

**St Joseph High School**  
**Nutrition Guidelines for High School**  
**Athletics**



# Nutrition

All athletes should attempt to start focusing in on their nutrition. Nutrition is the key to make you turn into an incredible athlete. Not only will it help you to grow stronger, but will make more energized for your workouts, change your body composition and give you the competitive edge over your rivals.

Try to think of your body as a vehicle and you must fuel your vehicle for success. You would never take a long trip without filling up your gas tank first...so why would you go into practice/game/training without filling up your body? If you want to succeed and be the best that you possibly can be, you **have** to start giving your body what it needs. (hint...what it needs is NOT fried chicken, creamy pasta, soda and cookies that I see the majority of you eating for lunch and throughout the day).

## Nutrition 101:

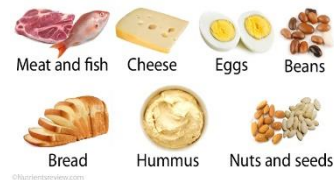
Below is a very brief summary of the basics of nutrition.

**Protein:** Protein are the building blocks for muscle. Athletes should try to eat 1.5-2g of protein/kg of body weight. To maximize your training you should aim to have protein at every single meal in some shape or form.

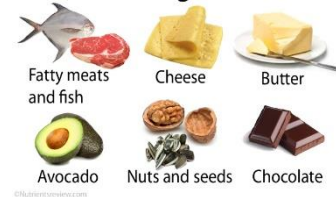
**Fat:** Fat doesn't make you fat! There are good types of fat and bad types of fat. Athletes need fat to use at the primary source of energy during times of rest and low intensity exercise. Athletes should aim to eat 1g of fat/kg of body weight. Try to avoid eating fat near your training time to maximize carbohydrate absorption. (ie: if you train from 3-5pm try to avoid eating *high* amounts of fat from 2-6pm).

**Carbohydrates:** These are the main source of energy for your body. You should aim to have at least 50-65% of your total daily intake of food come from carbohydrates. Try to aim for complex carbohydrates as they will give you energy for longer periods of time. Examples of complex carbs are foods such as oatmeal, sweet potatoes, wheat bread, brown rice, quinoa etc. Athletes should also have some type of carbohydrate drink while they are lifting and training as a source of intra workout fuel. (examples are: Gatorade, lemonade, Tang, etc). Try to avoid simple carbohydrates as your main source of energy fuel- ie: bagels, candy, chips, oreos, white bread etc. The only time simple carbohydrates are "okay" are immediately after your training when your body needs some type of fast digesting carbohydrate.

### Foods High in Protein



### Foods High in Fat



### ✓ COMPLEX CARBS



### ✗ SIMPLE CARBS



### Eating for Pre Workout

- Aim to eat within 60 mins of your workout. Focusing mainly on carbohydrates and protein.
- Not eating before a workout can jeopardize your performance. This is NOT THE GOAL!!
- Amino acids or whey protein with some type of carbohydrate can increase muscle synthesis, strength and hypertrophy.
- Remember you need to FUEL your vehicle in order for it work properly!
- Examples of pre-workout meals:
  - Bananas and a protein shake
  - Lean meats with sweet potatoes
  - Fat free yogurt
  - Protein Bar

### Eating for Post Workout

- Both protein and carbohydrates again should be your main focus
- Try to get some type of fuel in your body within 30 mins of exercise
- Carbohydrates will help to replenish your glycogen stores (aka...your energy stores)
- Continue to drink plenty of fluids to replace any lost during exercise.
- Examples of post-workout meals:
  - Chocolate milk
  - Fat Free Yogurt
  - Lean meats with vegetables and sweet potatoes or rice
  - Protein Shake with a piece of fruit

### Eating for the remainder of the day

Remember these simple guidelines for eating throughout the day. Think of your body as a car and you need to always make sure it has enough fuel to run.

- Think about your macronutrients at each meal.
  - Where is my protein?
  - How am I getting my carbohydrates?
  - Do I have a vegetable at each meal?
  - What source is my fat coming from?
- EAT BREAKFAST. Avoid the temptation to sleep in and start the day off empty.
- If you don't like "breakfast food" then don't eat it! Nobody has said that you *have* to eat eggs, oatmeal, toast etc. for breakfast. Want a turkey sandwich? Eat it! Just get something in your stomach.
- Try to aim for 3 big meals a day with 3 smaller snacks in between to keep energy stores full.
- Focus on eating "real food". A great rule of thumb is if it comes from the earth or had a mother then it's good to eat! When going to the grocery store aim for shopping around the perimeter of the store. (this is where all the fruits, veggies, proteins and dairy products are).

A proper diet and training is key to optimizing body composition and successful training.

**Questions? Reach out to Coach Thresher at [athresher@sjcadets.org](mailto:athresher@sjcadets.org)**