Gator Nutrition Guide

Practical Tips for Performance, Health, and Longevity

Athletic Performance 2018
Calories

What are Calories?
Calories are the energy bound in food. Calories fuel life as we know it. Calories come from Carbohydrates, Protein, and Fat.

Important Disclaimer about Calories!
Inadequate calorie consumption may be the biggest problem facing young athletes!

Sufficient caloric intake supports:
- Energy demands from sports, school, and life
- Growth and repair from training
- Rapid recovery from injury

Insufficient caloric intake may lead to:
- Impaired mental and physical performance
- Interference with bone development and overall growth
- Increased chance of illness, injury, and nutrient deficiencies

Practical Tips for Eating Enough Calories
Everyone’s calorie needs are different based on body size, age, gender, and physical activity levels.
Here are some simple guidelines to help you eat enough calories based on different goals:

Calories to Maintain Academic & Athletic Performance, and Overall Health
- NEVER go to class, take an exam, do a presentation, go to practice, lift weights, or play in games while hungry
- ALWAYS have snacks available so you’re not caught hungry in the above situations
- ALWAYS have something to eat on hand for times post-practice, post-weight training, and post-game to aid in recovery and growth

Calories to Gain Weight
- ALWAYS train with weights 3 times per week
- NEVER be hungry. In fact, be actively full most of the day
- ALWAYS choose strategic times of year to focus on weight gain
  - Times of the year that allow you to maximize rest, recovery, and growth
  - Weight gain is almost impossible to achieve during times of high stress, excessive workload, and low sleep

Special Circumstances
- ALWAYS consult with a qualified professional before starting a weight-loss program
  - Sports Medicine, Athletic Performance, Medical Doctor, Nutritionist
- ALWAYS consult with a qualified professional before starting a special diet program
  - Vegetarian, Atkins, Vegan, Paleo, etc

The Macros: Carbohydrates-Protein-Fat

Carbohydrates

What are Carbohydrates?
Carbohydrates are food derived from plant sources: vegetables, potatoes, fruit, corn, rice, flour, and anything made from the aforementioned list. Humans also consume carbohydrates from animals such as honey and the sugars from dairy products.

Why Athletes Need Carbohydrates
- Provides energy for body and brain
- Facilitate the burning of fat
- Protects muscle protein
- Aids in recovery from practice and training

How Many Carbs Should You Eat per Day?
Carbohydrate consumption depends mostly on total daily physical activity.

**Essential Daily Carbohydrates (regardless of total daily physical activity)**
- 5-8 servings of vegetables and fruit (mostly vegetables)
  - Think colorfully, well rounded veggie consumption means eating as many colors as possible
- 1 serving = approximately one full cup
  - Necessary for essential vitamins and minerals
  - Necessary to fill dietary fiber needs

**Low Activity Level Days (in addition to the Essential Daily Carbs)**
Description: No practice or weight training. Think lazy weekends.
- A quarter of your meal plate should be filled with carbohydrates from whole food sources
  - Potatoes, Rice, Corn, Fruit, etc.

**Medium Activity Level Days (in addition to the Essential Daily Carbs)**
Description: medium intensity training days, moderate conditioning, lots of skill work, or prolonged low intensity exercise (slow jog, bike, or hike).
- A third of your meal plate should be filled with carbohydrates from whole food sources
  - Potatoes, Rice, Corn, Fruit, etc.
- Additional carbs of the sweeter variety can be consumed after training if tolerated
  - Gummy bears, pasta, Gatorade, energy bar, etc.
  - May aid in recovery

**Heavy Activity Level Days (in addition to the Essential Daily Carbs)**
Description: hard training days with heavy volume, sport practice followed by weight training, high intensity aerobic work (timed distance runs), competition days.
- Half of your meal plate should be filled with carbohydrates from whole food sources
  - Potatoes, Rice, Corn, Fruit, etc.
- Additional carbs of the sweeter variety should be consumed after training if tolerated
  - Gummy bears, pasta, Gatorade, energy bar, etc.
  - May aid in recovery

**Carbohydrate Caveat:**
Use the above information as a guideline! If you thrive on higher/lower amounts of carbohydrate, then adjust for your goals. Experiment with what works best for you! Just do not experiment during times of excess stress (major competitions, finals week).

### Protein

**What is Protein?**
Protein is predominantly from animal sources: beef, poultry, fish, dairy, eggs, and offal.
Protein from plant sources are called incomplete proteins: rice, legumes (beans), lentils, nuts, seeds.
Incomplete proteins are inferior to complete proteins.

**Why Athletes Need Protein?**
- Muscle, connective tissue (ligaments and tendons), skin, hair, and nails are made of protein
- Rebuilds tissue broken down by training and stress
- Produces antibodies – needed for maintenance of health
- Produces enzymes – needed for necessary biochemical reactions in the body

**How Much Protein Should You Eat per Day?**
Like carbohydrates, protein consumption is dependent on daily activity levels.
General Rules of Thumb:
• You don’t need as much protein on sedentary days
• Sports that require you to constantly work against external resistance (football, wrestling, water polo) require more dietary protein to rebuild degraded muscle
• Consistent weight training requires more dietary protein to rebuild degraded muscle

Consult with the table below to decide total daily protein intake:

<table>
<thead>
<tr>
<th>Body Weight</th>
<th>Low Protein</th>
<th>High Protein</th>
</tr>
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<tbody>
<tr>
<td>100 lbs</td>
<td>70 grams</td>
<td>85 grams</td>
</tr>
<tr>
<td>125 lbs</td>
<td>87.5 grams</td>
<td>106 grams</td>
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<td>150 lbs</td>
<td>105 grams</td>
<td>127 grams</td>
</tr>
<tr>
<td>175 lbs</td>
<td>122 grams</td>
<td>148 grams</td>
</tr>
<tr>
<td>200 lbs</td>
<td>140 grams</td>
<td>170 grams</td>
</tr>
<tr>
<td>225 lbs</td>
<td>157 grams</td>
<td>191 grams</td>
</tr>
<tr>
<td>250 lbs</td>
<td>175 grams</td>
<td>212 grams</td>
</tr>
</tbody>
</table>

*Numbers based off average lean body mass, not total body mass
*Numbers are only relevant in the context of a balanced diet of carbohydrates, fat, and protein

How Do You Know How Much Protein You’re Eating?:
Food labels are the obvious location for information, but many times, you’ll need to guestimate intake. Below are some common protein containing foods:
• One cup of milk = 8 grams of protein
• One cup of cottage cheese = 24 grams of protein
• One egg = 7 grams of protein
• A palm full of nuts = 6 grams of protein
• A fist size portion of animal meat (beef, chicken, fish, etc.) = approx. 30 grams of protein

Fat

What is Fat?
Fat is an organism’s (plant, animal, or by-product of them) long-term energy storage.

Why Athletes Need Fat?
• Densest form of energy from food (9 calories per gram compared to 4 calories per gram for protein/carbohydrates)
• Important component of cell structure
• Critical for nerve transmission for muscle contraction
• Transports very important vitamins: A, D, E and K
• Cushion for organs and provides insulation
• Curbs hunger pangs

How Much Fat Should You Consume?
Fat consumption should be tied to carbohydrate consumption. When carbohydrate intake goes up (like when training heavily), fat intake should go down. Visa-versa is also true, so on light training days or sedentary days, more fat is desirable as carb intake descends.
• Daily fat recommendations are tricky because much of our fat comes intertwined with other food sources (like the fat in dairy or meat products)
• When adjusting fat levels, don’t worry about fat from whole food sources (that should stay relatively consistent with the foods you eat day to day)
• Instead, adjust levels of extra pure fats that you can add to foods

What Pure Fats Should You Manipulate In Your Diet When You Adjust Intake?
The healthiest additional fats are the purest, most unprocessed fats. For example:
- High Quality Extra Virgin Olive Oil
- Butter from Grass-fed Cows
- Coconut Oil
- Avocados
- Macadamia Nuts and Walnuts
- High Quality Fish Oil (pill or liquid form, probably best not to add to other foods)

Sample Meal Plans

About the Plans
Use the guidelines and tips to modify the meals so they fit your goals. Plans are based on an average athlete (150 lbs), you may need to add or subtract calories based on your sport, body type, and other needs.

Light Day (No practice or light practice, no weights or recovery session):

**Breakfast**
- 3-5 Eggs cooked in coconut oil or grass-fed butter w/ spinach and cheese
- 1 servings of fruit (preferably citrus, berries, apples, melons)
- Class of (Full Fat) Milk

**Lunch**
- Turkey or Chicken (serving should be about the size of your palm or more) salad w/ as many different colored veggies as will fit (Olive Oil and Balsamic Vinegar dressing)
- Banana

**Snack**
- Palm size serving of nuts or seeds

**Dinner**
- Grilled Salmon (palm to palm and a half sized serving) w/ Asparagus (5-10 medium spears)
- Sweet Potato (size of fist or bigger) w/ grass-fed butter

Medium Day (Normal Practice or Weights, but not Both):

**Breakfast**
- Breakfast Burrito w/ 3-5 eggs, plus bacon or sausage and cheese
- Fruit and Spinach smoothie (2 cups of spinach, berries, milk, water, Blend)

**Lunch (Directly from Epicurean Menu)**
- Spice brined center cut Pork Loin w/ Pineapple Jalapeno Salsa (ask for extra pork)
- Herb roasted potatoes and organic local Veggies

**Snack**
- Palm size serving of Beef Jerky
- Small carton of Milk

**Dinner**
- Chicken (1 to 2 palm size servings of meat) Tacos w/ corn tortillas and all the fixings
- Zucchini sautéed in olive oil
- 1/2 cup of Cooked Rice and 1/2 cup of Refried Beans

Hard Day (Heavy Practice or Intense Weights; or Normal Practice followed by Weights):

**Breakfast**
- 1 1/2 to 2 cups of Cottage Cheese (low fat) w/ Honey
- 1/2 a Cantaloupe
- 2 slices of whole grain bread w/ nut butter

**Lunch (Directly from Epicurean Menu)**
- 18 hr. slow roasted Carolina Pulled Pork w/ Honey and Apple Cider Vinegar (ask for extra pork)
**Snack before Practice**
- Herb Yukon Gold Potatoes and Sautéed Veggies
- Tall glass of (Low Fat) Milk
- Palm sized serving of Nuts and Seeds or Jerky or
- Palm sized serving of Granola

**Dinner**
- Lean Ground Beef (2 x palm sized patties) Hamburgers on Whole Wheat Buns
- Salad w/ as many different colored veggies as will fit (Olive Oil and Balsamic Vinegar dressing)
- Oven Roasted Potatoes (fist sized serving)
- Chocolate Milk for dessert

**Snack before Bed**
- 1 cup of Yogurt (Low Fat) sprinkled w/ Walnuts and Honey

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**FAQ**

Can I meet with the athletic performance staff to discuss my nutrition goals?

Certainly! Please email us to talk face to face, or drop in to set up an appointment. We can work together to create a plan or simply offer guidance.

Where do you get your nutrition information?


Other information comes from the highly accessible website Precision Nutrition ([https://www.precisionnutrition.com](https://www.precisionnutrition.com)).

Do you offer counseling for eating disorders and/or disordered eating?

SHS does not offer specific counseling to deal with disordered eating and eating disorders. We take the subject very seriously, so if someone comes to us, we will refer them to the school counselor for an initial assessment. Once assessed, that person may be directed to outside resources for help. Please visit our link on the SHS main page for information: [https://www.shschools.org/page/campus-life/health--wellness/11-counseling-services](https://www.shschools.org/page/campus-life/health--wellness/11-counseling-services).