

## **NUTRITION GUIDELINES**

- To develop into lean, injury-free, explosive athletes, we need to place a high priority on what we put into our body.
- Treat your nutrition plan like a campfire. You must consistently throw logs on the fire for the fire to continue. If you don't, the fire burns out. If you do not consistently put nutrients into your body, you will burn out by using muscle as fuel and counteract the effects of lifting.
- Eat Breakfast! After sleeping for 8 hours, your body needs a 'break' from a 'fast'. Think of breakfast like a racecar. A racecar begins a race with a full tank of gas and when fuel runs low, they stop and put more gas in the tank. Imagine a racecar starting a race with no fuel, or a little fuel left from the race before. It would putter out early in the race. Treat your body like a racecar and fill up before your day begins and keep filling up your tank throughout the day.
- If these factors are ignored and an athlete does not properly fuel their body, they are getting little to no benefit from their workout, and can be counter-productive as the body will actually use muscle as energy, eating away at the muscle on the body.
- Pack your lunch. If you are forced to eat in the cafeteria, buy the dinners or get a sub sandwich and load on the veggies. Add milk, fruit, yogurt, salad, water, pretzels, etc.
- **No cheese fries or soda pop. Period.**

## **AS AN ATHLETE, WHAT SHOULD MY DIET LOOK LIKE?**

### Carbohydrates

Carbohydrates are the body's primary source of energy.

The majority of Carb intake should be Complex (grains) not Simple (sugars).

Veggies are fibrous source of carbs that should be eaten with every meal.

Carbs not used as fuel will be stored as extra calories...FAT.

### Proteins

Protein is the building blocks for muscle. Protein is used to repair and rebuild muscle fibers.

Post workout- large amount of protein with carbs, 1/2 hour following workout called "the window of opportunity".

### Fats

Fat should make up no more than 20% of your total caloric intake.

It is important not to completely cut fat from your diet to insure vitamins A,D,E & K absorption.

Know the difference between good fat and bad fat:

Good Fats: Peanut Butter, Flax seed/oil, Fish oil, Nuts, Vegetable oils, avocado, E.V.O.O.

Bad Fats: Anything Fried, Saturated fats, Coconut oil, Palm oil.

### Supplements

Supplements do exactly what the name says...SUPPLEMENT a balanced diet.

If it sounds too good to be true...it probably is

Good choices:

\*Protein supplements such as powder, bars, etc.

\*Creatine supplements such as monohydrate, etc.

\*A generic Multi-vitamin to insure RDA's are met.

\*Fish oil supplement for fat metabolism, usable energy, joint and heart health.

\*Glucosamine to repair the body's connective tissue

## GROCERY LIST

| <u>Protein</u>                   | <u>Carbs</u>            | <u>Vegetables</u>      |
|----------------------------------|-------------------------|------------------------|
| <u>Meat</u>                      | <u>Breads</u>           | Frozen                 |
| 90% or higher lean ground beef   | Whole grain wheat       | Broccoli               |
| Boneless/skinless chicken breast | Rye                     | Cabbage                |
| Steak                            | Tortillas               | Carrots                |
| Ham                              |                         | Cauliflower            |
| Pork sirloin                     | <u>Cereals</u>          | Celery                 |
| Pork tenderloins                 | Special K               | Corn                   |
|                                  | Toasted Oatmeal         |                        |
|                                  | Squares                 | Cucumbers              |
| Turkey Breast                    | Grape Nut Flakes        | Asparagus              |
| Turkey tenderloins               | Bran Shredded Wheat     | Green beans            |
| Lunch meat                       | High Fiber Cereals=best | Lettuce                |
|                                  | <u>Potatoes</u>         | Mushrooms              |
| <u>Fish</u>                      | Red                     | Onion                  |
| Cod                              | Sweet                   | Peas                   |
| Crab                             |                         | Bell Peppers           |
| Scallops                         | <u>Rice</u>             | Tomato                 |
| Shrimp                           | Brown                   |                        |
| Orange Roughy                    | Red beans and rice      | <u>Add-Ons</u>         |
| Tuna                             | Black beans and rice    | Non-fat butter spray   |
| Halibut                          |                         | Honey                  |
|                                  | <u>Fruit</u>            | Olive Oil              |
| <u>Dairy</u>                     | Apples                  | Vinegar-any kind       |
| Lowfat cheese                    | Bananas                 | Salsa                  |
| Cottage cheese                   | Grapes                  | Lite Soy Sauce         |
| Eggs                             | Oranges                 | Marinara – ‘sugo’      |
| Skim Milk                        | Strawberries            | BBQ                    |
| Yogurt – lite                    | Peaches Pears           | Ketchup/Mustard        |
|                                  | Kiwi                    | Salad Dressing Low-fat |
| <u>Beans</u>                     | Cherries                | Miracle Whip Lite      |
| Kidney                           | Blueberries             |                        |
| Pinto                            | Frozen                  | <u>Snacks</u>          |
| Refried                          |                         | Baked Lays             |
| Baked                            |                         | Popcorn                |
|                                  |                         | Pretzels               |
|                                  |                         | Tortilla Chips         |

## SAMPLE DAILY FOOD PLAN

| <u>Breakfast</u>                    | <u>Snack #1</u>              | <u>Lunch</u>         | <u>Snack #2</u> | <u>Dinner</u>        | <u>Snack #3</u>      |
|-------------------------------------|------------------------------|----------------------|-----------------|----------------------|----------------------|
| Before School 6:30 - 7:30           | After 2nd or 3rd hr.         | At Boylan            | After 7th hr.   | 5:00-7:00            | If needed            |
| Eat food, or protein shake w/carbs. | Food and/or Meal Replacement | Pack your own.       | Post-Workout    | Whatever mom makes.  |                      |
| <u>Lean Proteins</u>                |                              | <u>Lean Proteins</u> | Chocolate Milk  | <u>Lean Proteins</u> | Cottage cheese       |
| Eggs                                | <u>Food</u>                  | Chicken Breast       | Protein Shake   | Chicken Breast       | 1/2 Sandwich         |
| Fat Free Cottage Cheese             | Trail Mix                    | Turkey Breast        | Protein Bar     | Steak                | 1 tsp. Peanut Butter |
| Ham                                 |                              | Tuna                 | PB & J          | Turkey               | Chocolate Milk       |
| Low Fat Yogurt                      | <u>Meal Replacement</u>      | Ham                  | Sandwich        | Shrimp               | Small Protein Shake  |
| Omelets                             | Protein Bar                  | Roast Beef           |                 | Fish                 | 1/2 Protein Bar      |
| Skim Milk                           | Protein Shake                |                      |                 |                      | Popcorn              |
|                                     |                              | <u>Quality Carbs</u> |                 | <u>Quality Carbs</u> | Left Overs           |
| <u>Quality Carbs</u>                |                              | Fresh Fruit          |                 | Beans                |                      |
| Fresh Fruit                         |                              | Vegetables           |                 | Fresh Fruit          |                      |
| Oats/Grains                         |                              | Potatoes, not fried  |                 | Potatoes(not fried)  |                      |
| Oatmeal                             |                              | Whole Grain Breads   |                 | Brown Rice           |                      |
| Whole Grain Breads                  |                              | Baked Lays           |                 | Sweet Potatoes       |                      |
| High Fiber Cereals                  |                              |                      |                 | Vegetables           |                      |
|                                     |                              | <u>Salad</u>         |                 | Whole Grain Breads   |                      |
|                                     |                              |                      |                 | <u>Salad</u>         |                      |

\*If you have A or B Lunch, flip-flop Snack#1 and Lunch

\*Food suggestions are not limited to what you see, be smart and make quality choices.

\*It is better to eat bad then not at all!

\*Do not skip meals.

Put together meals by starting with a lean protein, add fresh veggies and consume carbs when you need them. If you are working out that given day, you need them before and after the workout.

### **Food Preparation:**

The way meats and foods are prepared are IMPORTANT!  
Vitamins and minerals lost, and Fat Content are effected by  
the way foods are prepared.

This list will help you prepare food at home or help when eating out.

If you have any questions, do not hesitate to ask.

BEST – Baked, Smoked, Steamed, Barbequed, Boiled, Grilled, Poached.

GOOD – Braised, Broiled, Roasted, Rotisserie, Simmered, Stewed.

WORST - Deep Fried, Pan Fried, Sautéed

\* These are NOT all the ways that foods are prepared...this should help you  
on your way.

\* They are not ranked in any way.

### **Eating on the go/good fast food choices:**

Fortunately it has become easier to eat healthy on the road.

Good Choices:

Subway- load on the veggies, especially spinach...Avoid the meatball and  
pastrami.

BK & McD- Broiled chicken sandwich no mayo, salad w/low fat  
dressing...NO FRIES!

Pizza- Veggie, ham/pineapple, BBQ Chicken. Avoid white sauce and fatty  
meat.

Taco Bell/Mexican- Bean Burrito, chicken taco/burrito...ask for boiled  
beans if possible.

\*Avoid soda, sugary drinks, and milkshakes...H2O and skim milk when  
possible.

### **Hydration**

Fluids in the body have numerous functions and are essential to well being  
and life. For an athlete, excessive sweating is an everyday occurrence and as  
sweat evaporates from the skin it cools the body and regulates body  
temperature. If we do not drink enough water the body will begin to  
overheat, leading to low performance and even dangerous consequences.

Make drinking water a daily routine by stopping at the drinking fountain  
between each class. Keep in mind that drinks with caffeine work against  
hydration. You should drink enough H2O to urinate at least 4 times a day.

## **PRE-GAME MEALS**

- Allow enough time for digestion. Eat the meal at least 2-3 hours before an event.
- Consume only moderate amounts of protein. Protein foods take longer to digest than starch. And high-protein meals may lead to increased urine production, which can add to dehydration.
  - Limit fats and oils. They take too long to digest.
  - Restrict sugary foods. Sweets can cause rapid energy swings in blood sugar levels and result in low blood sugar and less energy.
  - Avoid foods and drinks that contain caffeine. Caffeine stimulates the body to increase urine output, which can contribute to dehydration problems, and a full bladder can be very uncomfortable.
  - Within these guidelines, chose foods you like to eat.
  - Remember to drink plenty of fluids with your pre-game meal.

### **Sample Pre-game meals**

#### **#1**

Cereal (avoid highly sweetened cereals)  
Banana slices  
Milk (low-fat or skim)  
Toast/jam  
Juice\*  
Water

#### **#2**

Sandwich(bread, meat, lettuce)  
Apple  
Milk (low-fat or skim)  
Juice\*  
Water

#### **#3**

Chicken noodle soup  
Crackers  
Orange  
Low-fat yogurt  
Water

#### **#4**

Spaghetti/tomato sauce  
Bread  
Milk (low-fat or skim)  
Orange juice\*  
Water