



# Athlete Shopping List

by Jen DeWall RDN, CSSD, LD. Board-Certified Sports Dietitian



*Jen works with ICyF to provide expert advice on sports nutrition and healthy eating to the students and families of Indianola. As a board-certified sports dietitian, Jen owns a private practice that focuses on helping athletes stay on the cutting edge with superior nutrition to enhance performance with safety and efficacy.*

## Food for High Energy Eating

Successful healthy eating depends on you creating a healthy food environment at home, school and when you are training. You cannot outperform bad eating. Nourish your body from the inside out by selecting healthy foods to fuel.

- Multigrain Flakes/ Wheaties
- Quaker® Crunchy Corn Bran
- General Mills Kix®
- Kashi® varieties
- What or Rice Chex®

## CUPBOARDS AND PANTRY

### Hot and Cold Cereals Optimal choices:

- 100% Whole grain
- No more than 8 grams added sugar
- At least 3 grams of fiber per serving
- No more than 3 grams fat per serving

### Breads, Tortillas, Bagels, English Muffins, Pasta

#### Optimal choices:

- Whole grain
- At least 3 grams of fiber per serving
- No more than 3 grams fat per serving

### Hot Cereal:

- Quaker® Oatmeal
- Kashi® & Kashi Go Lean® instant oatmeal packets
- Kodiak® Cakes
- Bobs Red Mill® Multigrain Cereal varieties
- Steel Cut Oats
- Cream of Wheat
- Cream of Rice
- Malt-O-Meal (original) drizzle with honey if need to sweeten.
- Better Oats®
- Vans® freezer waffles

### Cold Cereal :

- Organic Cheerios
- Cascadian Farms® Multigrain Squares
- Barbara's® Peanut Butter Puffins
- Shredded Wheat
- Frosted Mini Wheats
- Grapenuts

- 100% whole-wheat bread (Ezekiel®, Village Hearth®, Brownberry®, Sara Lee®, Dave's Killer Bread®)
- 100% whole-wheat bagels (Thomas®, Pepperidge Farms®)
- 100% whole wheat bagel thins (Thomas®)
- Village Hearth® Light English muffins
- Brownberry® Keto sandwich thins ( watch extra fiber )
- 100% whole-wheat pita bread
- soft corn tortilla shells
- 100% whole wheat flour tortillas
- Siete® tortilla varieties
- Barilla® whole grain pasta
- Barilla® protein + pasta
- Banza® pasta varieties

Note: This shopping list is not an all-inclusive list of acceptable foods for athletes. Contact a board-certified dietitian for additional ideas or alternatives if you have food allergies or sensitivities.



## REFRIGERATOR PRODUCE

### Crackers/Chips Optimal choices:

- Whole wheat or whole grain
- No more than 4 grams of fat per serving

- |   |  |
|---|--|
| <input type="checkbox"/> Harvest Snaps®                     | <input type="checkbox"/> Wasa® crackers          |
| <input type="checkbox"/> Simply Mills® cracker varieties    | <input type="checkbox"/> cauliflower crackers    |
| <input type="checkbox"/> graham crackers                    | <input type="checkbox"/> low-fat animal crackers |
| <input type="checkbox"/> amaranth crackers                  | <input type="checkbox"/> Annie's Bunnies         |
| <input type="checkbox"/> rice cakes                         | <input type="checkbox"/> pretzels                |
| <input type="checkbox"/> baked chips                        | <input type="checkbox"/> Pretzel Thins®          |
| <input type="checkbox"/> Valley® popcorn                    | <input type="checkbox"/> Smartfood® popcorn      |
| <input type="checkbox"/> Back to Nature® crackers           | <input type="checkbox"/> Full Circle® flatbreads |
| <input type="checkbox"/> Crunchmasters® Multigrain crackers |  |

### Other Grains

To increase variety, many of these grains can be substituted for pasta or rice or used in baking. They are easy to prepare, cost effective and provide good nutrition. For additional tips, see the ICyF "Quick – Tips for Cooking and Storing Whole Grains" guide.

- |                                    |  |                                    |
|------------------------------------|--|------------------------------------|
| <input type="checkbox"/> Amaranth  | <input type="checkbox"/> Wheat (berries, bulgur, cracked ) |                                    |
| <input type="checkbox"/> Farro     | <input type="checkbox"/> Spelt                             | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Couscous  | <input type="checkbox"/> Brown Rice                        | <input type="checkbox"/> Kamet     |
| <input type="checkbox"/> Wild Rice | <input type="checkbox"/> Millet                            | <input type="checkbox"/> Quinoa    |
| <input type="checkbox"/> Oats      | <input type="checkbox"/> Rye                               | <input type="checkbox"/> Sorghum   |
| <input type="checkbox"/> Teff      | <input type="checkbox"/> Triticale                         | <input type="checkbox"/> Barley    |

### Beans Optimal choices:

- Canned (drain and rinse before use)  
BPA free can, if possible.
- Packaged / dried

- |   |   |                                  |
|---|---|----------------------------------|
| <input type="checkbox"/> Black  | <input type="checkbox"/> Kidney         | <input type="checkbox"/> Refried |
| <input type="checkbox"/> Green  | <input type="checkbox"/> Great Northern | <input type="checkbox"/> Lima    |
| <input type="checkbox"/> Black-eyed peas                              | <input type="checkbox"/> Navy           | <input type="checkbox"/> Fava    |
| <input type="checkbox"/> Pork & Beans                                 | <input type="checkbox"/> Soy (edamame)  |                                  |
| <input type="checkbox"/> Canned bean and rice blends (Eden® Organics) |   |                                  |

### Fruits Optimal choices:

- Fresh when in season
- Frozen without sugar
- Canned in water or own juice, BPA free packaging, if possible
- Dried with no added hydrogenated oil or sugar

- |                                       |  |  |
|---------------------------------------|--|--|
| <input type="checkbox"/> Apricot      | <input type="checkbox"/> Apple / applesauce          | <input type="checkbox"/> Banana        |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Blueberries                 | <input type="checkbox"/> Boysenberries |
| <input type="checkbox"/> Cantaloupe   | <input type="checkbox"/> Cherries                    | <input type="checkbox"/> Clementine    |
| <input type="checkbox"/> Cranberry    | <input type="checkbox"/> Dates                       | <input type="checkbox"/> Dried Figs    |
| <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Grapes (red, purple, green) |  |
| <input type="checkbox"/> Honeydew     | <input type="checkbox"/> Kiwifruit                   | <input type="checkbox"/> Mango         |
| <input type="checkbox"/> Nectarine    | <input type="checkbox"/> Orange                      | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Papaya       | <input type="checkbox"/> Peach                       | <input type="checkbox"/> Pear          |
| <input type="checkbox"/> Persimmon    | <input type="checkbox"/> Pineapple                   | <input type="checkbox"/> Plum          |
| <input type="checkbox"/> Pomegranate  | <input type="checkbox"/> Prunes                      | <input type="checkbox"/> Raisins       |
| <input type="checkbox"/> Raspberries  | <input type="checkbox"/> Rhubarb, cooked             | <input type="checkbox"/> Star Fruit    |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Tangerine                   | <input type="checkbox"/> Watermelon    |

### Vegetables Optimal choices:

- Fresh when in season
- Frozen without added sauces
- Canned without salt, BPA free packaging, if possible.
- Low sodium, 100% juice

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Artichoke        | <input type="checkbox"/> Asparagus                             | <input type="checkbox"/> Avocado        |
| <input type="checkbox"/> Beets*           | <input type="checkbox"/> Lettuce                               | <input type="checkbox"/> Broccoli       |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Cabbage(white, purple)                | <input type="checkbox"/> Carrot         |
| <input type="checkbox"/> Cauliflower      | <input type="checkbox"/> Celery                                | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Corn*            | <input type="checkbox"/> Cucumber                              | <input type="checkbox"/> Eggplant       |
| <input type="checkbox"/> Green beans      | <input type="checkbox"/> Kale                                  | <input type="checkbox"/> Mushrooms      |
| <input type="checkbox"/> Onion            | <input type="checkbox"/> Okra                                  | <input type="checkbox"/> Parsnip*       |
| <input type="checkbox"/> Peas*            | <input type="checkbox"/> Pepper (green, red, yellow, orange)   |   |
| <input type="checkbox"/> Potato*          | <input type="checkbox"/> Pumpkin*                              | <input type="checkbox"/> Radish         |
| <input type="checkbox"/> Spinach          | <input type="checkbox"/> Squash* (acorn, butternut, spaghetti) |   |
| <input type="checkbox"/> Swiss Chard      | <input type="checkbox"/> Tomato                                | <input type="checkbox"/> Turnips        |
| <input type="checkbox"/> Sweet Potato*    | <input type="checkbox"/> Yams*                                 |   |
- (\* higher in carbohydrate)

Note: This shopping list is not an all-inclusive list of acceptable foods for athletes. Contact a board-certified dietitian for additional ideas or alternatives if you have food allergies or sensitivities.



**Dairy** Optimal choices:

- Liquid dairy products that are fat-free or low-fat
- Products that contain active cultures such as acidophilus

- Low-fat or fat-free white milk
- Low-fat or fat-free chocolate milk
- Keifer
- String Cheese
- Cheese slices
- Laughing Cow® cheese
- Parmesan Cheese
- Low-fat Cottage cheese
- Low-fat Ricotta cheese
- Greek yogurt or yogurt with less sugar
- Dairy substitutes: milk, cheese, yogurt (almond, coconut, oat, cashew or soy)

**MEAT, POULTRY, FISH, EGGS AND BEANS**

Optimal choices:

- Lean meat cuts such as Choice or Select instead of Prime.
- Remove visible fat.
- Unbreaded fresh/frozen or canned fish/seafood

- Beef (*Leanest cuts: eye of round roast or steak, sirloin tip side steak, top round roast and steak, bottom round roast and steak, top sirloin steak, 93-96% lean hamburger*)
- Pork (*Leanest cuts: tenderloin, boneless loin roast, boneless loin chops, Canadian-style bacon*)
- Poultry (*boneless, skinless chicken, turkey, ground breast meat*)
- Lamb (*loin*)
- Venison
- Fish/Shellfish (*shrimp, lobster, crab, salmon, tuna, trout, halibut, tilapia, catfish, mahi, scallops, clams, mussels, oysters*)
- Canned tuna in water, canned sardines, herring

**NUTS & SEEDS** Optimal choices:

- Raw or roasted nuts

- Almonds
- Peanuts
- Cashews
- Chia seeds
- Sesame seed
- Soy
- Pistachios
- Pecans
- Flaxseed
- Sunflower
- Walnuts
- Hazelnuts
- Macadamia
- Pumpkin seeds

**Tip: Mix nuts and seeds with a carbohydrate-rich food such as a popcorn, crackers or dry cereal and dried fruit.**

**CONDIMENTS & TOPPINGS** Optimal choices:

- Low or reduced sodium, if possible
- Low in fat

- Barbeque
- Horseradish
- Plum Sauce
- Fruit Jam (no added sugar)
- Light mayonnaise
- Light Miracle Whip®
- Vinaigrette salad dressing
- Vinegars (balsamic, Rice wine, flavor infused)
- Natural Nut butters (almond, peanut, cashew, sunflower)
- Lemon/Lime juice
- Light cream cheese
- Ketchup
- Hummus
- Pesto sauce
- Mustard
- Hoisin Sauce
- honey
- Tabasco Sauce
- Steak Sauce
- Salsa
- Soy sauce
- Worcestershire

**Sports Bars, Meal Replacement Drinks & Other**

Optimal choices:

- Sports bars and meal replacement drinks low in fat, 25-40 grams carbohydrate and 15 or less grams protein.

- Kashi® (all cereal, granola or GO LEAN™ bars)
- Nature Valley® Crunchy granola bars
- Clif® Bar
- RX bar®
- KIND® Bar
- LARABAR®
- gomacro®
- Perfect bar®
- That's It.® fruit bar
- freeze dried fruit
- Clif Kids Z bar®
- Nick's Sticks® (beef, turkey)
- unsweetened applesauce pouch
- Erin Bakers® Breakfast Cookie

Note: This shopping list is not an all-inclusive list of acceptable foods for athletes. Contact a board-certified dietitian for additional ideas or alternatives if you have food allergies or sensitivities.