

NUTRITION FOR MUSICIANS

1

WHY IS GOOD NUTRITION IMPORTANT?

- Musculoskeletal health
- Overall well-being

2

WHAT MAKES UP A HEALTHFUL EATING PATTERN?

- Fruits & Vegetables
- Whole Grains
- Lean Proteins
- Low-fat Dairy
- Healthy Fats
- Water

3

5 EASY STEPS FOR MEAL PLANNING

- Create a Meal List
- Take inventory
- Create a Meal Plan
- Make a Shopping List
- Shop Wisely

4

TIPS FOR BUYING FOOD AT THE GROCERY STORE

- Buy food from the perimeter of the store
- Make grocery list in order of the perimeter
- Don't go shopping on an empty stomach
- Have a plan!

5

TIPS FOR EATING OUT

- Look up the menu beforehand
- Be aware of healthier menu options
- Plan more meals at home to save money



MEAL IDEAS

Breakfast

1. Low-fat/Non-fat milk and whole grain cereal
2. Oatmeal topped with fruit and milk
3. Peanut Butter spread on whole grain toast or bagel
4. Egg whites scrambled with vegetables
5. Hard boiled egg and banana

Lunch

1. Veggie pita
2. Chicken breast steamed with brown rice
3. Salmon lettuce wraps (or other protein)
4. Green salad topped with chunk light tuna
5. Hummus and tortillas

Dinner

1. Baked, grilled, steamed poultry or fish
2. Whole wheat pasta with marinara sauce
3. Turkey sandwich and salad
4. Veggie or chicken burger, salad, and baked fries
5. Wrap with fresh vegetables, lean meats, and salsa

Snacks

1. Fresh or dried fruit (apple, banana, berries)
2. Handful of dry roasted nuts or serving of nut butter (almond, natural peanut)
3. Whole grain crackers or popcorn
4. Fresh or cooked vegetables (carrots, cucumber, brussel sprouts)
5. Dairy (cheese cubes, yogurt)