbohydrate ingredient	Carbohydrate (% concentration)	(grams)	Sodium (mg)	Potassium (mg)
Gatorade Thirst Quencher (Gatorade Company)	Sucrose, Glucose, Fructose	6	14	110	25
Gatorade Endurance Formula	Sucrose, Glucose, Fructose	6	14	200	90
Accelerade (Pacific Health Laboratories)	Sucrose, Glucose, Maltodextrin	7	17	127	40
PowerAde (The Coca-Cola Company)	High-fructose corn syrup, Maltodextrin	8	19	55	30
All Sport (Monarch Beverages)	High-fructose corn syrup	9	21	55	55
Ultima (Ultima Replenisher)	Maltodextrin	1.7	4	8	16
MetRx (MetRx, Inc)	Fructose, Glucose	8	19	125	40
Cytomax (Cytosport)	Fructose corn syrup, Sucrose	8	19	10	150
Coca-Cola	High-fructose corn syrup, Sucrose	11	26	9.2	Trace
Diet Soft Drinks	None	0	0	0-25	Low
Orange Juice	Fructose, Sucrose	11	26	2.7	510
Water	None	0	0	Low	Low
Gatorade Energy Drink (Gatorade Company)	Maltodextrin, Glucose, Fructose	23	53	133	70
Carboflex* (Unipro, Inc.)	Maltodextrin	24	55	0	0
Ultra Fuel* (Twin Labs)	Maltodextrin, Glucose, Fructose	21	50	0	0

Complied from product labels and sources provided by the Gatorade Company