

## WAPELLO FOOTBALL NUTRITIONAL HANDBOOK

The only way to get the most out of your Off Season strength & conditioning workouts and to properly prepare for the season is to practice good nutritional habits. The Off Season is a perfect opportunity to make positive nutrition changes that will benefit your performance all year long.

The following pages briefly outline 10 important nutrition tips to focus on this Off Season:

1. Eat 6 times every day.
2. Eat a high carbohydrate diet.
3. Eat enough protein.
4. Eat less fat.
5. Improve the quality of the foods you eat.
6. Fuel yourself properly for workouts.
7. Get at the right body weight/body composition.
8. Practice good hydration strategies.
9. Make good choices when eating out.
10. If you use supplement, do so responsibly.

### **EAT 6 TIME EVERY DAY**

Many athletes make the mistake of eating only 2 to 3 times per day. Why is eating 6 times everyday so important?

- ◆ It can speed up your metabolic rate (helps you burn more calories and become leaner)
- ◆ It can help you build muscle faster
- ◆ It can increase your energy stores for workouts

◆ It's difficult to get in all the nutrients you need in only 2 or 3 meals  
IT'S EASY TO GET INTO THE HABIT OF EATING 6 TIMES EACH DAY.

Sample Meal Schedule:

8:00 am  
Breakfast

10:30 am  
Snack

12:00 p.m.  
Lunch

2:30 p.m.  
Snack

5:00 p.m.  
Dinner

8:00 p.m.  
Snack

(This does not mean pizza, wings, and fat food! Keep smart snacks like cereal & milk, sandwich makings, granola bars, popcorn, fruit, yogurt, shakes, etc. around)  
*You should always be satisfied . . . never very hungry and never very full!!*

**IF YOU USE SUPPLEMENTS, DO SO RESPONSIBLY.**

Understand that some supplements are legal, safe, and potentially beneficial to your performance..

**BUT THERE ARE MANY THAT ARE NOT LEGAL, SAFE, AND EFFECTIVE.**

Never take any supplement without checking it out for the legality of it, the side effects that go along with the use of it, and exactly how it will benefit you.

Don't risk a health problem because you neglected to ask!

# EAT A HIGH CARBOHYDRATE DIET

Athletes are exposed to lots of information about protein, but it seems like less emphasis is currently placed on carbohydrates. **Don't forget that carbohydrates fuel your muscles and brain during lifting, running, and football workouts!** They're the most important ingredient in an athlete's diet.

**Athletes who complain of not having enough energy for workouts are often eating too few CARBOHYDRATES (or are not eating 6 times each day).**

Load up on the types of carbohydrates that will stick with you longest and/or provide the most vitamins and minerals.

Examples:

- ◆ Potatoes (regular or sweet potatoes – not french fries!)
- ◆ Rice
- ◆ Pasta (avoid cream sauce)
- ◆ Breads/bagels (whole wheat is better than white)
- ◆ Cold or hot cereal (whole grain cereals like raisin bran, oatmeal, etc.)
- ◆ Popcorn or pretzels
- ◆ Fruits and fruit juices
- ◆ Vegetables
- ◆ Sports bars
- ◆ Gatorade

Limit carbohydrates like cookies, candy, crackers, desserts, sodas, kid's cereals, etc. that don't provide good long term energy and/or vitamins and minerals.

# EAT ENOUGH PROTEIN

Protein is a very important nutrient for athletes, especially for those who are strength training. Protein helps build muscle and helps muscle recovery from hard training.

**Many athletes think the more protein, the better. NOT TRUE!**

**Excessively high protein diets can cause:**

- ◆ Low energy since you're not getting in sufficient carbohydrates
- ◆ Dehydration
- ◆ Calcium loss from bones – potential fractures
- ◆ ? kidney problems

**While some athletes are taking in too much protein (and not enough carbohydrates), there are many athletes who should work to get enough protein.**

To determine your protein needs, multiply your body weight X  $\frac{2}{3}$

For example:

A 180 pound athlete X  $\frac{2}{3}$  requires 120 grams of protein each day.

A 300 pound athlete X  $\frac{2}{3}$  requires 200 grams of protein each day.

**Good protein sources:**

Meat, poultry, fish

(1 ounce of meat = about 10 grams of protein

Ex. 1 chicken breast = 30 grams of protein

8 ounce steak = 80 grams of protein)

Low fat dairy products

(1 cup of milk or yogurt = 10 grams of protein

1 slice of cheese = 10 grams of protein

$\frac{1}{2}$  cup of cottage cheese = 10 grams of protein)

Beans

(1 cup of kidney or black beans = 15 grams of protein)

Eggs

(1 egg = 7 grams of protein)

Nuts, seeds, peanut butter

( $\frac{1}{4}$  cup of nuts or sunflower seeds = 10 grams of protein

2 table spoons of peanut butter = 15 grams of protein)

Sports bars, Go! drinks, protein shakes

(Amounts of protein in these vary – they should be used to help supplement the amount of protein in the diet, never to replace meals)

## **EAT LESS FAT**

Athletes should consume less than 20-25% of their calories from fat.

Why?

- ◆ To make sure you are getting in plenty of carbohydrates and protein
- ◆ To assist in weight management
- ◆ To assist with training  
(fat takes a long time to digest, so you don't want it to remain in your stomach during workouts)
- ◆ To help prevent heart disease and other health conditions

**Sources of fat in the diet. Learn to eat these moderately!**

- ◆ Butter and margarine
- ◆ Sour cream
- ◆ Mayonnaise and creamy salad dressings
- ◆ Whole milk (choose low fat or skim milk)
- ◆ Regular cheese
- ◆ Ice cream
- ◆ Fatty meats like sausage, bacon, bologna, etc.
- ◆ Fried foods
- ◆ Many fast foods
- ◆ Many snack foods like chips and crackers
- ◆ Doughnuts and pastries

**Some foods have unsaturated fats, which is actually very healthful.**

**Examples:**

- ◆ Nuts, seeds, peanut butter
- ◆ Fish
- ◆ Oils
- ◆ Non-creamy salad dressings (ex: Italian or vinaigrette)

# **IMPROVE THE QUALITY OF THE FOODS YOU EAT**

Many athletes' diets contain way too many **EMPTY CALORIES**. Empty calories come from foods that have lots of calories, but very few vitamins and minerals.

Examples: Candy, soda, desserts, snack foods, sugary kids' cereals, fried meats and potatoes, sour cream and cream cheese, alcoholic beverages, etc.

Even carbohydrates like white bread, white rice, and pasta are not the best way to maximize your nutrient intake.

Look for products that are whole wheat or contain "whole grains" as the first ingredient on the label.

**HIGH QUALITY FOODS** contain lots of nutrients for not as many calories.

A high quality diet contains lean meats, low fat dairy products, whole grains, lots of fruits and vegetables, and few empty calories.

# FUEL AND REFUEL FOR WORKOUTS

Below are a few strategies to make sure your nutrition habits support the heavy training you're doing . . .

## 1. Never lift weights, run, or workout on a totally empty stomach.

If you're not eating a full meal **within an hour of working out,**

**Have a carbohydrate snack such as:**

- ◆ Fruit (fresh, canned, or dried)
- ◆ Granola bar
- ◆ Sports bar
- ◆ Dry cereal
- ◆ Fig newtons
- ◆ Bagel

**If you can't tolerate solid foods, have:**

- ◆ At least 3 cups of Gatorade
- ◆ At least 2 cups of fruit juice

## 2. Refuel after exercise.

It's important to eat within 30 minutes of completing your workouts!

Why?

- ◆ To replenish energy and fluid stores you used up
- ◆ To provide ingredients for building muscle
- ◆ To limit muscle soreness

**Be sure to eat CARBOHYDRATE, PROTEIN, AND FLUIDS.**

Alternatives to Go! Beverages!

- ◆ Carnation Instant Breakfast made with skim milk
- ◆ Sports bar and water
- ◆ Peanut butter and jelly and fruit juice
- ◆ Trail mix and Gatorade

**If you miss the 30 minute “window of opportunity”, you can't make it up!**

## 3. Hydrate DURING workouts.

Drink water or Gatorade every 15 minutes during workouts (even those in the weight room or air conditioning)

## **BUILD THE RIGHT BODY WEIGHT/BODY COMPOSITION.**

### **Weight Gain**

Goal: Increase muscle mass while keeping body fat % fairly constant.

Strategies:

#### **1. Eat MORE calories than you normally eat by either:**

Increasing the number of times you each day to >5

Many athletes complain that they can't gain weight, but they are only eating 2 or 3 times per day. At least 5 is essential!

Or

Increasing the amount of calories in your meals and snacks

- ◆ Have larger portions of lean protein and carbohydrate foods.
- ◆ Add topping like peanut butter, Italian dressing, margarine and cheese to foods
- ◆ Drink high calories beverages like milk shakes, smoothies, low fat or whole milk, and fruit juice with meals and snacks
- ◆ Choose high calorie side items like mashed potatoes, macaroni and cheese, thick slices of bread, etc.
- ◆ Have a bowl of cereal like granola or raisin bran at the end of your meal

#### **2. Eat enough protein**

Remember to multiply your weight X 2/3 to determine how many grams of protein you need. Achieve this through eating meat, poultry, dairy, beans, nuts, seeds, and possibly bars and shakes 5 times per day. Extra protein won't make you gain muscle faster.

#### **3. Hydrate well**

**If you have tried all of the above consistently, begin eating a snack right before going to sleep at night.**



# Weight Loss

Goal: Decrease body fat % while maintaining muscle mass.

Strategies:

## 1. Eat LESS calories than you normally eat

**Remember that if you eat 500 fewer calories each day, you will lose about 1 pound per week!**

### **Eat less fat with your meals**

Ex. Having a turkey sub without cheese and mayo saves 250 calories  
Having baked chips instead of regular chips saves 100 calories

### **Reduce your portion sizes**

Eat a few bits less of everything than you're used to.

### **Fill up on fruits and vegetables**

These have very few calories

### **Choose smart snacks**

Fruits, veggies, cereals, popcorn, low fat dairy products, etc. have much fewer calories than chips, desserts, fast foods, and pizza

## 2. Never skip meals

Athletes often try to lose weight by skipping meals.

**Even if you're trying to lose weight, it's important to eat 6 times per day** – otherwise your metabolism will slow down.

## 3. Eat enough protein

Remember to multiply your weight X 2/3 to determine how many grams of protein you need. If you don't eat enough protein, you will lose muscle!

## 4. Hydrate well

Being well hydrated can help you feel full longer and enhance weight loss

## 5. Eat more fiber

Fiber-rich foods like oatmeal, potatoes, wheat bread, whole grain cereals, fruits, and vegetables all help you feel full longer.

# **PRACTICE GOOD HYDRATION STRATEGIES**

Did you know that football players can easily lose 5 liters of fluid during a hard practice? That's equal to 2 ½ 2-liter soda bottles?

Dehydration can increase your risk of injury, decrease your performance, and be very dangerous health wise.

**Drink enough fluids every day to make your urine clear – ALWAYS!**

## **Workout hydration guidelines:**

- ◆ Drink *AT LEAST* 2 cups of water within 2 hours of working out.
- ◆ Drink *AT LEAST* 1 cup of water every 15 minutes of working out.
- ◆ Drink 3 cups of water for every pound of weight lost during your workout.

**If you're the type of athlete who has hydration problems despite drinking tons of fluids and having clear urine, you should consider:**

- ◆ Replacing some of your water with sports drink
- ◆ Increasing the amount of salt and salty food in your diet
- ◆ Increasing the amount of electrolytes in your diet
- ◆ Utilizing supplements recommended by a nutritionist  
(for special help with hydrating, see a nutritionist)

**CAFFEINE (coffee, tea, soda) and ALCOHOL (all types) can interfere with good hydration. Limit these especially during hard training and hot weather.**



**Wendy's** Tip: It makes a difference what you put on your baked potato!

<b><u>Best Choices</u></b>	<b><u>OK Choices</u></b>	<b><u>Worst Choices</u></b>
Baked Potato – Broccoli + Cheese Baked Potato – Plain Baked Potato – Sour Cream + Chive Caesar Side Salad Chili – Small, Medium, Large Chocolate Chip Cookies Deluxe Garden Salad French Fries – Small Frosty (all sizes and flavors) Grilled Chicken Salad Grilled Chicken Sandwich Jr. Cheeseburger Jr. Hamburger Nugget Dipping Sauces (any kind) Salad Dressing (2 Tbsp.): French, French Fat Free, Reduced Fat Italian Hidden Valley Ranch, Reduced Fat Ranch, Thousand Island Side Salad Soft Bread Sticks Taco Chips	Classic Single Plain Classic Single w/everything Jr. Bacon Cheeseburger Jr. Cheeseburger Deluxe Breaded Chicken Sandwich Chicken Club Sandwich Spicy Chicken Sandwich Taco Salad Salad Dressing (2 Tbsp.): Blue Cheese Italian Caesar French Fries – Biggie Baked Potato – Bacon + Cheese Baked Potato – Cheese Baked Potato – Chili + Cheese Chicken Nuggets (5 piece) Pita (any kind)	Big Bacon Classic French Fries – Great Biggie
		<a href="http://www.wendys.com">http://www.wendys.com</a>

**Taco Bell** Tip: Watch out because the serving size is ONE item!

<b><u>Best Choices</u></b>	<b><u>OK Choices</u></b>	<b><u>Worst Choices</u></b>
Bean Burrito Chili Cheese Burrito Cinnamon Twists Fiesta Burrito (Chicken, Steak) Gordita Nacho Cheese (Beef, Chicken, Steak) Gordita Supreme (Beef, Chicken, Steak) Mexican Rice Pintos'n Cheese Soft Tacos (Beef, Chicken, Steak) Taco Taco Supreme Tostado	7-Layer Burrito Burrito Supreme (Beef, Chicken, Steak) Chalupa Baja (Beef, Chicken, Steak) Chalupa Nacho Cheese (Beef, Chicken, Steak) Chalupa Supreme (Beef, Chicken, Steak) Cheese Quesadilla Chicken Quesadilla Double Burrito Supreme (Beef, Chicken, Steak) Double Decker Taco Enchiladas (Beef, Chicken, Steak) Fiesta Burrito (Beef) Gordita Baja (Beef, Chicken, Steak) Gordita Nacho Cheese (Beef) Gordita Santa Fe (Beef, Chicken, Steak) Mexi Melt Mexican Pizza Nachos – Nachos Supreme	Chalupa Santa Fe (Beef, Chicken, Steak)   Steak) Mucho Grande Nachos Nachos Bell Grande Taco Salad with Salsa
		<a href="http://www.tacobell.com">http://www.tacobell.com</a>

## **Pizza Facts**


Pizza can be a GREAT choice for athletes . . .

- ◆ Thick crust pizza can serve as a good source of carbohydrates.
- ◆ Pizza can be a good post-game meal because it is easily accessible on trips
- ◆ Pizza can provide lost of vitamins and minerals when topped with the right toppings.

## **BUT**

Pizza can also be a POOR choice for athletes . . .

- ◆ Pizza usually tastes good, so it's hard to stop at just a couple of pieces. The fat and calories can add up fast!
- ◆ Many popular pizza toppings are high in fat and low in vitamins and minerals.
- ◆ Pizza should be considered a “sometimes” food rather than an “anytime” food.



**Choose pizza  
HIGH in Carbs  
And LOW in  
Fat and  
Calories**

**Popular pizzas (information is based on 1 slice of cheese pizza)**

<b>Brand</b>	<b>Type</b>	<b>Calories</b>	<b>Fat (Grams)</b>	<b>Carbs (Grams)</b>
Pizza Hut	Big New Yorker	400	17	42
	Pan Pizza	360	15	44
	Hand Tossed	300	9	43
	Thin and Crispy	280	15	21
Dominos	Regular Crust	260	8	37
Papa John's	Regular Crust	270	8	42
Homemade	W/regular cheese	220	6	40
	W/low fat cheese	170	2	43

**These toppings add as much as 8 grams of fat and 100 calories each:**

Pepperoni, sausage, ground beef, bacon, extra cheese, ham, olives

**Choose healthier toppings such as:**

Mushrooms, green peppers, onion, broccoli, spinach, pineapple