

Strength and Conditioning

Nutrition Guide for Football

HERE ARE THE TOOLS GENTLEMEN ...
IT IS ULTIMATELY YOUR DECISION IF YOU WANT TO TRAIN AS CHAMPIONS!

Unlike common people, you have uncommon goals and dreams that require 100% of your effort, determination, and discipline. You are beginning to understand how important this is in your physical conditioning, but you must also understand that these same principles apply to your eating habits. Nutrition is the one component of an athletic program where most people are misinformed or misunderstood. Everywhere you turn, you hear or read about someone who had gained or lost 20 pounds in one week. This type of information is misleading and dangerous. As athletes, you must know facts about diet and dietary habits, in order to perform at your optimum level. You cannot run a high-performance racecar on kerosene. Excess weight in the form of fat reduces speed and endurance of any athlete.

Proper nutrition is extremely important for football players. Because football requires short bursts of energy, eating enough carbohydrates is critical. As an athlete, you are always looking for the edge over your opponent.. Nutrition is that edge. It does not only impact strength, speed and stamina, but recovery as well. You, as athletes, are responsible for taking control. You must provide your body with optimal body fueling. A player who comes to practice without having eaten breakfast or lunch, or skimps on fluid intake during hot summer practices, is not going to reach his full potential – which ultimately affects the performance of the team as a whole.

Water is the most critical nutrient during training.

The human body is 60% water. You need to replenish this to be your best.

Tips: Drink 2 cups of water or Gatorade one hour before practice.

Drink 1 cup of water every 15 minutes during practice

Drink BEFORE you get thirsty

CARBS ARE KEY – Fruits, Vegetables, Grains

Football is a stop-and-go sport with short burst of intense effort, followed by rest. Therefore, the primary fuel substrate for football is carbohydrates. An ideal diet for football players requires 55 to 60 percent of their daily caloric intake to come from carbohydrates, 15 percent from protein and 30 percent from fat. Simply stated, your diet should be 2/3 carbohydrates and 1/3 protein, with an emphasis on moderate fat. Carbohydrates-containing foods with lower fat should be emphasized: bagels over doughnuts, mashed potatoes over fries, grilled chicken over fried, frozen yogurt over ice cream. Upping the amount of carbohydrates in your diet will provide you with more available energy during practice and games. Less fried foods often decrease the chance of an upset stomach, which may also boost performance.

During Two-a-days/Pre-season, carbohydrates must be the main fuel source.. Players will not recover in time for the next practice unless carbohydrate intakes are adequate. Watch your protein intake. While protein is needed in an athlete's diet to build and maintain muscle mass, excess protein consumption will be stored as fat and may dehydrate the body. For example, turkey and cheese roll-ups, fruit, vegetables, Gatorade bars etc, are good food choices.

POST GAME/LIFT SNACK – It's important to replace carbohydrates soon after practice.

For optimal recovery after competition/practice or lifting, you need to consume a protein-carbohydrate mix. The snack should contain 6 grams of protein and 35 grams of carbohydrates. Suggestions include peanut butter crackers, trail mix, yogurt with cereal, a bagel with cream cheese or peanut butter, or a sports bar containing the right proportion. This snack should be consumed within 30 minutes after competition/practice or lifting for optimal benefit.

TIPS FOR WEIGHT LOSS

To lose 1 to 2 pounds a week you must subtract 500 to 1000 calories per day to equal 3,500 calories per week..

- Eat more fruits and vegetables
- Limit fast food intake or make healthy fast food choices
- Drink more water
- Limit your amount of soda, candies, desserts, and other simple sugars.
- Do not eat any fried foods.
- Do not restrict carbs.
- Do not skip meals, but do decrease portion size. It is usually not the pasta that is the problem but the amount that you choose to eat! A little off the top at each meal works very well. For example, eat 25 chicken wings instead of 40, drink a 12-ounce beverage instead of a 20-ounce glass, or eat a 12-ounce steak instead of one that is 24 ounces.
- Trim calories by cutting down on condiments and snacks.
- Many find it easier to lose weight by eating smaller, more frequent meals that are more evenly divided throughout the day, instead of three meals.
- Decrease calories from beverages by diluting juices, choosing diet soda or ice tea, and using smaller glasses.
- Include filling foods such as protein and foods that require chewing: salads, vegetables, a baked potatoes, meat, fruits.
- When eating fast food, choose regular instead of super-size meals.
- Put snacks into a bowl instead of sitting down with the whole bag.

TIPS FOR WEIGHT GAIN

To gain 1 to 2 pounds per week, you must add 500 to 1000 calories per day to equal 3,500 extra calories a week. Simply put: you must take in more calories than you burn off!

- Eat 4 to 5 meals plus 2 to 3 snacks a day.
- Start a meal with food, not liquids, so have the sandwich first, then the shake.
- Replace low-or no-calorie beverages with juice, lemonade, milk, and sports drinks instead of water.
- Try to eat one-quarter more at every meal and snack.
- Keep snack food around to nibble on.
- Add higher calorie foods to every meal: granola instead of sugared cereal.
- Add nuts to cereal or snacks.
- Eat bagels instead of bread.
- Add more protein, but only four ounces more a day, through food, not supplements. Choose cheese, low-fat lunchmeats, an extra piece of chicken, milk and yogurt.

EATING ON THE RUN

Breakfasts:

- Pancakes, waffles, or French toast w/syrup – no butter
- Egg sandwich – no cheese
- Unbuttered English muffin, bran muffin, bagels or toast w/preserves, jelly or apple butter
- Low-fat milk or yogurt w/fresh fruit and a bagel
- Low-fat granola bars – Kellogg's or Nature Valley
- Dry or cooked cereals w/or w/o milk w/fresh or dried fruit
- Pita bread stuffed with peanut butter (high in calories) and raisins and cottage cheese, or veggies and low fat cheese.

Lunches:

- Vegetables or chili stuffed potatoes
- Salad bars: use low fat dressings, veggies, dried beans, beets, carrots, pasta, and add crackers, rolls, or bread
- Pack lunches: Sandwich whole grain bread, fruit, fig bars, and vegetables or soup
- Pastas with meat or meatless sauce
- Tacos without sour cream
- Baked or broiled meats instead of fried
- Fantastic soups or pasta meals that can be reconstituted water
- Fast Food restaurants: Grilled chicken sandwiches, grilled hamburgers, roast beef sandwiches, baked potatoes, or salad bars (no mayonnaise, special sauce, butter, sour cream etc.)
- Thick crust pizzas with veggies – no extra cheese

Dinners:

- Meats should be baked, broiled, or grilled instead of fried
- Pasta with clam sauce or marinara sauce
- Shellfish in tomato sauce or steamed without butter
- Chicken breast without the skin with rice and vegetables
- Stir fry dishes with lean meats and lots of vegetables in minimal oil
- Grilled salmon, tuna, swordfish, or mackerel

Snacks:

- Whole grain crackers
- Graham crackers
- String cheese
- Low-fat yogurt
- Dry-roasted nuts
- Bread sticks
- Pretzels
- Dry cereal
- Fresh fruits
- Dried fruits
- Fruit juices
- Bagels

Watch the caffeine. – It lowers blood sugar and can make you hungrier. It is also a diuretic and can be dehydrating. It's not just in coffee – it's in pop, especially Mountain Dew and the energy drinks like Red Bull etc. Read the labels under ingredients and look for caffeine.