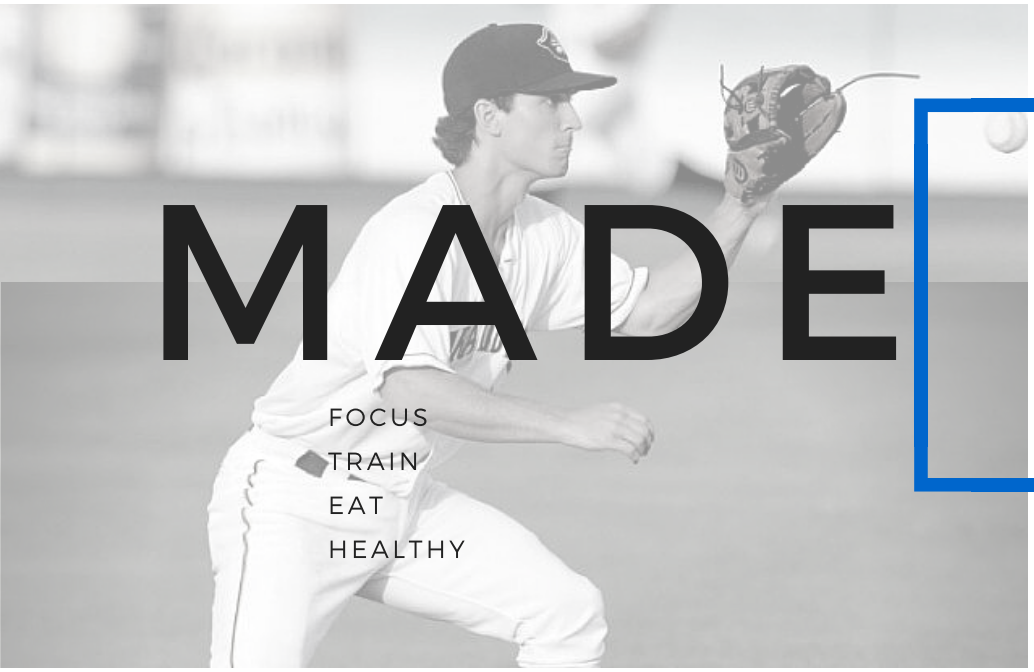
NUTRITION

RECOVERY
PERFORMANCE
ATHLETE

ONEIGHTY ATHLETICS



MADE EASY

FOCUS
TRAIN
EAT
HEALTHY

EASY TO IMPLEMENT
NEXT LEVEL
NUTRITIONAL FACTS
MEAL PLANS

ELITE
FUEL
HYDRATE
REPLENISH

oneightyathletics.com

Disclaimer

The writing and information that follows is not intended for the prevention or treatment of a disease, and should not be used in place of treatment or advice from a qualified medical professional. It is purely a presentation of scientific findings that should be used for informational purposes only. The guidelines set forth are to be pursued only at the sole discretion and risk of the reader. The author assumes no liability for the consequences of dietary changes; this is purely an educational manual.

Nutrition Made Easy

What is Nutrition?

Nutrition is the process of providing or consuming the food necessary for health, function and growth. Nutrition, and the nutrients consumed, is the building blocks of life. Making smart choices about the foods you eat can have a lasting impact not only on your sporting career but also on your overall health later as an adult. It can be a key to avoiding obesity, illness, and many of today's most widespread chronic diseases. Sport nutrition is the study of nutrition as it relates to athletic performance. Good sport nutrition means getting the right amount of nutrients from healthy foods in the right combinations at the right times. This includes the type and quality of all foods and liquids ingested by an athlete and is more critical for performance and recovery. Sport nutrition typically deals with more vital nutrients for athletes such as vitamins and minerals, fats, carbohydrates, and proteins.

Why are vitamins and minerals important?

Vitamins and minerals, also called micronutrients, play an important role in energy production, cardiorespiratory health, bone health, and immune function. They assist in the repair of injured muscles and the recovery from exercise. The higher demands of micronutrient are on an athlete's body, the greater the supply needs to be. Athletes must consume greater amounts of vitamins and minerals needed to build and repair lean muscle tissue and assist in the facilitation of the body's metabolic functions. The most common vitamins and minerals found to be necessary but limited in athletes' diets are vitamin B, C, D, E, calcium, potassium, iron, zinc, and magnesium. Restricted diets, weight loss diets, and unbalanced diets with little fruit and vegetable place greater risk for athletes to not get adequate nutrients. This can be a major factor in limiting an athlete's growth, recovery, and overall performance. Finding a good multivitamin will help most athletes deficiency but like all supplements should not be used as a replacement for natural food.

What is fat?

In terms of sport performance, fat is the body's fuel source for light to moderate intensity exercise and spares carbohydrate for longer bouts of exercise. The recommended fat intake is 20-30% of total calories or about .25-.50 grams per pound of body weight.

Example: A 200lb athlete would need from 50-100 grams of fat per day

Adequate fat in the diet is important for meeting increased needs of athletes. The type of fat is as important if not more important than the amount of fat in an athletes diet. Steer clear of saturated fats (bad fat) and consume unsaturated, monounsaturated, and polyunsaturated fats (good fats). We will cover options in a later section.

What is Carbohydrate?

Carbohydrates primary role in the body is to serve as an energy source. This is athletes primary source of fuel and energy throughout the day, during practice and in games. This is the most important of the macronutrients for any athlete. Without proper amount of carbs you will feel sluggish and lethargic and have trouble finishing practice and games. The recommended intake of carbohydrates is 2.5-3.5 grams per pound of bodyweight.

Example: A 200lb athlete would need 500-700 grams of carbohydrates per day.

Not all carbohydrates are created equal. Some carbs release sugar into the blood stream quicker than others. The ability of foods to quickly raise blood sugar levels is known as glycemic index (GI). When blood sugar rises rapidly the body produces the hormone insulin. The insulin rapidly lowers blood sugar to combat the spike and ultimately promotes fat storage. When blood sugar drops, energy levels drop and the ability to train and compete at optimal levels significantly decrease.

What is protein?

Protein is needed to build and maintain muscles, form blood cells, and maintain immunity. Protein will only be used to build muscle if enough carbohydrate calories are consumed during a weight resistance exercise program. Without adequate calories from carbohydrates protein is used as fuel. Athletes should consume .05-1.0 grams per pound of bodyweight. Example: A 200lb athlete would need 100-200 grams of protein per day. Approximately 30-60 grams of carbohydrates and 20-30 grams of protein should be consumed within 30 minutes to one-hour post exercise or practice. Consuming both will restore lost carbohydrates from your muscles and increase rebuilding broken down muscles.

How do I find the total calories I need?

In order to get your recommended caloric intake, follow the equations below:

LOWER TOTALS:

Fat: (.25 x bodyweight) x 9 = _____ calories from fat
Carbohydrate: (2.5 x bodyweight) x 4 = _____ calories from carbs
Protein: (.50 x bodyweight) x 4 = _____ calories from protein
Total Calories: _____ calories

H**IGHER TOTALS:**

Fat: (.50 x bodyweight) x 9 = _____ calories from fat
Carbohydrate: (3.5 x bodyweight) x 4 = _____ calories from carbs
Protein: (1.0 x bodyweight) x 4 = _____ calories from protein
Total Calories: _____ calories

So for our 200lb athlete the caloric needs would be between 2850-4500 calories. The lower of the two totals from above should be used on lighter training days or when you're out of season. The higher of the two totals should be used on heavier training days such as two a day practices or when offseason training is very intense.

How do I apply this to my sport and season?

Inseason and Post Season Play

Caloric demands are extremely high with practice, lifting, conditioning and playing games. Make sure you caloric intake is high enough to give you fuel and energy needed to compete at optimal levels. One good thing about in season is you are able to fall into a routine and plan a nutritional schedule around school, practice, weights, and studying. Be proactive in your planning taking snacks with you to school to eat between classes. In season is not the time to try losing or gaining weight. Coming into the season you should be at your optimal competing weight and should try to maintain that weight throughout the competitive months. On game days try to eat 3-4 hours before competition with some lean proteins and carbohydrate rich foods like wheat breads, pastas, potatoes, and rice. If you can, try to eat a high carbohydrate snack (banana and Gatorade) 20-30 minutes before game time and at half time to keep energy levels high and combat dehydration. Recovery is a high priority during the season and post season. Consume .50 grams per pound of bodyweight in carbohydrates and at least 20 grams of protein immediately following your game. If you play an outdoor sport you must focus on hydrating before games and re-hydrating your body post game by drinking 32-64 oz. of water.

Offseason

The needs of each individual will change. Practices will not be as common (if at all) and strength and conditioning demands will be high so energy, protein, and nutritional recovery are demanding. The offseason is a great time to increase muscle mass and/or decrease body fat. Some make try to bulk up and gain weight, others may try to shed some pounds, while others are happy with their current weight and will try to monitor body composition. Have a plan and know how to get there in your offseason. Plan out yourmeals based on nutritional needs and caloric content. Stick with appropriately healthy foods listed in the sections below to ensure the proper weight management for your goals.

Preseason

Needs in preseason will differ from sport to sport. Outdoor sports are typically harder on the body in terms of keeping the body fueled and properly hydrated. Intense heat generally can make an athlete not feel hungry but eating and refueling is a must. During practice drink several ounces of water every 15-20 minutes. For each pound of bodyweight lost in practice requires 20-24oz of fluid and 1 gram of sodium to replenish what was lost. Choose options like fruits and vegetables that are high-fluid foods with pretzels, crackers, and nuts to add some sodium for snacks. Remember to consume recovery foods such as bagels, berries, or protein shakes within 30 minutes immediately following practice.

Maintaining lean mass and weight may be difficult for some so target calorically dense foods such as guacamole, cheeses, milk, and peanut butter – to name a few – to help increase your caloric intake. If gaining too much weight is a concern then focus on dark green leafy veggies, lean meats grilled or baked, with high fiber whole wheat breads, brown rice, or whole grain pasta.

FOOD CHOICES

GOLD

SILVER

BRONZE

On High Energy Training Days you want your plate to be filed with gold and silver choices. On inactive or low energy days try to stick to reduced total calories and gold level food choices. If you're trying to gain weight eat more of the gold and silver choices. Take a quality protein supplement (approved by your parents, coaches, and medical expert) in addition to your meals to help get adequate amount of calories. Losing body fat will require you to stay with gold choices. Limit silver and avoid bronze choices. Do not skip meals! Be sure to eat breakfast, lunch, and dinner. Snack should include gold choice proteins, limit silver choices, and avoid bronze food altogether.

Gold Choices

Gold Fats

- Focus on unsaturated fats (mono, poly unsaturated, Omega 3 and 6) and avoid saturated fats.
- Olive Oil
- Coconut Oil
- Peanut Oil
- Fish (salmon, tuna, tilapia)

Gold Proteins

- Proteins with the highest protein and lowest amount of fat.
- Roast Turkey
- Lean Roast Beef
- Steak Filet
- Baked Fish
- Skim Milk
- Non fat and low fat yogurt
- Beans and peas (legumes)
- Egg Whites

Gold Carbs

- Produce the lowest glycemic response and are low in fat.
- Squash
- Asparagus
- Cucumbers
- Green Beans
- Broccoli
- Spinach
- Mushrooms
- Onions
- Pears Plums

Silver Choices

Silver Fats

- Have high amounts of “good” fat and limited “bad” fat
- Avocado
- Black olives
- Nuts and Nut Butters (Peanuts Almonds Walnuts)
- Egg yolk
- Soy beans
- Seeds (sunflower, flaxseed)

Silver Proteins

- Proteins with high amounts of protein with moderate amounts of fat.
- 85-92% Lean Beef
- Trimmed Choice Steak (Sirloin)
- Trimmed Pork Chops
- Baked chicken strips
- 2% Milk
- Nut Butters (peanut butter, almond butter)
- Whole Eggs

Silver Carbs

- Produces moderate glycemic responses. Consume more of these within one hour of weights or practice to restore energy levels, enhance recovery
- Raisin Bran Cereal
- Whole Wheat Pasta
- Whole Grain Bread
- Brown or Wild Rice
- Baked Potatoes
- Sweet Potatoes
- Corn Carrots
- Grapes Apples Bananas

Bronze Choices

Bronze Fats

- Avoid fats that are high in saturated fat and cholesterol. Generally these fats are hard at room temperature.
- Beef fat
- Pork fat
- Butter Shortening
- Stick margarine

Bronze Proteins

- Lower in protein content and higher in fat
- Hot Dogs
- Fried Chicken
- Fried Fish
- Whole Milk
- Processed Meats

Bronze Carbs

- Produce the highest glycemic response and may have high fat content. You may eat small amounts of these occasionally immediately after demanding practice or high activity days if gaining weight in the offseason.
- Candy
- Pretzels and crackers (good for post practice)
- Cookies
- Cakes
- Sugary Cereal
- Donuts
- White Bread
- White Rice
- French Fries
- Mashed potatoes
- Soft Drinks

SAMPLE MEAL PLANS

Weight Gain Meal Plan

BREAKFAST

4-5 Eggs (whites or whole)
3 Slices of wheat toast/jelly
1-2 Cups of cereal
2 Cups of milk
1 Cup of juice
1-2 Fruits

SNACK 1

2 Fruits

LUNCH

2 Large turkey sandwiches
2 Fruits
1 Pasta
1 Cup vegetable
2 Cups of milk

SNACK 2

1 Can of tuna
1-2 Fruits
1 Cup of milk

DINNER

1-2 Chicken, beef, or fish
1 baked potato
1 Cup of vegetables
3 slices of whole grain toast
2 Cups of milk

SNACK 3

1 turkey sandwich (turkey, whole grain bread, mustard)
1 fruit
2 Cups of 2% milk

Weight Loss Meal Plan

BREAKFAST

1 apple
1 slice of whole-wheat toast with sugar free jam
1 Cup of Raisin Bran cereal 1 Cup of skim milk

SNACK 1

1 medium handful almonds
1 Fruit

LUNCH

1 piece of chicken breast
1 medium baked potato
1 small pat of margarine
1 apple
Water

SNACK 2

1 Sugar free yogurt

DINNER

1 Chicken, lean beef, or fish
2 Cups of vegetables
2 Cups of skim milk
Water

Weight Maintenance Meal Plan

BREAKFAST

1 apple
2 Cups of Raisin Bran, 1 Cup of 2% Milk
1 piece of wheat toast with jelly
1 Cup of OJ

SNACK 1

1 Fruits

LUNCH

1 piece of baked chicken
1 Cups of noodles/pasta
1 Cups of peas/green beans
1 Cup of Skim milk
Water

SNACK 2

2 Fruits
1 medium handful of almonds

DINNER

1 Chicken breast
1 medium baked potato
2 Cups of Mixed Veggies
1 pat Margarine
2 Cups of salad
Unsweetened Tea