



FOX HIGH SCHOOL

NUTRITION



- **SPORTS NUTRITION PHILOSOPHY**

The goal of performance diet and nutrition guide is to educate our student-athletes and coaches on the importance and role of nutrition. Serious athletes within a competitive lifestyle must take nutrition seriously in order to achieve optimal performance. Student-athletes that practice positive nutrition habits, opposed to those that do not, gain a competitive advantage while performing intense daily mental and physical preparation. This process is based on constantly providing consistent and current knowledge in regards to sports nutrition. Student-athletes will be provided knowledge on the following topic designed to promote healthy habits:

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|---------------------------|----------------------------|-----------------------|
| ➤ Nutrition Goals | ➤ Multivitamins & Minerals | ➤ Weight Gain |
| ➤ Few Points to Consider | ➤ Snacks | ➤ Weight Loss |
| ➤ The Game Plan | ➤ Fast Food | ➤ Supplements |
| ➤ Importance of Breakfast | ➤ Meal Timing Pre-Game | ➤ Top 25 Food Choices |
| ➤ Water & Hydration | ➤ Meal Timing Post-Game | ➤ Whole Foods |

- **NUTRITION GOALS FOR STUDENT-ATHLETES:**

- Plan your meals and snacks to make positive food choices possible
- Eat balanced meals with a variety of wholesome foods each day
- Avoid extremes. No food is off limits, but moderation is essential

- **A FEW POINTS TO CONSIDER ABOUT PERFORMANCE DIET**

- Optimal nutrition for athletes is unlike any diet you have ever tried because it works
- There are no fast or easy results and results are determined by your efforts
- You will need to make a genuine, self-motivated commitment to change your eating habits
- Healthy choices made consistently are the small steps on the ladder of success

- **THE GAME PLAN**

- Schedule meal and nutrient timing to improve mood, increase energy and enhance performance
 - Eat breakfast within one hour of waking up every day. Break the overnight fast by fueling your body for the day. Frequently eat small meals early and often. Ideally, eat five to six small meals each day, eaten every two to three hours. Find time to drink water throughout the day, particularly with all meals, before bed and when you wake up in the morning. Pre and post workout nutrition is a top priority. Eating before training provides energy, while eating after workouts drastically decreases recovery time
- Choose balanced meals with a variety of foods that you like to eat and others know you need to eat
 - Choose meals and snacks composed of more carbohydrates than protein, and more protein than fat
- Avoid extremes when planning meals and make your food choices each day to reinforce healthy habits

- **IMPORTANCE OF BREAKFAST**

- Breakfast should be about 500 calories made up of high carbohydrates, moderate protein and a low fat combination
- Your brain needs glucose to function. It will either use the carbohydrates from a rich breakfast or your body will produce it from protein (your body begins to breakdown your muscle)
- Common Excuses:
 - I don't have time
 - I don't like breakfast
 - I'm not hungry
 - I'm trying to lose weight
- Something is always better than nothing – NEVER go without eating breakfast

- **WATER & HYDRATION**

- Hydration has the most direct impact on an athlete's performance
- Water makes up 60% of your body weight. The highest concentration of water is found in your muscle. Water lubricates the joints and cushions organs and tissues
- Exercise causes athletes to sweat, removing water from the blood
- By the time you feel thirsty during competition; you have already lost 1% of your body's water. It only takes a 3% loss before your athletic performance begins to suffer
- Negative effects of dehydration:
 - Increased heart rate
 - Reduce cardiac output
 - Decreased muscular endurance
 - Increased core body temperature
 - Muscle cramping
 - Decreased balance
 - Reduce strength & power
 - Heat Exhaustion
 - Heat Stroke
 - Reduced muscle recover

- **MULTIVITAMIN & MINERALS**

- Multivitamins provide you with all of the essential nutrients the body needs on a daily basis
- Be consistent and take multivitamins daily
- Multivitamins provide for a good insurance policy if your diet is well-balanced

- **SNACKS**

- As a competitive athlete, you should avoid eating high sugar/fat snacks
- Choose balanced snacks with a blend of carbohydrates, proteins and fats
- Snack Timing:
 - Before Competition – to assist in providing energy to complete the workout
 - During Competition – as a refueling source during competition lasting 60+ minute
 - After Competition – to help your body replenish what was lost during the workout

- **FAST FOOD**

- Most athletes and families live busy schedules that make meal planning hard while on the move. Plan ahead whenever you can
- You can still make good decisions while eating on the move by mixing and matching your fast food choices. Most fast food restaurants offer healthy substitutes for meals and sides
- Tips for healthy fast food choices
 - Choose lean meats for sandwiches (turkey, chicken, fish)
 - French fry substitutes – baked potato, salad, fruit, soup, etc.
 - When you eat salads, choose fat free or low fat dressings

- **FAST FOOD CONTINUED**

- Tips for healthy fast food choices continued
 - Choose restaurants with pasta and rice as the main dish
 - Pay attention to unhealthy descriptive word – smothered, crispy, fried, creamy
 - Avoid large portions

- **MEAL TIMING: PRE-GAME**

- Try to plan your meals to eat three to four before competition
- Choose healthy/lean options; fats & sugars make you feel sick
- The best pre-game meals are high carbohydrate, medium protein, and low in fat
 - Example: pasta, chicken, bread, water
- The more you hydrate, the better you will perform. Hydration is an ongoing process and needs to begin long before the competition
- Some athletes get nervous before competition and refuse to eat. Make sure you eat something

- **MEAL TIMING: POST GAME**

- Fluids are the most important; dehydration needs to occur throughout and immediately following the competition
- Must eat within 30 minutes of finishing a competition (optimum time for muscle recovery)
- The meal should be balanced
- Protein intake is a must if you want to build muscle instead of lose muscle
- Salt/electrolyte intake is a must (example – Gatorade, PowerAde)

- **WEIGHT GAIN**

- It is easy to gain weight, but you have to work to gain muscle
- Takes 3500 calories to gain one lb of muscle.
 - Eat foods that fuel your muscles and help them grow
 - Get extra calories by choosing healthy meals with more calories
- Learn how to eat even when you are not hungry. Set your goals & stay the course
- Never skip meals! Eat 5 or 6 times a day
- Increase lean protein and whole grain intake
- Drink fruit juices or milk at meal times instead of water
- Eat a high calorie snack before bed
- Extra protein doesn't mean extra muscle
 - If you eat more protein than needed, excess protein is stored as fat, not muscle
- Carbohydrate/protein recovery shakes offer balanced meal and assist with calorie needs

- **WEIGHT LOSS**

- Anyone can lose weight quickly; it is easy to lose water and muscle, hard to lose fat
 - The focus should be on losing body fat, not weight
- Start your day with a well balanced breakfast
- Eating early and often keeps the metabolism running and burning calories all day
- Never skip meals! Eat 5 or 6 times a day
 - Eat smaller portions
 - Whole grains, lean meats, fruits, and vegetables
- Enjoy your food and eat at a slower pace
- Cut soda and fried food out of your diet
- Remember: “You don't have to clean your plate”

- **SUPPLEMENTS**

- Before you use any supplement, ask yourself is it S.A.F.E.
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S Supposed benefits: How will my body/mind benefit?

A Acceptable: Is it legal? Are there any negative affects/risks associated with this product?

F Funding: Is it affordable?

E Effective: Is there scientific research and data that supports the supposed benefits?

- www.ncaa.org
- www.drugfreesport.com

- **TOP TWENTY-FIVE FOOD CHOICES**

- Water: Represents 80% of your body and 65% of your weight
- Beans: Top ranked carbohydrates like green, black, kidney, lima, and pinto provide protein, low GI, fibers and minerals essential to overall metabolism
- Poultry (Grilled, Baked, Roasted): Top ranked protein source like skinless chicken or turkey breast. Contributes an excellent portion of protein with unmatched protein to fat ratio
- Green Leafy Vegetables: Top ranked carbohydrates such as broccoli, spinach or leafless peppers. Contribute antioxidant vitamins and minerals, as well as fiber
- Citrus Fruit (Juices): Top ranked carbohydrates that include oranges, grapefruit, and tangerines. Provides antioxidant Vitamin C, potassium and fiber
- Fish (Grilled, Baked, Roasted): Top ranked protein source choices like salmon, tuna, sardines and herring deliver protein and essential Omega-3 fatty acids.
- Bananas: Top ranked carbohydrate provides an excellent amount of potassium and fiber with no fat contribution
- No Fat Dairy Products: Top ranked protein selections such as skim milk and yogurt deliver calcium and an excellent protein to fat ratio
- Berries: Top ranked carbohydrates such as strawberries, blueberries, blackberries, and raspberries provide a solid amount of antioxidants with zero fat content
- Whole Grains: Excellent source of carbohydrates that include rice, rye, and wheat. Look for whole grains in pastas, breads, tortillas, and cereals which provide an excellent source of fiber, iron, folic acid, and zinc
- Lean Beef: Excellent source of protein includes roast beef, sirloin, filet steak, and lean ground beef. Provides good protein to fat ratio, B complex, vitamins, and minerals
- Sweet Potatoes: Excellent carbohydrate source that acts more like a vegetable than a starch. Contributes more protein, vitamins, and minerals than a regular potato with a lower GI.
- Sports Drinks: Quickly replenish lost water, electrolytes, and muscle glycogen storage
- Tomatoes (Sauce): Excellent carbohydrate source that delivers a solid amount of potassium, fiber, Vitamin C, and carotenes

- **TOP TWENTY-FIVE FOOD CHOICES CONTINUED:**

- Nuts: Excellent protein source such as peanuts, walnuts, almonds, and pecans provide a solid amount of protein and Vitamin E, as well as essential fatty acids
- Fleshy Fruits: Excellent carbohydrate source like apples, grapes, peaches, and plums provide a quality amount fiber and significant contributions of water
- Eggs: Excellent source of protein with solid protein to fat ratio. Becomes a top ranked protein by boiling or removing the yoke
- Starchy Vegetables: Excellent source of carbohydrate that include peas, carrots, corn, squash, cauliflower, cabbage, brussel sprouts, and potatoes. Good source of fiber
- Low Fat Dairy Products: Excellent protein and calcium source such as 2% milk, reduced fat cheeses, and regular yogurt. Good protein to fat ratio.
- Recovery Shakes: Provide an optimal ratio of carbohydrates to protein which produces muscle protein and glycogen re-synthesis. Best immediately following training session.
- Lean Pork and Ham: Excellent protein source that provides a good protein to fat ratio if trimmed and prepared properly
- Dried Fruits: Excellent carbohydrate source that loses some vitamins and minerals in the dehydrating process
- Peanut Butter: Excellent protein source that has a solid protein to fat ratio with no cholesterol
- Grains: Excellent source of carbohydrates such as pastas, tortillas, pita breads, cornbread, crackers, and popcorn. Good source of fiber, iron, folic acid, and zinc
- Olive Oil: Healthiest fat source. An excellent substitute to heavier, more saturated salad dressings and cooking oils

- **NUTRITIONAL IMPORTANCE and WHOLE FOODS THAT PROVIDE SOURCE**

- Vitamin A: Helps preserve and improve your eyesight as well as helps fight viral infections
 - Raw carrots, baked sweet potato, cooked squash, cooked collard greens
- Vitamin B1: Helps to maintain your energy, helps coordinate nerve and muscle activity, and helps to keep your heart healthy
 - Cooked yellow fin tuna, cooked black beans, cooked corn, sesame seeds, oatmeal
- Vitamin B6: Helps your nervous system, helps in breakdown of starch and sugar, and helps prevent amino acid buildup in your blood
 - Banana, roasted chicken/turkey breast, cooked cod, baked potato, avocado
- Vitamin B12: Plays a role in developing blood cells and nerve cells and processing protein
 - Clams, oysters, rainbow trout, top sirloin, chicken breast, skim milk, hard-boiled egg
- Vitamin D: Helps with calcium absorption, the immune system, and can help reduce inflammation
 - Halibut, salmon, sardines, shrimp, vitamin D milk, vitamin D cereal, egg
- Folic Acid: Helps produce red blood cells, helps skin cells grow, and aids nervous system function
 - Cooked lentils, cooked beets, cooked split peas, papaya, peanuts, flaxseed, orange
- Vitamin C: Helps protect cells from free radical damage, helps regenerate vitamin E supplies, and helps improve iron absorption
 - Steamed broccoli, strawberries, orange, cantaloupe, kiwi, grapefruit, pineapple, squash

- **NUTRITIONAL IMPORTANCE and WHOLE FOODS THAT PROVIDE SOURCE**
 - Calcium: Helps to keep bones strong and healthy, can promote efficient function of your nerves and muscles, and helps blood clotting
 - Sesame seed, 2% milk, vanilla soymilk, low-fat yogurt, spinach, cream cheese
 - Vitamin E: Helps protect your skin from ultraviolet rays, helps promote communication among your cells, and helps prevent free radical damage
 - Sunflower seed, peanut butter, oatmeal, roasted almonds, olives, blueberries, papaya
 - Iron: Can be important for oxygen transport, cell growth, and immunity
 - Soybeans, spinach, sesame seed, kidney beans, venison, lima beans, beef tenderloin
 - Magnesium: Helps muscles and nerves relax, helps strengthen bones, aids in healthy blood circulation
 - Cooked salmon, sunflower seed, sesame seed, black bean, roasted almond, brown rice
 - Potassium: Helps to keep muscles strong and balance electrolytes
 - Avocado, pinto beans, cooked beets, fresh figs, brussel sprouts, banana, tomato
 - Selenium: Helps protect joints from inflammation
 - Snapper, white tuna, halibut, roasted turkey, beef tenderloin, portobello mushroom
 - Zinc: Helps stabilize metabolism and blood sugar and can help immune system when sick
 - Beef tenderloin, wheat germ, venison, sesame seed, pastrami, green peas, shrimp