

SERVINGS AT VARIOUS CALORIE LEVELS

Minimum Servings	1,600 calories	2,800 calories	3,600 calories	5,000 calories'
Bread, cereal rice, and pasta	6	11	14	18
Vegetable	3	5	7	10
Fruit	2	4	5	7
Milk, yogurt, cheese	2	3	4	6
Meat, poultry, fish, eggs, dry beans, and nuts	5 oz.	7 oz.	9 oz.	14 oz.
Added fats and oils	25 g (5 tsp)	32 g (6.5 tsp)	42 g (8.5 tsp)	49 g (10 tsp)
Added sugar	11 tsp	18 tsp	24 tsp	28 tsp

This chart represents a high carbohydrate, low fat diet. As you can see, the servings become unreasonable at 5000 calories. Its hard for even the biggest "eating machine" to down 17 servings of vegetables and fruits in a day! Usually athletes who require higher calorie diets eat more fat's, oils and sugars to get the extra calories.

What's a Serving?

A serving is not necessarily a helping. A helping is the amount you eat. A helping is much bigger than o serving in many cases. Here are the defined servings of each of the food groups:

- Bread: 1 slice bread, 1 small muffin, or dinner roll.
- Cereal: 1 ounce ready-to-eat cereal or 1/2 cup cooked cereal
- Pasta and rice: 1/2 cup cooked Raw leafy vegetables (lettuce): 1 cup
- Other vegetables: 1/2 cup
- Fruit: 1 medium apple, banana or orange or 1/2 cup
- Juices: 3/4 cup Milk:
1 cup Yogurt: 1 cup
Cheese: 1/2 to 2 ounces
- Meat: 2-3 ounces cooked
- Equivalent to 1 ounce of meat: 1 egg, 1/2 cup dried beans, cooked; 2 tbsp. peanut butter

Fluids

Another important part of the athletes diet, perhaps the most important, is not highlighted in the Food Guide Pyramid. That is fluid. You need enough fluids to replace the amount you sweat off each day. Eight glasses may be enough for non-athletes, but you'll need much more than that to stay hydrated.

That's it?

Like the fundamental skills for your sport, the fundamentals of nutrition are not new and perhaps not very interesting, but can be hard to master. Once you have mastered the fundamentals of nutrition, you are ready to move on to things you may find more interesting, like precompetition eating, changing body composition and improving endurance. These things are important, but by focusing on the fundamentals first, you build a solid nutrition foundation.