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