

IRON TITANS



NUTRITION MANUAL

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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	
Turkey Breast	Squares	Cucumbers
Turkey tenderloins	Grape Nut Flakes	Asparagus
Lunch meat	Bran Shredded Wheat	Green beans
	High Fiber Cereals=best	Lettuce
<u>Fish</u>	<u>Potatoes</u>	Mushrooms
Cod	Red	Onion
Crab	Sweet	Peas
Scallops		Bell Peppers
Shrimp	<u>Rice</u>	Tomato
Orange Roughy	Brown	
Tuna	Red beans and rice	<u>Add-Ons</u>
Halibut	Black beans and rice	Non-fat butter spray
		Honey
<u>Dairy</u>	<u>Fruit</u>	Olive Oil
Lowfat cheese	Apples	Vinegar-any kind
Cottage cheese	Bananas	Salsa
Eggs	Grapes	Lite Soy Sauce
Skim Milk	Oranges	Marinara – ‘sugo’
Yogurt – lite	Strawberries	BBQ
	Peaches Pears	Ketchup/Mustard
<u>Beans</u>	Kiwi	Salad Dressing Low-fat
Kidney	Cherries	Miracle Whip Lite
Pinto	Blueberries	
Refried	Frozen	<u>Snacks</u>
Baked		Baked Lays
		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, choose 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