



Nutrition Factsheet

Night Before Training/Game:

- Pasta
- Lean Meat/Fish
- Dark leafy greens
- Tomato sauce with meat

Pre Training/Game: 3-4 hours

- Light Grain Products (whole wheat breads, cereals, bagels, rice, crackers, etc.)
- Do not eat unfamiliar foods

Immediately Before Training/Game: 1-1.5 hours

- Do not eat unfamiliar foods
- Granola bar
- Fruits

During Training/Game: Halftime

- White bread
- Banana/Apples
- Pears/Peaches

Post Training/Game: 30min

- ½ cup of nuts
- 2-3 cooked eggs
- 1-2 cups fresh colorful veggies
- 1-2 cups fresh fruit
- 2 cups chocolate milk
- 1 bagel

The Benefits of Nutrition:

- ✓ INCREASE PERFORMANCE
- ✓ Increase in Strength Gains
- ✓ Increase in Lean Muscle Mass
 - ✓ Increased Energy
 - ✓ Sustained Energy
- ✓ Increased Mental Performance
 - ✓ Increase in Metabolism
- ✓ Increase in Immune System Functioning
- ✓ Decrease in Recovery Time
 - ✓ Decreased Risk of Injury
- ✓ Decrease in Recovery Time from Injury
 - ✓ Decreased Risk of Fatigue
 - ✓ Decreases in Body Fat
- ✓ Decreases in Amount of Muscle Loss during the In-Season(s)

Proteins

1 st Choice	2 nd Choice	3 rd Choice	Poor Choice
95% Lean Ground Beef 95% Lean Ground Turkey Skinless Chicken Fat Free Milk Skim Milk/Almond Milk Skinless White Turkey Light Tuna in Water Baked Fish Egg Whites	1% Milk 85% Lean Ground Beef 85% Lean Ground Turkey Low Fat Milk Regular Yogurt Baked Chicken Strips Dark Meat Skinless Turkey Lean Lamb	75% Lean Ground Beef 75% Lean Ground Turkey Low Fat Cheese Frozen Yogurt Lean Brisket Turkey Sausage Dark Meat Tuna Chicken with Skin 2% Cottage Cheese	Bacon Sausage Balogne Beef Ribs/Pork Ribs Whole Milk Untrimmed Steak Cheeseburgers Hot Dogs MOST WHOLE FOODS



- Essential building block for growth and recovery
 - Required to prevent far-reaching muscle breakdown during physical activity
 - One of the most important nutrients for and athlete
 - Essential Amino Acids
- *Recommended Serving = 1 Gram Per Pound of Body Weight/Day (ex: 135lb = 135grams)**

Order of Preference:

- White meats, fish, poultry
- Eggs and egg substitutes
- Non Fat or Low Fat dairy products (milk, yogurt, cheese)
- Red Meats

Carbohydrates

Good Choice	OK Choice	Poor Choice
Apples Legumes Cherries Carrots Eggplant Mushrooms Strawberries Tomatoes Dark Leafy Greens	Whole Grain Breads High Fiber Cereals Brown Rice Steel Cut Oatmeal Squash Peas Sweet Potatoes Bananas Grapes	Pankakes/Waffles White Rice Potatoes White Bread Pasta Bagels Sweetened Cereals Crackers Pretzels

- Important for performance and appetite control
- *Consume vegetables as primary source to help the consumption of vitamins and minerals*
- Primary fuel source
- Primary glucose (sugar) source for cells
- The body converts glucose in glycogen for energy storage
- Glucose is the primary energy source for the brain and nervous system

****Recommended Serving = 8 Fist Size Servings/Day***

Order of Preference:

- Vegetables
- Fruits
- Whole Grains
- White Flower
(ex: breads, bagels, muffins, etc.)



Fats

Good Choice	OK Choice	Poor Choice
Pumpkin Seeds Flaxseed/Oil Olives Nuts Avocados/Oil Fish Shellfish	Coconut Oil Vegetable Oil Peanut Oil Sunflower Oil Sesame Oil Soybean Oil Butter	Hydrogenated Oils Mayonaise Cream Cheese Sour Cream High Fat Dairy Products Ice Cream Animal Fat

- Essential fatty acids are required for growth, recovery and overall health.
- Essential fatty acids are part of each cell (muscle cells included).
- Fat is an important energy source, especially for endurance.
- Omega 3 fatty acids aids in cardiovascular system health, inflammation management, and improvements of strength and aerobic performance.

Good Sources of Fat:

- Cold water fish
- All types of nuts, avocados
- Olive Oil, safflower oil

Poor Choices of Fat:

- Animal Fat
- Anything that looks like fat
- (butter, mayo, etc.)
- Fried Foods

