STRENGTH GAIN AND BODYFAT LOSS SUGGESTIONS

- Eat a minimum of three meals per day. **Never skip a meal (This means breakfast!!)**. Try to eat every 3 hours. Snack on skim milk and fruit (great protein and carb combo).

- Eat 4-6 smaller meals rather than 2-3 large meals per day.

- **Drink a minimum of 64 oz. Of water per day. Water is filling and essential.**

- Eat equal amounts of low-fat protein (turkey, chicken, fish) and fibrous carbs (fruits and vegetables) at each meal. It is important to maintain an adequate protein intake to help prevent loss of muscle tissue while trying to reduce body fat. Protein requirements should be increased when caloric consumption is reduced or activity levels are increased.

- Drastically increase the intake of fruits and vegetables. Eat five servings of fruits and vegetables per day.

- Avoid all high fat dairy products. Use skim milk, egg whites, and cottage cheese as protein sources.

- Avoid all fried food. These include fried chicken and fried fish as well as potato chips and french fries.

- Avoid eating after 7:00 p.m., this will give you more of an appetite for breakfast.

- **Weight loss of not more than one to two pounds per week** is ideal.
TIPS FOR EATING ON CAMPUS, FAST FOOD, OR RESTAURANTS

RULE OF THUMB: If you order anything from a menu, don’t be afraid to ask for substitutions or deletions of items such as: butter, mayo, etc. Ask for dressings on the side. Be a high maintenance eater!

- Choose beverages such as skim milk or low-fat milk, unsweetened juices, tea or water.
- Avoid or go lightly on condiments such as mustard, ketchup, and dressings.
- Avoid or go lightly on margarine, butter, sour cream, and mayo.
- Avoid heavy brown or cream gravies.
- Avoid or go very lightly on all fried foods.
- Choose clear broth soups in place of cream-based soups.
- Try chili instead of creamed soups.
- Avoid meals that are fried or breaded.
- Trim visible fat from meats.
- Remove skin from chicken before eating.
- Choose meats, which are baked, broiled, or grilled w/out gravies.
- Choose vegetables w/out cheese or cream toppings. Pick vegetables which are raw or steamed – when possible.
- Choose potatoes baked instead of french fries, Au Gratin, scalloped, or w/heavy cheeses or cream toppings.
- Try breakfast foods such as bagels, low-sugar cereals, pancakes, french toast, yogurt, and oatmeal.
- Choose salad items such as raw vegetables, beans or peas, dark green lettuce, and go lightly on mayo-based salads. Use low-fat or light dressings on salads.
- For dessert – try fruit, cottage cheese, yogurt. Add fruit to each meal – preferably fresh.
- Eat plenty of complex carbohydrates – pasta, breads, cereals, grains, beans, peas, and rice. Choose pasta with tomato sauces. Choose whole wheat or dark breads. Try crackers instead of white breads.
SAMPLE MENUS

BREAKFAST:
#1
EGG WHITE or EGG BEATER OMELETTE, 3 EGGS (CHEESE or HAM, MUSHROOMS, PEPPERS, ONIONS)
OATMEAL OR 4 SLICES OF TOAST (WITH JELLY, 2 W/ PEANUT BUTTER)
3 GLASSES OF SKIM MILK
3 GLASSES OF WATER

#2
OATMEAL
FRUIT SALAD
4 PIECES HAM (HAM OR CANADIAN BACON ARE ACCEPTABLE)
3 EGG WHITES

OMELETTES ARE OK EVERYDAY AS LONG AS THEY ARE EGG WHITES OR EGG BEATERS. ADD AS MANY VEGETABLES AS POSSIBLE. GO EASY ON THE CHEESE AND HAM.

LUNCH:
PRIORITY 1: TURKEY, CHICKEN, TUNA, SKIM MILK
SALAD W/ 3 OUNCES OF TURKEY OR TUNA ON TOP
LOW CAL DRESSING
3 GLASSES OF SKIM MILK
1 APPLE
1 ORANGE

DINNER:
PRIORITY 1: PROTEIN – TURKEY, CHICKEN, FISH

PRIORITY 2: VEGETABLES – BROCCOLI, CAULIFLOWER, SALAD, ETC.

FOR LUNCH AND DINNER: PASTA, BREAD AND RICE SHOULD BE REPLACED WHEN POSSIBLE WITH FRUITS AND VEGETABLES.

SNACKS:
SKIM MILK
LOW-FAT YOGURT
WALNUTS/ALMONDS
ANIMAL CRACKERS
½ CAN TUNA WITH TRISCUIT OR WHEAT THINS
TURKEY OR TUNA PITA SANDWICH W/ LETTUCE, TOMATO, PICKLE, ONION, ETC.
SHOPPING LIST

PROTEIN SOURCES:
EGG BEATERS
TUNA FISH – PACKED IN WATER ONLY, MIX WITH LOWS CALORIE MAYO
SLICED TURKEY BREAST
95% LEAN GROUND TURKEY (USE IN PLACE OF GROUND BEEF)
SKINLESS CHICKEN BREAST
EGGPLANT
KIDNEY BEANS
TURKEY BACON
95% LEAN HAM
NONFRIED FISH

BREADS AND CEREALS:
CEREAL: 1 – 20 OZ. BOX PER WEEK PER PERSON
RAISIN BRAN
NUTRI GRAIN
GRAPE NUTS
HONEY NUT CHEERIOS
OAT BRAN
BRAN CHEX
SHREDDED WHEAT

DO NOT BUY JUNK CEREAL (LUCKY CHARMS, COCO PUFFS, ETC.)

BREADS: 1 LOAF PER WEEK PER PERSON
RYE
WHEAT/WHOLE WHEAT
PUMPERNICKEL
PITA BREAD
BAGELS – 1 BAG PER WEEK PER PERSON (5-7 BAGELS)
ENGLISH MUFFINS – 1 BAG PER WEEK PER PERSON
MULTI GRAIN
WHOLE GRAIN

DAIRY PRODUCTS:
SKIM MILK – 1 GAL. PER WEEK PER PERSON (MINIMUM) NO WHOLE MILK
LOWFAT YOGURT
LOWFAT CHEESE
REDUCED CALORIE MAYONNAISE
LOWFAT ICE CREAM
LOWFAT FROZEN YOGURT
SHERBERT
FRUITS AND VEGETABLES:
BROCCOLI
CAULIFLOWER
PEAS
STRING BEANS
POTATOES -- 1 LB BAG PER WEEK (DON’T SMOTHER THEM WITH BUTTER) (BAKE THEM OR PUT THEM IN MICROWAVE)
LETTUCE
TOMATOES
CUCUMBERS
ORANGE JUICE – 1 GALLON PER WEEK PER PERSON
APPLE JUICE – 1 GALLON PER WEEK PER PERSON
APPLES – 7 PER PERSON PER WEEK
BANANAS – 7 PER WEEK PER PERSON
PLUMS – 5 PER WEEK PER PERSON
CANTALOUPE – 1 PER PERSON PER WEEK
WATERMELON
ORANGES – 5 PER WEEK PER PERSON
SUMMER SQUASH – 3 PER WEEK PER PERSON
GREEN/YELLOW PEPPERS – 3 PER WEEK PER PERSON
SWEET POTATOES – 3 PER WEEK PER PERSON

THIS IS A MOST IMPORTANT GROUP WHERE MANY ATHLETES FAIL, PLEASE DO NOT SKIP THIS AREA.

PASTA – RICE
SPAGHETTI, ZITI, ETC. – 2 LBS. PER WEEK PER PERSON
SUCCESS RICE – USE INDIVIDUAL PACKETS (THEY ARE EASIER TO PREPARE)
FROZEN RAVIOLI – CHECK LABEL FOR LOW FAT CONTENT
MACARONI AND CHEESE – MAKE SURE IT IS A LOW FAT CHOICE

MISC.:
NUTRI GRAIN WAFFLES
INSTANT QUAKER OATMEAL
SPAGHETTI SAUCE – RAGU HOMESTYLE
GRAPE JELLY – SIMPLY FRUIT (USE ON BAGELS, MUFFINS, AND TOAST INSTEAD OF BUTTER)
SNACKWELL COOKIES – (DO NOT EAT THE Whole BOX AT ONE SITTING)
WALNUTS
ALMONDS
OLIVE OIL
Alcohol – the Most Abused Drug

Alcohol damages every organ in the body and contributes to every major in the books from heart disease to digestive trouble, liver function, malnutrition, and cancer... Alcohol is the number one factor in 70% of all drowning, 70% of all choking, 65% of all assaults and burns, 50% of all fatal falls.

- Alcohol is the third leading cause of cancer.
- Contributes to insomnia and lack of REM sleep.
- Decreases the body's ability to fight off infection.
- As little as one beer a day can kill brain cells and disrupt abstract thinking.

Alcohol Effects
- Lack of strength (as much as 5%) due to inflammation of muscle tissue (myositis)
- Reduction in Endurance
- Alcohol can enter and damage the muscle cells resulting in increased post exercise muscle soreness.
- Use of Alcohol is associated with slower recovery from training and slower rates of healing from injury.
- Alcohol molecules stay in the blood up to 2 weeks.
- Alcohol disrupts glycogen metabolism making reduction in body fat more difficult.
PERFORMANCE ATHLETE
NUTRITIONAL OUTLINE

Designing Athletes’ Nutrition Programs
What is the optimal ratio of protein, carbohydrate, and fat??

Two important considerations
1) diet must supply an adequate number of calories to allow the athlete to perform optimally.
2) Diet must supply an adequate amount of protein.

Basic Formula to determine daily caloric intake
12 calories per 1 lb. of body weight

Macro – nutrient ratio for performance athletes
35% Protein / 50% Carbohydrate / 15% Fat

Two important strategies:
1) Meal structuring – refers to the composition of each individual meal. Each meal should be balanced according to the recommendations above.
2) Meal patterning – refers to how meals are consumed throughout the day
   • Goal – five or six smaller meals spaced evenly throughout the day = a more uniform supply of nutrients for recovery, glycogen restoration and energy levels.

Nutrition Programs for Specific Goals
• Diet changes depending on:
  • Metabolism (influenced by age & activity)
  • Genetics (amount of natural muscle or fat)
  • Type of sport played (anaerobic vs. aerobic?)
  • Amount of training (how often?; how intense?)
• General guidelines:
  
**Gain Weight** – training hard but failing to gain weight
1) one reason – not eating enough calories
2) increase caloric intake by 300 calories per day above basic requirements. If after a week or two, they still are not gaining weight, increase calories again by another 300 per day. Continue to increment calories until the athlete gains one pound every one to two weeks.
   • Quality of the food matters just as much as the quantity
   • Thinner athletes – better gains from carbohydrates
   • Fatter athletes – better gains from protein
**Lose Fat** – most effective strategies are:

1) To change the diet so that the athlete consumes **less carbohydrate and more protein**
   - Lower carbohydrate intake will reduce insulin levels and promote the utilization of stored body fat as energy
2) To **increase energy expenditure** by performing more exercise
   - Additional exercise per day (30-45 minutes of fairly intense aerobic activity)
   - If you decrease caloric consumption after a few weeks, your metabolic rate slows down to match the new, reduced level of intake, and **weight loss stalls**
   - Aim for a weight loss goal of **one to two pounds per week**

**Trouble Shooting**

- If athlete is losing weight unintentionally, he or she needs more calories – increase both protein and carbohydrate intake.
- If athlete is losing strength and seems over-trained, increase protein intake.
- If athlete is becomes fatigued before the competition is over, increase carbohydrate intake – before and after the event.
- If athlete is performing resistance training but is failing to make gains in both musculature and strength, increase protein intake.
- If athlete is gaining fat, decrease carbohydrate intake and increase protein.

**Successful Eating Tips for Athletes**

- Treat your body like an engine
- Be Disciplined – Eat + Train towards your goal
- Don’t rely on one diet menu – change the content to get a variety of nutrients
- Ask questions/learn from others
1. **How do I reduce or gain body weight?**

   Again, follow the dietary guidelines to balance the diet. To estimate your daily caloric intake refer to the chart that follows:

   **Estimated Daily Caloric Intake in Relation to Current Body Weight**

<table>
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<th>Body Weight <em>(LBS)</em></th>
<th>REDUCE</th>
<th>MAINTAIN</th>
<th>INCREASE</th>
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</table>

   **Note:** Percentages of macronutrients should be 65% complex carbohydrates, 20-25% fats, and 10-12% proteins. (Refer to Dietary Guidelines.)