



## Tips for Staying Hydrated

- Begin conditioning in the heat at least two weeks before official practice begins
- Wear loose fitting clothing
- 2 to 3 hours before practice drink at least 17 to 20 oz of water
- 10 to 20 minutes before practice drink another 7 to 10 oz of water
- Eat something high in carbohydrates for breakfast
- Do not skip meals
- Avoid sodas, caffeine, any carbonated drinks, and red meat because they can dehydrate the body by stimulating excess urine production or decrease voluntary fluid intake
- Harmful to drink energy drinks 6 hours before a game
- Eat a well balanced diet
- Sleep well
- Monitor weight loss (for every pound lost, drink 20 oz of water)
- Stay healthy
- Drink water throughout the day

### Athlete's Nutritional Guidelines

The best-fueled team has the best chances of winning.

A week before two-a-days, you need to start preparing your body by eating a diet rich in complex carbohydrates (starchy foods) and low in fat and protein. Protein is a poor source of

immediate energy, and it contributes to dehydration. Carbohydrates provide a major energy source to fuel your body during activities.

Some rules to follow:

1. Plan to eat several times a day. Eat regularly spaced meals with snacks in between.
2. Drink sufficient fluids to stay hydrated during training and competition periods – don't wait until you are thirsty to drink. Drink only water, juice, and low-fat milk. No Sodas!
3. Eat a diet that contains a variety of foods to get all your needed nutrients.

Here are some ideas to help you plan your menu:

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Dessert</b>
* Whole grain waffles or pancakes with light syrup * Handful of Walnuts * Low-fat milk	* Bean Burrito * Baked chips and salsa * 100% fruit juice	* Spaghetti with tomato sauce and sliced vegetables * Spinach salad * Low-fat milk	* Whole grain bagel with peanut butter * Grapes * Water	* Low-fat frozen yogurt * Frozen bananas
* Granola cereal with banana * Whole wheat toast with fruit spread * Orange juice * Egg	* Grilled chicken sandwich * Baked potato with veggies * Iced tea * Fruit cup	* Vegetarian pizza with thick crust * Water * Tossed green salad * Whole-grain roll * Apple crisp	* Raisins * Sliced turkey on whole-grain crackers * Water and/or Gatorade	* Fig Newton * Animal crackers
* Oatmeal * Nonfat Milk * Slice of Canadian bacon * Fruit cup	* Turkey sub on whole-grain bread * Baked chips * Apple * Gatorade	* Chili with beans and rice * 100% fruit juice * Mixed berries	* Popcorn * Peanuts * Yogurt * Water	* Juice Pops
* Whole-grain English muffin with peanut butter * Water * Banana	* Rice with vegetables and black beans * Garden veggie salad * Fruit cup * Low-fat milk	* Grilled fish fillet * Large green salad with vinaigrette * Steamed veggies * Iced tea	* Cottage cheese * Fruit smoothie	* Angel food cake with fruit

Do not come to two-a-days on an empty stomach. "No time" is no excuse!!!

It is important to eat within the first two hours after practice as well. Your muscles need to be refueled after being depleted of nutrients.

## USEFUL WEBSITES

- [www.steriodabuse.org](http://www.steriodabuse.org)

- [www.coolnurse.com/steriods.htm](http://www.coolnurse.com/steriods.htm)
- [parentingteens.about.com/library/sp/drugs/bl-steriod7.htm](http://parentingteens.about.com/library/sp/drugs/bl-steriod7.htm)
- [www.nlm.nih.gov/medlineplus/anabol/icsteriods.html](http://www.nlm.nih.gov/medlineplus/anabol/icsteriods.html)
- [www.healthatoz.com/healthatoz/Atoz/dc/caz/suba/tnsa/gen\\_ovw.jsp](http://www.healthatoz.com/healthatoz/Atoz/dc/caz/suba/tnsa/gen_ovw.jsp)
- [www.teendrugabuse.us](http://www.teendrugabuse.us)

## **Football Nutrition**

The value of good nutrition plays a very important part in how well you perform on the field and in the weight room. Food provides us with the energy we need and the building blocks to gain strength, speed and lean mass. The following information is a suggested eating program that should help give you the information needed to help you reach your goals in becoming the absolute best football player you can be. If you have a particular individual need (weight loss/weight gain) that is not covered here, we can address those on an individual basis.

### **Caloric Assessment**

In order to calculate your daily caloric needs to maintain your present body weight use the following formula with the Caloric Value listed at your body weight. Of course, number of calories needed will change based on whether weight gain or loss is needed.

(Body Weight x 15) + Caloric Value = Calories needed to maintain B.W.

\*Note: The Caloric Value represents the number of calories burned per 1 hour of training. So for 2 hours, the Caloric Value would be doubled. This includes lifting, conditioning, SAQ, practice, etc.

Body Weight	Caloric Value
160	576
180	648
200	720
220	792
240	864
260	936
280	1008
300	1080
320	1152
340	1224

**Example:**

A 220 lb linebacker lifts and does skill work for a total of 2 hours on day 1  
 $(220 \times 15) + (792 \times 2 \text{ hrs}) = 4884$  Calories per day to maintain present body weight.

Calculate your daily maintenance calories here:

\_\_\_\_\_ Calories/Day

**Suggested Nutrient Ranges**

First of all, try to obtain a Nutrition/Food Counter Book. This will give you the nutrient values for most foods including “fast food”. Also read labels on your food. They will usually contain most of the information needed to calculate your calories from protein, carbohydrate, and fat. Here are the suggested nutrient ranges and how to calculate the number of grams and calories to eat per day.

**Daily Nutrient Range**

- 45-50% Carbohydrates
- 40-45% Protein
- 10-15% Fat

**Converting grams to calories**

- 1 gram of carbohydrates = 4 cal
- 1 gram of protein = 4 cal
- 1 gram of fat = 9 cal

Most of the time, you will need to convert from calories to grams. Here is an example using the previous 220 lb linebacker that will help you stay within the above ranges:

4884 Calorie Total

Carbohydrate:  $(4884 \times 50\%)$  divided by 4 = 610 grams of carbohydrates per day

Protein:  $(4884 \times 40\%)$  divided by 4 = 488 grams of protein per day

Fat:  $(4884 \times 10\%)$  divided by 9 = 54 grams of fat per day

Your current nutrient requirements:

1. Calories per day -----calories
2. Carbs per day -----grams

3. Protein per day -----grams
4. Fat per day -----grams

### **Lean Weight Gain**

If you are one that needs to gain lean body mass, you will need to consume even more calories. Increasing your calories by 400-500 should add about 1 pound per week. Be sure that the increased calories fall within the above daily nutrient ranges so that the increased weight is not in the form of body fat.

### **Fat Loss**

If you are one that needs to drop some body fat, you will need to decrease your calories by 500-1000 per day. This should result in a 1-2 pound per week weight loss. Be sure to stay within the above daily nutrient ranges so that your weight loss is not muscle tissue loss.

**\*\*REMEMBER this is a general guideline. If you need further help ASK!!**

## **Suggested Eating Schedules**

### **Normal Schedule**

- 6-8am: Meal 1
- 10am: Meal 2 – Snack
- 12-1pm: Meal 3
- 3-4pm: Meal 4 – Snack
- 6-7pm: Meal 5
- 9-10pm: Meal 6 – Snack (Protein)

As you can see, try to eat 5-6 times per day. Three meals should be a main type meal and 2-3 meals should be smaller snack type meals. Our bodies are like a car engine. With no fuel they will shut down. With little fuel they will soon run down. On the other hand, if you are trying to lose weight by not eating enough of the right things, your body will go into starvation mode. When this happens your body will hang on to as much fat as possible while burning up muscle tissue.

## **Pre-Competition / Training Schedule**

<b>Competition/Training Time</b>	<b>Time to Eat</b>	<b>Calorie Intake</b>
6:00am	5:30am	75-100 calories
8:00am	6:30am	100-400 calories
9:00am	7:00am	400-800 calories
10:00am	7:00am	800-1200 calories
12:00pm	8:00am 10:00am	800-1200 calories 100-300 calories
3:00pm	9:00am 12:00pm	800-1200 calories 600-800 calories
7:00pm	9:00am 1:00pm 4:00pm	800-1200 calories 800-1200 calories 400-800 calories

There is not a particular food that will guarantee peak performances. Your best option is to consume a combination of nutrient dense foods and beverages. These include starches, fruit, vegetables, low fat dairy, lean meats, fish, poultry and water. The pre-competition/training meal should be made up of 60-70% nutrient dense carbohydrates. The remaining 30-40% should be protein and fat. Avoid simple sugars at this time. It will cause a high increase in blood sugar (sugar rush) followed by a dramatic drop which will leave you with a lack of needed energy.

Avoid training/playing on a full stomach. The earlier you eat before the event, the more you can afford to eat. As always be sure to drink plenty of water.

## Post-Competition/Training Nutrition

Your body needs rest and recovery as well as key nutrients to recover from training, practice and games. During period of hard training and during the season there is little time to recover. This is where proper nutrition can come into play. Through eating the right kinds of food, you can speed up the recovery process and repair any muscle tissue damage.

The most important nutrient to replace is **WATER**. Intense training and competition in hot, humid conditions can cause large amount of fluid loss. Hence the reason for multiple weigh-ins during camp. For every pound lost during training, practice, etc. drink at least 16-24 ounces of water. This is also the time recommended to use a good quality sport drink. A good sports drink will help replenish electrolytes and carbohydrates needed to reabsorb water, sodium and potassium.

Carbohydrates intake is also very important after training and competition. When you ingest carbohydrates during this time, your recovery time will be shorter and more complete. The timing of carbohydrate intake is very important. Try to consume .5 grams of carbohydrate per pound of body weight within 1 hour after training or competition. Again, using the example of a 220 lb. linebacker;  $220 \text{ lb} \times .5 \text{ grams} = 110 \text{ grams}$  of carbohydrate. A 16 oz. glass of orange juice contains 50 grams; 1 banana contains 50 grams; 2 cups of pasta has 80 grams; and an 8" hoagie roll has 60 grams.

Protein intake is also important at this time. Protein is the building block in muscle tissue. Try to consume .5 to 1.0 grams of protein per pound of bodyweight after training and competition. During tense training/competition, muscle tissue is broken down and damaged. Protein will aid in the recovery of such damage.

Fats should be kept at a minimum in the post training/competition meal or snack due to the fact that fat ends to slow down the absorption of carbohydrates and proteins.

**CARBOHYDRATES: Primary source of fuel for the body.**

**PROTEINS: Primarily responsible for muscle tissue growth/repair.**

**FATS: Secondary source of fuel, protection for internal organs, assists in protein breakdown.**

## Food Choices

Carbohydrates	Proteins	Fats
Beans –	Bass	<u>Good Fats</u>

(Pinto/Lima/Navy/Black) Bagels (Whole Wheat) Breads/Rolls (Whole Wheat) Brussel Sprouts Cereals (Non-Sugar) Cream of Wheat Dried Fruit Fresh Fruit Granola Bars (low fat) Green Vegetables Honey Long Grain Rice (Brown/White) Oatmeal Orange Juice (natural) Pasta (whole wheat) Pretzels Raw Veggies Rice Cakes Salads Skim Milk Steamed Veggies Sweet Potatoes Waffles Wheat Pancakes White Potatoes Yams Yogurt (low fat/lite)	Chicken Breast (Boneless/Skinless) Cottage Cheese Eggs (limit yolks) Flounder Haddock Lean Red Meat Lentils Peanut Butter (natural) Perch Protein Bars/Shakes (NCAA Compliant) Salmon Skim Milk Trout Tuna (packed in water) Turkey Bacon (lean) Turkey Breast (Boneless/Skinless) Venison Yogurt (low fat/lite)	Almonds Fish Oil Flaxseed Oil MCT Oil Olive Oil  <u>Bad Fats</u>  Animal Fat Butter Creams Dressings Lard Vegetable Oil
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**A good multivitamin is recommended to insure that you get all of the vitamins and mineral needed for good health and peak performance.**

**NOTE: This is a much abbreviated list. If you can obtain a nutrient/food counter book, you will be able to expand your choices.**

<b>Foods to Limit (small amounts)</b>	<b>Foods to Limit</b>
Deli Meats Dry Roasted Nuts (no salt) Fruit Juices Honey Jellies Ketchup (loaded with sugar) Lite Syrup Low Fat Mayo Low Fat Sour Cream Low Fat Ice Cream (no sugar added) Low Fat Cheese Low Fat Dressing Peanut Butter	Any and All Fried foods Cakes Candy Caffeine <u>Canned</u> Soups and Vegetables Floured Products Ice Cream Pastries Pizza (except veggie/cheese) Simple Sugars Soda Pop (except sugar free) Whole Milk

## WATER IS A MUST!

Water is often times the most neglected nutrient.

Water Facts:

- Water makes up 60% to 70% of muscle tissue in the human body
- Athletes should drink a minimum of 1 gallon of water per day
- One pound of lost body weight = 2 cups of water (approx. 20 oz)
- A 2 to 4% decrease in body water levels can hinder performance:
  - Up to 21% decrease in strength training
  - Up to 48% decrease in aerobic power
- When your thirst mechanism kicks in, you have already lost 2% of your body water level

## ALCOHOL

- Alcohol is a diuretic and dehydrates the body
- Alcohol calories are “EMPTY” calories that will metabolize to fat mainly
- Alcohol disrupts sleep patterns, interferes with the metabolizing of glucose (primary source of energy), has a toxic effect on the liver, and has adverse effects on proper muscle function