

HIGH
PERFORMANCE
NUTRITION

“THE BODY IS YOUR TEMPLE.

KEEP IT PURE AND CLEAN FOR THE SOUL TO RESIDE IN.”

RICHLAND ***FOOTBALL PERFORMANCE***

Richland High School
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B.E.A.S.T. MODE

B-BREAKFAST

E- EAT OFTEN

A-ALWAYS HYDRATE

S-SLEEP 8+ HOURS

T-THINK PROTEIN

HIGH PERFORMANCE NUTRITION GUIDELINES

Most athletes have two basic dietary goals: eating for performance and eating for optimal body composition. No diet directly increases strength, power, or aerobic endurance, but an adequate diet allows athletes to train and compete to the best of their abilities. Although athletes' diets should follow basic nutritional principles for health and disease prevention, sometimes the common understanding of "good nutrition" does not apply to athletes. The physiological needs of competitive athletes often require diets that are quite different from sedentary individual's diets.

A **MACRONUTRIENT** is nutrient that is required in significant amounts in the diet. Three important classes of macronutrients are proteins, carbohydrates, and fats.

To support training and competition, athletes should consume a balanced diet that provides all the essential nutrients: carbohydrates, protein, fat, water, vitamins, and minerals.

MACRONUTRIENTS NEEDED

1. WATER
2. CARBOHYDRATES (GRAINS)
3. PROTEIN (MEATS)
4. FATS (MILK)
5. VITAMINS AND MINERALS (FRUITS AND VEGTABLES)

PROTEIN

WHAT IS IT???

Protein is an essential component of the high performance diet for strength and power athletes. Protein is the fuel needed to increase muscle size and strength. Without it the athlete will not be able to recover from intense training sessions or be able to produce increased muscle hypertrophy.

• Protein's primary function is to increase and maintain lean body mass.

There are two main forms of dietary protein, complete and incomplete protein. Complete protein, includes proteins of animal origins (those in eggs, meat, fish, poultry, and dairy products). Complete proteins include all of the essential amino acids needed by the body. Incomplete proteins are most commonly found of plant origin (beans, grains, and vegetables.) Incomplete proteins lack one or more of the essential amino acids needed by the body.

Incomplete proteins can be combined using complementary proteins to form a complete protein source, one that includes all of the essential amino acids needed by the body. Common examples of complementary protein sources include:

- Beans and rice
- Corn and beans
- Corn tortillas and refried beans
- Peanut butter and bread

*As a rule combining beans with grains provides the essential amino acids in appropriate ratios.

WITHOUT ADEQUATE PROTEIN YOUR MUSCLES WILL NOT GROW!!!

HOW MUCH DO I NEED???

- It is generally recommended that athletes consume 1.5 to 2.0 g/ kg body weight of protein to ensure adequate protein intake.
- EXAMPLE: For a 200-pound (91-kg) individual, this equates to approximately 135 to 180 g protein per day. For a 120-pound (54-kg) individual, it equates to approximately 80 to 110 g protein per day. The protein should be ingested with each meal in approximately equal doses.

Assuming a 200-pound athlete eats about five times a day, he should ingest about 30 g protein with each meal (20 g protein per meal for the 120-pound athlete). Ingesting high-quality protein regularly throughout the day ensures that the skeletal muscles have the anabolic building blocks (amino acids) to support lean tissue production.

- Milk (whey and casein), egg, soy, and bovine colostrum sources of protein are classified as high-quality protein.
- Adequate protein ingestion is essential for maximizing training-induced adaptations, particularly in strength development.
- Ingesting high-quality protein regularly throughout the day ensures that the skeletal muscles have the anabolic building blocks (amino acids) to support lean tissue accretion.
- A common protein intake recommendation is 10% to 15% of the total amount of calories consumed daily.
- The athlete should avoid large peaks and valleys in protein intake.
- After training or practice, the athlete should consume a carbohydrate and protein mixture immediately. This strategy also appears to enhance muscle protein synthesis.
- Athletes should avoid consuming only protein after exercise since this is a key opportunity to replenish depleted glycogen stores, and carbohydrate is needed for this purpose.

FEED THE MACHINE!!!

CARBOHYDRATES

WHAT IS IT???

******The primary role of carbohydrates is to serve as an energy source.******

Carbohydrate and fat are the two nutrients that provide athletes with energy. Traditionally breads, cereals, pasta, fruits, and starchy vegetables are viewed as acceptable carbohydrate sources. Athletes should typically consume a variety of carbohydrates in their normal diets.

- Reductions of the body's carbohydrate sources during exercise decrease exercise performance and promote fatigue.

HOW MUCH DO I NEED???

An athlete engaged in a resistance training program will, on a day-to-day basis, require more total energy than a non-active, healthy counterpart of the same age. Athletes on a 3,500 kcal/ day diet in which 65% of caloric intake is composed of carbohydrate should aim to consume approximately 570 g of carbohydrate daily (~ 8 g/ kg body weight for a 70-kg [154-pound] individual).

- Consumption of adequate carbohydrate on a daily basis (e.g., 55-65% total calories) is critical for optimal athletic performance..
- During periods of intense physical training, an athlete's daily carbohydrate intake requirement may be as high as 10 g/ kg body weight.
- An athlete can take advantage of both high- and lower-glycemic food for optimal performance. Ingesting foods with a high glycemic index during prolonged exercise or immediately after exercise is a vital strategy that athletes are encouraged to use for peak performance and recovery.

“NOT ENOUGH ENERGY = NOT ENOUGH CARBS”

FATS

WHAT IS IT???

Saturated fats are abundant in the typical American diet and are found in animal fat such as beef and dark meat in poultry. Monounsaturated fats are found in vegetable oils, such as olive oil and canola oil, and in peanut butter. Polyunsaturated fats are found in nuts, cheese, and fish. Athletes need to make sure that they are selecting a variety of foods to obtain the recommended balance between the types of fat.

Consuming too much fat can lead to the overconsumption of total calories, which leads to weight gain in the form of body fat.

HOW MUCH DO I NEED???

- The recommendation is that athletes consume a habitual diet of approximately 30% fat. Of this 30%, 10% should be saturated, 10% polyunsaturated, and 10% monounsaturated. Following these fat intake suggestions avoids the extreme practices of consuming too little or too much dietary fat.
- Athletes in sports where greater physical size is beneficial may be more prone to this problem. For example, American football linemen are more likely to consume excess calories and be classified as overweight or obese than other positions (Mathews and Wagner 2008).
 - Fat is the primary fuel at rest and during low-intensity exercise.
 - Diets that are too low in fat are associated with reduced testosterone concentrations and exercise performance.
 - Consuming too much fat can lead to the overconsumption of total calories, which leads to weight gain in the form of body fat.

WATER

WHAT IS IT???

Water is the **MOST IMPORTANT** nutrient for the human body. It composes approximately 70% of an average person's body weight and can fluctuate between 45% and 75% (Dunford and Doyle 2008).

- Many variables affect hydration needs and status; thus proper timing and implementation of different hydration and rehydration strategies throughout the training year are important in order to fine-tune individual fluid prescriptions.
- Normal hydration is essential for athletic performance and normal cardiovascular and thermoregulatory functions.
- Resistance-trained athletes should be encouraged to emphasize good hydration techniques throughout the day in an effort to remain as hydrated as possible before and after a training session.

HOW MUCH DO I NEED???

GENERAL HYDRATION RECOMMENDATIONS FOR ATHLETES:

- At least 4 hours before exercise, athletes need to drink approximately 5 to 7 ml fluid per kilogram body weight and approximately 3 to 5 ml per kilogram body weight 2 hours beforehand if they are not urinating or if the urine is dark (Sawka et al. 2007).
- Athletes should consume between 3 and 8 ounces (90 and 240 ml) of a 6% to 8% carbohydrate- electrolyte beverage every 10 to 20 minutes during exercise lasting longer than 60 to 90 minutes (Sawka et al. 2007; Jeukendrup, Jentjens, and Moseley 2005).
- Athletes should consume 20 to 24 ounces (600 to 720 ml) of fluid for every pound of body weight lost after training. Plain water should be used only after exercise when it is combined with foods that contain sodium (Dunford 2006).

WHY IS WATER SO IMPORTANT??

- **Dehydration greater than 2% of body weight can impair athletic performance. Dehydration also increases the risk of heat illness.**
- Being hydrated helps prevent cramping and heatstroke
- Proper hydration helps you digest food better

*****DRINKING FLUIDS RIGHT BEFORE PRACTICE IS NOT ENOUGH!!!*****

Hydrate as soon as you wake up in the morning. Think about it, you haven't had any fluids in 8-10 hours. Drink water throughout the day. Carry a water bottle with you and **CHUG** it a few times during the day.

BOTTOM LINE: Base your water intake on your climate, sweat rates, and your activity levels. On **non-training days**, it appears that at **least ½ gallon** of water is adequate. **On training days** athletes require around a **gallon** or more water per day to stay adequately hydrated.

It can take 24 hours or longer to bring a dehydrated athlete back to a well-hydrated state. Waiting until just before practice or competition to bring an athlete to a well-hydrated state or simply failing to take any steps to make certain the athlete is in an optimally hydrated state will doom that athlete to having a poor practice or competition outcome.

DID I DRINK ENOUGH???

Athletes can do two easy things to assess their hydration status. First, they should pay attention to the frequency of urination, urine color, and quantity. Urine should be pale yellow and plentiful (though consuming B vitamins in the form of a B complex, multivitamin, or functional food can make urine brighter and darker). Athletes should also get into the habit of weighing themselves before and after each training session. If they lose 2% of their body weight from before to after practice, they need to do a better job hydrating before and during training. For each pound lost, they should consume 20 to 24 ounces (600 to 720 ml) of fluid, preferably in the form of a sport drink or a beverage with added sodium to help maintain blood sodium levels.



IF YOU FEEL THIRSTY, THEN YOU ARE ALREADY DEHYDRATED!!!

DEHYDRATION

Drink Up!

Many people are **CHRONICALLY** dehydrated. Proper hydration is one piece of the high performance diet that many athletes are missing. Increasing the consumption of water can enhance metabolism of fat. The kidneys have an important role in filtering out toxins, if dehydrated they can't work as effectively and they pass some of the work to the liver. The liver has an important role in the metabolism of fat, so if the liver is working on filtering toxins it can't metabolize fat as well.

By definition, dehydration means the amount of body water is below optimal.. It is important for athletes to recognize the signs of dehydration.

*****Common risks for dehydration include the following:**

- **Vomiting**
- **Diarrhea**
- **Inadequate fluid replacement**
- **Induced high sweat rates (as in saunas)**
- **Laxatives**
- **Diuretics (and substances with a diuretic effect)**

*****Dehydration can lead to heat illness, which impacts physical performance. Signs of heat illness are:**

- **Headache, dizziness**
- **Nausea, vomiting**
- **Weakness, reduced performance**
- **Irritability**
- **Irrational behavior**
- **Inability to concentrate**
- **Fatigue**
- **Muscle Cramps**
- **Confusion/ disorientation**

HEAT CRAMPS

At the first sign of involuntary muscle twitching or mild muscle cramping, athletes should consume 16 ounces of a sports drink that has been supplemented with a teaspoon of table salt. This should then be followed by a steady intake of sodium-supplemented sports drinks for the remainder of the exercise session.

DRINKS TO AVOID:

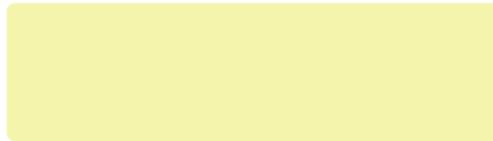
- **Carbonated drinks: Coke, Pepsi, DR.Pepper, Diet drinks, Sprite, Mountain Dew, etc...**
- **Caffeine/Energy Drinks: Monster, Red Bull, NOS, Venom, etc...**
- **Teas with caffeine**
- **Sports drinks unless after training or practice in MODERATION!!!**
- **Fruit Drinks – high in sugar**
- **Coffee**



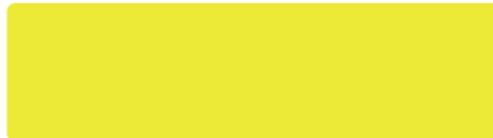
*****Athletes should learn to monitor urine output for volume and color. Both low urine output and dark urine color are signs of dehydration that may precede the sensation of thirst.*****

Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.



Doing ok. You're probably well hydrated. Drink water as normal.



You're just fine. You could stand to drink a little water now, maybe a small glass of water.



Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit www.urinecolors.com

VITAMINS AND MINERALS

Vitamins and minerals function in the human body as metabolic regulators, influencing a number of physiological processes important to exercise or sport performance. Athletes should obtain adequate amounts of all minerals in their diet because a mineral deficiency may impair optimal health, and health impairment may adversely affect sport performance (Williams 2005).

VITAMINS – WHAT ARE THEY???

- Vitamins are characterized into two main groups: water soluble and fat soluble. The water-soluble vitamins include the B vitamins and vitamin C. The fat-soluble vitamins are vitamins A, D, E, and K.
- Vitamin supplements are not necessary for an athlete on a balanced diet, but health professionals may recommend them to athletes if their diet is not balanced, if they are on a very low-calorie diet, or for other special dietary needs.

MINERALS – WHAT ARE THEY???

Minerals are important to athletes because they are involved in muscle contraction, normal heart rhythm, nerve impulse conduction, oxygen transport, enzyme activation, immune functions, antioxidant activity, bone health, and acid- base balance of the blood (Williams 2005; Speich, Pineau, and Ballereau 2001).

VITAMINS - HOW MUCH?

WATER SOLUBLE VITAMINS

- Their solubility in water limits their storage in the body for extended periods of time.
- Excessive intake of water-soluble vitamins in supplement form results in excretion of the excess in urine.
 - THIAMIN - B1
 - VITAMIN - B2
 - RIBOFLAVIN
 - NIACIN
 - VITAMIN B6
 - FOLATE
 - VITAMIN B12
 - VITAMIN B COMPLEX
 - VITAMIN C

FAT SOLUBLE VITAMINS

- Fat-soluble vitamins are carried in a fat solute and represent an important reason why athletes should not consume a diet excessively low (i.e., below 20 percent of calories) in fat.
- Vitamins A, D, E, and K are associated with sources of dietary fat and stored in adipose tissue. These fat-soluble vitamins have no direct role in energy production.

MINERALS - HOW MUCH?

- **SODIUM, POTASSIUM, CALCIUM, PHOSPHORUS, MAGNESIUM**, and **SULFUR** are designated as macro minerals because the recommended intakes exceed 100 mg/ day and the body contains more than 5 g.
- **IRON, COPPER, CHROMIUM, SELENIUM**, and **ZINC** are termed trace elements because recommended intakes are less than 100 mg/ day.
- **FLUORIDE, BORON, IODINE, MANGANESE**, and **MOLYBDENUM** are ultra-trace elements with intakes less than 5 mg/ day
 - Vitamins and minerals cannot be produced by the body and thus must be consumed in foods and beverages.
 - Vitamins and minerals are not direct sources of energy but facilitate energy production and utilization from carbohydrate, fat, and protein; transport oxygen and carbon dioxide; regulate fluid balance; and protect against oxidative damage.

SLEEP

- You are an athlete. You **NEED** 8-10 hours of sleep per night.
- Just because I can function on 5-6 hours doesn't mean that I should.
- As an athlete you don't need to function, you need to **PERFORM!!**
- Testosterone and hormone production is highest when the body is asleep.

IMPROVING YOUR SLEEPING HABITS

1. Get in a 9-12 hour sleep at least once or twice a week.
2. Take a power nap to compensate for unavoidable nighttime losses during the week.
3. Wind down with reading or some sort of progressive relaxation technique before bedtime. Turn off the bloody television by 9:00 P.M.
4. Eliminate as many light sources as possible when going to bed.

Ex: computer monitors, dark curtains, face clocks away from you, turn off your phone; put a towel under the door

5. Get into a bedtime routine. You might be surprised at how a series of behaviors done every night before bed, readies your mind for sleep.

Ex: Hot shower and some reading 30 minutes before bed

REBEL RECOVERY

Immediately Post Workout:

-Snack containing carbs, protein, and plenty of fluid and electrolytes (Milk, Protein, Vitamins, Gatorade)

45 Mins – 2 Hours

-Eat a meal or snack with carbs, protein, and drink fluids

Later That Night

-Continue to hydrate, and REST, 8 hours of sleep can make a huge difference in your recovery

REBELS, REMEMBER TO...

HYDRATE

EAT

REST TO RECOVER!!!

TIPS ON HOW TO EAT HEALTHY WHEN EATING OUT

1. Ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars to drink with your meal.
2. Ask for whole-wheat bread for sandwiches.
3. Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
4. Ask for salad dressing to be served on the side. Then use only as much as you want.
5. Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
6. Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
7. Choose a small" or "medium" portion. This includes main dishes, side dishes, and beverages.
8. Order an item from the menu instead heading for the "all-you-can-eat" buffet.
9. If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - a. Order an appetizer-sized portion or a side dish instead of an entrée.
 - b. Share a main dish with a friend.
 - c. If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - d. When your food is delivered, set aside or pack half of it to go immediately.
 - e. Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
10. To keep your meal moderate in calories, fat, and sugars:
 - a. Order foods that do not have creamy sauces or gravies
 - b. Add little or no butter to your food.
 - c. Choose fruits for dessert most often.
11. On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

HORSES GRAZE AND PIGS GORGE;



WHICH ONE ARE YOU?

10 NUTRITION RULES TO LIVE BY

1. **COME BACK TO EARTH!!!** Try to choose the least processed forms of food; chances are if it comes in a box or package it is not that good for you. Eat fruits, veggies, whole grains.
2. Eat **BREAKFAST** every day!
3. Eat **smaller portions** more often, spread evenly across the day. No excuses you should be eating 5-8 times per day!
4. Stay **Hydrated!** Drink only non-caloric beverages (water/ green tea/ crystal light)
5. Include a **LEAN** protein source with each meal.
6. Choose foods, especially carbs, rich in **FIBER** (25-35 g/day)
7. Add a **multivitamin** and an **omega 3/ omega 6** supplement into your daily routine
8. Eat Fruits or Vegetables with each meal ***Green Vegetables are key!!!
9. Drink a mixture of carbohydrate and protein before and/or after your workout.
10. Last, but not least --- **Get some rest.** The body recovers and repairs when it is sleeping.

PROTEIN FOOD LIST

<u>MEATS - LEAN CUTS OF</u>	<u>LEAN GROUND MEATS</u>	<u>SEAFOOD</u>
BEEF	BEEF	CATFISH
HAM	PORK	COD
LAMB	LAMB	FLOUNDER
PORK	<u>LEAN LUNCHEON OR DELI MEAT</u>	HALIBUT
VEAL	<u>POULTRY</u>	SALMON
<u>BEANS AND PEAS</u>	CHICKEN	TROUT
BEAN BURGERS	DUCK	TUNA
BLACK-EYED PEAS	GOOSE	<u>SHELLFISH</u>
BLACK BEANS	TURKEY	CLAMS
KIDNEY BEANS	GROUND CHICKEN AND TURKEY	SHRIMP
LENTILS	<u>NUTS AND SEEDS</u>	CRAB
LIMA BEANS (MATURE)	ALMONDS	CRAYFISH
NAVY BEANS	CASHEWS	LOBSTER
PINTO BEANS	MIXED NUTS	MUSSELS
SOY BEANS	PEANUTS	OCTOPUS
SPLIT PEAS	PEANUT BUTTER	OYSTERS
WHITE PEAS	PECANS	SCALLOPS
<u>SOY PRODUCTS</u>	PISTACHIOS	SQUID (CALAMARI)
TOFU	PUMPKIN SEEDS	<u>CANNED FISH</u>
VEGGIE BURGERS	SESAME SEEDS	ANCHOVIES
		SARDINES
<u>EGGS</u>	SUNFLOWER SEEDS	CLAMS
CHICKEN EGGS	WALNUTS	TUNA



VEGETABLE FOOD LIST

<u>DARK GREEN VEGTABLES</u>	<u>STARCHY VEGTABLES</u>	<u>OTHER VEGTABLES</u>
BOK CHOY	CASSAVA	ARTICHOKES
BROCCOLI	CORN	ASPARAGUS
COLLARD GREENS	GREEN BANANAS	AVOCADO
DARK GREEN LEAFY LETTUCE	GREEN PEAS	BEAN SPROUTS
KALE	GREEN LIMA BEANS	BEETS
MUSTARD GREENS	PLANTAINS	BRUSSELS SPROUTS
ROMAINE LETTUCE	POTATOES	CABBAGE
SPINACH	WATER CHESTNUTS	CAULIFLOWER
TURNIP GREENS	<u>RED AND ORANGE VEGTABLES</u>	CELERY
WATERCRESS	ACORN SQUASH	CUCUMBERS
<u>BEANS AND PEAS</u>	BUTTERNUT SQUASH	EGG PLANT
BLACK BEANS	CARROTS	GREEN BEANS
BLACK-EYED PEAS	HUBBARD SQUASH	ICEBERG LETTUCE
GARBANZO BEANS	PUMPKIN	MUSHROOMS
KIDNEY BEANS	RED PEPPERS	OKRA
LENTILS	SWEET POTATOES	ONIONS
NAVY BEANS	TOMATOES & TOMATO JUICE	TURNIPS
PINTO BEANS		WAX BEANS
SOY BEANS		ZUCCHINI
SPLIT PEAS		
WHITE BEANS		



FRUITS FOOD LIST

<u>COMMONLY EATEN FRUITS</u>	<u>BERRIES</u>
APPLES	STRAWBERRIES
APRICOTS	BLUEBERRIES
BANANAS	RASPBERRIES
CHERRIES	<u>MELONS</u>
GRAPEFRUIT	CANTALOPE
GRAPES	HONEYDEW
KIWI FRUIT	WATERMELON
LEMONS	<u>MIXED FRUITS</u>
LIMES	FRUIT COCKTAIL
MANGOES	<u>100% FRUIT JUICE</u>
NECTARINES	ORANGE
ORANGES	APPLE
PEACHES	GRAPE
PEARS	GRAPEFRUIT
PAPAYA	
PINEAPPLE	
PLUMS	
PRUNES	
RAISINS	
TANGERINES	



GRAINS FOOD LIST

<u>WHOLE GRAINS</u>	<u>REFINED GRAINS</u>
AMARANTH	CORNBREAD
BROWN RICE	CORN TORTILLAS
BUCKWHEAT	COUSCOUS
BULGUR (CRACKED WHEAT)	CRACKERS
MILLET	FLOUR TORTILLAS
OATMEAL	GRITS
POPCORN	NOODLES
ROLLED OATS	PITAS
QUINOA	PRETZELS
SORGHUM	WHITE BREAD
TRITICALE	WHITE SANWICH BUNS AND ROLLS
WHOLE GRAIN BARLEY	WHITE RICE
WHOLE GRAIN CORNMEAL	SPAGHETTI
WHOLE RYE	MACARONI
WHOLE WHEAT BREAD	CORN FLAKES
WHOLE WHEAT CRACKERS	
WHOLE WHEAT PASTA	
WHOLE WHEAT SANDWICH BUNS AND ROLLS	
WHOLE WHEAT TORTILLAS	
WILD RICE	
WHOLE WHEAT CEREAL FLAKES	
MUESLI	



DAIRY FOODS LIST

<u>MILK - ALL FLUID MILK</u>	<u>CHEESE</u>
FAT FREE (SKIM)	<u>HARD NATURAL CHEESES</u>
LOW FAT (1%)	CHEDDER
REDUCED FAT (2%)	MOZZARELLA
WHOLE MILK	SWISS
<u>FLAVORED MILKS</u>	PARMESAN
CHOCOLATE	<u>SOFT CHEESES</u>
STRAWBERRY	RICOTTA
LACTOSE-REDUCED MILK	COTTAGE CHEESE
LACTOSE-FREE MILKS	<u>PROCESSED CHEESE</u>
<u>MILK-BASED DESSERTS</u>	AMERICAN
PUDDINGS	<u>YOGURT - ALL YOGURT</u>
ICE MILK	FAT-FREE
FROZEN YOGURT	LOW FAT
ICE CREAM	REDUCED FAT
CALCIUM-FORTIFIED SOYMILK (SOY BEVERAGE)	WHOLE MILK YOGURT



OILS FOODS LIST

<u>COMMONLY EATEN OILS</u>	<u>FOODS NATURALLY HIGH IN OILS</u>
CANOLA OIL	NUTS
CORN OIL	OLIVES
COTTONSEED OIL	SOME FISH
OLIVE OIL	AVOCADOS
SAFFLOWER OIL	<u>COMMON FATS</u>
SOYBEAN OIL	BUTTER
SUNFLOWER OIL	MILK FAT
OILS USED AS FLAVORINGS	BEEF FAT (TALLOW, SUET)
WALNUT OIL	CHICKEN FAT
SESAME OIL	PORK FAT (LARD)
	STICK MARGARINE
	SHORTENING
	PARTIALLY HYDROGENATED OIL



FOODS WITH EMPTY CALORIES LIST

<u>CAKES,</u>	<u>SPORTS DRINKS</u>
COOKIES	FRUIT DRINKS
PASTRIES	PIZZA
DONUTS	ICE CREAM
SODAS	SAUSAGES
ENERGY DRINKS	HOT DOGS
BACON	RIBS
<u>FOODS WITH SOME EMPTY CALORIES</u>	<u>FOOD WITH FEW OR NO EMPTY CALORIES</u>
SWEETENED APPLESAUCE	UNSWEETENED APPLESAUCE
REGULAR GROUND BEEF (75% LEAN)	EXTRA LEAN GROUND BEEF (95% OR MORE LEAN)
FRIED CHICKEN	BAKED CHICKEN WITHOUT SKIN
SUGAR SWEETENED CEREALS	UNSWEETENED CEREALS
WHOLE MILK	FAT-FREE MILK



"GARBAGE IN, GARBAGE OUT."

Top 25 Food Choices

#	Name	Information	Picture
1	Water	The single most essential component that represents 80% of your body and 65% of your weight	
2	Beans	Top ranked carbohydrates like green, black, kidney, lima and pinto provides protein, a low GI, fiber, and minerals essential to overall metabolism.	
3	Poultry	Top ranked proteins such as baked, roasted or grilled skinless chicken and turkey breasts contribute an excellent portion of protein with an unmatched protein to fat ratio	
4	Green Leafy Vegetables	Carbohydrates like broccoli and spinach, as well as green, red, and yellow peppers have antioxidant vitamins and minerals and also delivers a significant portion of fiber	
5	Berries and Citrus Fruits	Carbohydrates including strawberries, blueberries, raspberries, oranges, grapefruits, and tangerines supply the antioxidant vitamin C, potassium, fiber and are easily transported as a wholesome snack.	
6	Grilled or Baked Fish	Protein choices like salmon, tuna, sardines and herring deliver a significant amount of protein and the essential omega-3 fatty acids. Also includes pre-packaged selections.	
7	Bananas	Carbohydrate provides excellent amounts of potassium and fiber with no fat contribution and comes wrapped for easy storage and transport as a wholesome snack.	
8	No-Fat Dairy Products	Protein selections such as skim milk and yogurt that deliver a solid protein to fat ratio and an excellent source of calcium for strong bones.	
9	Whole Grains	Carbohydrates include Total, Wheaties, Raisin Bran, Cheerios and Shredded Wheat cereals, oatmeal, in addition to whole grain	

		rice, bagels and sandwich breads like wheat or rye. Provide excellent amounts of fiber, iron, folic acid and zinc.	
10	Lean Beef	Proteins like flank sirloin and filet steak, in addition to roast beef and lean ground beef meats that supply a good protein to fat ratio, B-complex vitamins and iron.	
11	Sweet Potatoes	Carbohydrate that is more of a vegetable than a starch. Contributes more protein, vitamins and minerals than a regular potato with a lower GI.	
12	Tomatoes and Tomato Juice	Carbohydrates can be included in a salad, pizza or pasta sauce or as a juice drink that delivers solid amounts of potassium, fiber, vitamin C, carotenes and lycopene which can provide a powerful defense against several forms of cancer.	
13	Nuts	Protein source such as peanuts, almonds, walnuts and pecans which supply a solid amount of protein with essential fatty acids and the antioxidant vitamin E. A wholesome and mobile snack.	
14	Fleshy Fruits	Carbohydrates like apples, grapes, peaches and plums that supply a quality amount of fiber and significant contributions of water but less vitamins and minerals than other fruits.	
15	Eggs	Protein source that delivers a solid protein to fat ratio with essential fatty acids and has the potential to reach all-american status by hard boiling and removing the yolk.	
16	Starchy Vegetables	Carbohydrates like peas, carrots, corn, squash, cauliflower, cabbage and brussels sprouts and potatoes provide a quality source of fiber and essential vitamins and minerals.	
17	Low-fat Dairy Products	Proteins such as 2% milk, reduced fat cheeses and regular yogurt that supply a good protein to fat ratio while providing an excellent source of calcium.	

18	Lean Pork and Ham	Protein choices that can provide a solid protein to fat ratio if trimmed and prepared baked or grilled rather than fried.	
19	Dried Fruits	Carbohydrate that is a longer lasting, more easily transported version of berries, bananas, or fleshy fruits which has lost some vitamins and minerals in the drying process.	
20	Peanut Butter	Protein that has a solid protein to fat ratio with no cholesterol. An inexpensive and ready-to-eat protein source is an excellent compliment to many All-American carbohydrates.	
21	Grains	Carbohydrates such as pasta, tortillas, pita bread, cornbread, whole grain crackers and popcorn. Have a moderate GI and provide good sources of fiber, iron, zinc and folic acid.	
22	Olive Oil	Only ranked fat source is also the healthiest. An excellent substitution to heavier more saturated salad dressings or cooking oils.	
23	Recovery Shakes	Carbohydrate sources such as Cytofuse, Gatorade Nutrition Shakes, GO! that provide an optimal ratio of carbohydrate to protein to ensure muscle protein and glycogen re-synthesis. Affordable and transportable meal replacement.	
24	Fruit Juice	Orange Juice, Grape Juice and Apple Juice are a few examples, while they are never as good as the fruit itself, they provide an easy and quick alternative to get some of the vitamins provided by the fruit.	
25	Sports Drinks	All Sport, Gatorade, Powerade are a few examples. These quickly replenish lost water, electrolyte and muscle glycogen stores. (Only consume during training/practice)	

RESOURCES

1. Team Nutrition: <http://www.fns.usda.gov/TN/>
2. Know your Farmer:
<http://www.usda.gov/wps/portal/usda/knownourfarmer?navid=KNOWYOURFARMER>
3. National Farmer's Market Directory:
<http://search.ams.usda.gov/farmersmarkets/>
4. Nutrition.gov: <http://www.nutrition.gov/>
5. Fruits and Veggies More Campaign:
<http://www.fruitsandveggiesmorematters.org/>
6. Choose My Plate:
<http://www.choosemyplate.gov/>
7. My Pyramid:
<http://www.mypyramid.org/plan.php>
8. The People's Garden:
http://www.usda.gov/wps/portal/usda/usdahome?navid=PEOPLES_GARDEN
9. Food Safety: <http://www.foodsafety.gov/>
10. My Plate:
<http://www.cnpp.usda.gov/MyPlate.htm>

ROYALS B.E.L.I.E.V.E.

B - BREAKFAST ALWAYS

E - EAT OFTEN

L - LEAN PROTEIN

I - INTAKE EXTRA WATER

E - EAT FROM THE EARTH

V - VEGTABLES OFTEN

E - EAT BIG TO GET BIG!!!