

# **TOP 12 NUTRITION FACTS FOR ATHLETES**

**RULE 1:** Eat a large breakfast that contains carbohydrates and protein everyday!

**RULE 2:** Eat a minimum of 4 meals a day, 5-6 would be best and eat every 2-3 hours

**RULE 3:** Carry a water bottle with you and drink even when you are not thirsty

**RULE 4:** Sleep a minimum of 8 hours a night; your body repairs/recovers when at rest. Sleep= gains in muscle strength and size

**RULE 5:** Take a daily multiple vitamin/mineral supplement cleared by strength or training staff

**RULE 6:** Eat protein, carbohydrates, good fat and vegetables at every meal

**RULE 7:** Eat more raw vegetables. Ex: Uncooked carrots, broccoli, cucumbers, onions, tomatoes. At least 5 servings. More = Better

**RULE 8:** Eat a complete meal (Rule 6) 15-45 minutes after practice, conditioning, or weights. Eat a small meal 30-60 minutes before training

**RULE 9:** Limit your self to one of the following per week: fast food, fried foods, pizza, cheeseburgers, sweet snacks. Fried food 95% unhealthy, 5% healthy

**RULE 10:** Do not drink cola, iced tea or any other drinks that contain: caffeine, carbonation or high sugar content. Ex: Pepsi, grape drink, iced tea, lemonade, energy drinks

**RULE 11:** Last meal (small) of the day should be 1.5-2 hours before you go to bed, mostly protein

**RULE 12:** To gain weight eat more and more often, to lose fat eat the same amount of calories but eat more often