

# Servite Athletics Sports Nutrition



## 5 Traits of Successful Athletes

**Consistency** – Successful athletes' results are never about just a 16-week program, finding a magic pill, or taking shortcuts. They don't skip out on 2-3 months here and there because life gets busy. They never let minor aches and pains sidetrack them because they find ways to train around these issues and fix them in the process. They can't imagine taking 19 weeks to complete a 16-week program. Training is a critical part of their lives, so they do it with more consistency than their less-accomplished peers. In the grand scheme of things, the programming, technique, and training environment(s) are important, but just **showing up is the single-most important thing.**

**Focus** – When it's time to train, the cell phone goes off. There's no talking about what went on during school or over the weekend before, or complaining about problems with the new girlfriend. When these successful athletes are in the weight room, they are there for one reason: to lift heavy stuff and get better.

**Training Partners/Environment** – Successful individuals realize that they'll ***NEVER*** be as well off ***alone*** as they will be with the ***help*** of the ***individuals around them.*** Therefore, they surround themselves with the right people. The end result is constant, detailed feedback; handoffs and spots whenever they're needed; ***accountability*** to ensure the aforementioned consistency; and camaraderie that improves results exponentially.

**Realistic Expectations** – Push too hard when you aren't feeling it, and you'll set yourself back. The most accomplished powerlifters, bodybuilders, and strength sport athletes out there know when to push and when to hold back to take de-loading periods; they have realistic expectations of themselves and listen to their bodies. These individuals will consult with coaches and athletic trainers to make the best informed decision. In the end, they are ***NOT*** afraid to push themselves outside of their comfort zone.

**Insatiable Desire to Improve** – Some of the best athletes I've ever met and worked with have also been the most inquisitive and open-minded to suggestions. They are constantly looking for new ways to improve, and appreciate that the field of strength and conditioning is a very dynamic one in which ***new research emerges almost daily***. They recognize that there is more than one way to skin a cat, so they borrow bits and pieces from many different philosophies to find what works best for them. In the end, they ***TRUST THE PROCESS***.

Don't let your hard work go to waste. It doesn't take long to undo all of your hard work with poor food choices. Make nutrition a priority so you are ready for every season.

This packet focuses on and explains the 5 nutrition goals for you as a Servite student-athlete. Follow these guidelines to stay fueled during exercise, enhance recovery between workouts, and maintain a healthy body composition.

## **5 Nutrition Habits of Champions**

- 1). Hydrate
- 2). Refuel
- 3). Eat at Regular Intervals
- 4). Choose a Varied and Balanced Diet
- 5). Meet Your Energy Needs



## Daily Checklist

Complete this checklist daily to ensure you are achieving optimal nutrition

\_\_\_\_\_ I ate breakfast

\_\_\_\_\_ I ate 3-4 balanced meals

\_\_\_\_\_ I ate 2-3 nutritious snacks

\_\_\_\_\_ I ate 2-3 pieces of fruit

\_\_\_\_\_ I ate 3-5 servings of vegetables

\_\_\_\_\_ I ate 3-4 servings of low-fat dairy products

\_\_\_\_\_ I ate a lean source of protein in each meal

\_\_\_\_\_ I ate a source of carbohydrates in meals and snacks

\_\_\_\_\_ I selected foods moderate or low in fat

\_\_\_\_\_ I drank water regularly throughout the day

\_\_\_\_\_ I drank water or sports drink during intense conditioning

\_\_\_\_\_ I refueled within 60 minutes following workouts

\_\_\_\_\_ I took a multivitamin

## 5 Nutrition Habits of Champions

### 1). HYDRATE

#### Dehydration

- Raises your body temperature
- Makes you work harder at lower exercise intensities
- Causes headache, dizziness, and fatigue
- Leads to muscle cramping

#### Stay Hydrated

- Drink at least 1 cup of water every hour
  - Carry a water bottle around with you for a reminder
- Drink 1-2 cups of water or low sugar sports drink about 15 minutes before exercise
- Drink 1-2 cups of fluid every half hour during exercise
  - Select a sports drink over water ***only*** if you are a salty sweater or ***exercising for longer than an hour***
    - Add 2 more cups of water for each pound lost during exercise

#### Monitor Hydration

Urine color - Clear to pale yellow color and frequent need to urinate signal adequate hydration. Infrequent, dark urine reflects your body begging you to drink.

Weight loss - Weighing yourself before and after practice allows you to estimate fluids lost in sweat. Replace each pound with 2 cups of fluid.

## **2). REFUEL**

### **Purpose**

- 1). to replace carbohydrates used for energy and build stores for the next workout
- 2). to provide protein for aid in muscle repair and to prevent muscle breakdown
- 3). to take the first step in recovery for your next workout

### **Timing**

The critical time to refuel is within the first 30-45 minutes after exercise, when your body is able to maximize absorption of carbohydrates and protein.

### **Nutrients**

Water: at least 3 cups of fluid plus an additional 2 cups for each pound of weight loss

Carbohydrates: 50-100 grams

Protein: 15-25 grams

### **Recommended Food Combinations**

- Rockin' Refuel
- 2 cups of low-fat chocolate milk and a banana
- Peanut butter and jelly sandwich and 2 cups of water or sports drink
- Bagel and part-skim mozzarella string cheese
- 8 oz. of low-fat yogurt mixed with 1/2 cup granola cereal
- 2 cups of cereal with skim or 1% milk

## **3). EAT AT REGULAR INTERVALS**

### **Purpose**

- 1). to maintain blood sugar levels for constant energy throughout the day
- 2). to minimize overwhelming hunger that leads to overeating late at night
- 3). to encourage protein synthesis instead of fat storage

### **Recommendations**

Aim for 3-4 balanced meals daily

- Begin your day with a meal, even if it is not a traditional breakfast
- Regardless of your work or class schedule, make sure to include a lunch

This may require packing food ahead of time

- Prepare or purchase a dinner that is about the same size as breakfast and lunch
- For weight gain, eating a fifth or sixth meal will help you to consume more calories
- Starving all day and binging at night will sabotage both weight loss and weight gain efforts

Aim for 2-4 snacks daily

- Including a small snack in between meals will control your hunger
- Adding large snacks will help increase calories needed for weight gain
- Eating a high-carbohydrate snack pre-workout will provide quick energy
- Refueling after exercise is an essential snack for all athletes

## **4). CHOOSE A VARIED AND BALANCED DIET**

### **Eat antioxidant-rich fruits and vegetables**

#### **Goals**

- 1). Aim for 2-3 pieces of fruit per day
- 2). Aim for 3-5 servings of vegetables per day  
1 serving is 1 cup raw or 1/2 cup cooked veggies

#### **Examples**

- fresh fruit, frozen fruit, canned fruit in water or juice, 100% fruit juice, dried fruit
- fresh vegetables, frozen vegetables, canned vegetables, 100% vegetable juice

### **Eat energy-supplying carbohydrates**

#### **Goals**

- 1). At least half of your calories should come from carbohydrates
- 2). Include a source of carbohydrates in every meal and snack

#### **Examples**

- whole grain bread, cereal, pasta, rice, oats
- starchy vegetables such as potatoes, sweet potatoes, winter squash, corn
- limit empty calories such as soda, sweet tea, candy, and sugary desserts

### **Eat muscle-building, lean protein sources**

#### **Goals**

- 1). Up to 1/4 of your calories may come from protein
- 2). Include a source of lean protein in every meal

#### **Examples**

- chicken breast, sirloin steak, lean ground beef, fish, egg whites, beans
- low-fat dairy products such as skim milk, low-fat yogurt, and 2% cheese

## **5). MEET YOUR ENERGY NEEDS**

Match your food intake to your body composition goals.

- Increase total calories to gain lean muscle mass
- Decrease total calories to shed excess body fat
- Maintain total calories to avoid weight gain or loss

Six sample meal plans have been provided at the end of this packet with varying energy levels to guide your food choices. If there is no beverage listed with food items, select water. Your specific needs and food preferences may differ from those provided, so please schedule a nutrition consultation to receive substitution recommendations. If you struggle to reach all of your vitamin and mineral requirements on a daily basis, it is also recommended that you take a general multivitamin.

# **Information for Building Muscle and**

# Fat Loss

## Muscle Building Nutrition

### -Stimulate your appetite for breakfast

In the morning drink a small glass of orange or grapefruit juice. Cold appetizers such as refrigerated hard boiled eggs, celery, fruit and vegetables can also increase appetite. Deficiencies in B-vitamins are also causes of low appetite. Take a multi-vitamin in capsule or liquid form, tablets tend to not get broken down as well and much of the vitamin is wasted.

### - Prime Your Body with Pre-Workout Meal

Always eat a small pre-workout meal consisting of some low glycemic carbs and a quality protein. A good meal is a half cup of rolled oats and a scoop of whey protein, peanut butter with milk and a banana. This provides you with a sustained carb source to provide energy through your workout and a quality protein source to support muscle repair and growth. This is an ideal meal 1-1.5 hours pre-workout.

If you have limited time before your training sessions eat easily digestible food such as: fruit, toast w/ peanut butter or jam, skim milk, Nutri-grain or granola bars, yogurt, cottage cheese, scrambled eggs, or carnation instant breakfast.

Your body will find the energy to support your training. ***If you eat nothing pre-training then the energy will come from the breakdown of muscle.*** The very same muscle you are trying to build bigger and stronger by training. ***Don't believe what you hear about training on an empty stomach to burn fat, this has been disproved repeatedly.***

### - Eat More Calories

The most important thing to be emphasized is that you **NEED TO EAT** to gain weight. If you are not eating enough calories, you will NEVER gain weight, no matter what you do. In order to build new muscle, you must eat more calories than your body burns off; creating what is called a caloric surplus. To gain mass, you should strive to eat at least 500 calories above your BMR (Basal Metabolic Rate) every day. The extra calories will be used by your body to repair muscle tissue that is damaged during the heavy workouts, and to build new muscle.

Make sure that your diet consists of nutrient dense foods. All calories are not created equal! In other words, some types of calories are not equal to others for gaining muscle. For example, if I said that you need to eat 4,000 calories per day to gain weight, and you eat fast food each day, do you think you would gain muscle? Not likely. The majority of your weight would be fat. Why? Because fast food, like most processed junk food, contains empty, totally nutrition less calories. These foods do not provide you with the correct nutrient breakdown essential for gaining muscle.

### - Include a Different Protein at Each Meal

You should include a different lean protein source at every meal. Your muscles need protein. You need a complete amino acid spectrum to repair, maintain and facilitate growth in muscles. Protein is also

used in a host of other ways by the body, specifically by enzymes, blood and other cells. Adding protein at each meal will generally reduce the glycemic index of the meal. Focus on getting at least 1 gram of protein per pound of body weight. So, if your weight is 175 lbs, try to eat **at least** 175 grams of protein per day. In the course of a day get protein sources from dairy and oatmeal or eggs with breakfast, chicken at another meal and then beef later in the day and fish with your last meal. Eggs are also a great late night snack. They contain a form of protein that breaks down slowly allowing the body to remain anabolic long into your sleep and the fats will give you a few extra calories.

### **- Rest for Muscle Growth**

One of the best pieces of exercise advice is to understand that ***your muscles grow when you're resting, not training***. That's right; you don't actually get bigger and stronger when you're in the gym. It's what you do after your workout that's the real key to muscle growth. If you don't let your muscles recover correctly, your body will become over trained and it will be in a state of constant "catch up". This is far from the ideal state that you want your body in. What you want is to truly prime your body for your next workout and give it enough rest and recuperation to fully optimize your training. The worst thing you can do is not help your body recover. This will lead to muscle atrophy (breaking down muscle). Take care of business and start your recuperation. When you get back from your workout, you might also try sitting in an ice tub or sauna to really relax and let your muscles recover. Rest is extremely important when training hard, so make sure to take the time to recover and grow from your training sessions.

### **- Eat Enough Good (mono and poly unsaturated) Fats**

Most people are overweight because of a diet high in simple carbohydrates (sugar), not from eating fats. If your diet is too low in fat, your body will actually make a point to store any fat it gets, because it doesn't know when it will get more. A low-fat diet will also lower testosterone levels, something we do not want when trying to gain muscle. Studies have shown an increase in essential fat intake seems to bring on an increase in testosterone levels. The inverse is also true. A decrease in essential fat intake is accompanied by a decrease in free testosterone levels. Good sources of fat are salmon (fish oils) which contains omega-3 fatty acids (the best type of fats), natural peanut butter, avocado/guacamole, macadamia nuts, and flaxseed oil.

### **-Get a post-workout shake**

Shakes offer quickly absorbing calories and nutrients which will help to aid recovery when taken immediately after training. ***Shakes are only for post-training and must be followed by a real food meal within 45-1 hour.*** By relying on shakes your muscles will be neglected necessary enzymes for anabolic activity. Eat living organisms (meat, dairy, fruits, vegetables, etc...) to build your living organism.

Remember that marketing drives product sales and the FDA does not regulate supplements. This means that not only can supplement companies make false claims but they can also put misinformation on their ingredient listing. A popular supplement company was caught putting saw dust in a top selling weight gainer and in an independent study several top brands were found to have less than half the protein amount claimed on the label.



## **- Visualize For Success**

Visualizing success is important for two reasons. First, the mind thinks in terms of pictures. Second, the subconscious mind drives much of our behavior. The subconscious does not know the difference between something that is real and something that is vividly imagined, so whatever picture you consistently think about will drive you to create that exact reality.

A great visualization technique is to spend 10 minutes every night while lying in bed with your eyes closed and visualize in detail how you want your body to look. Start from the ground up and focus your visualization on how you want your legs to look, and then move up to your hips and thighs. Focus attention on your midsection, then your chest arms and shoulders.

## **- Eat Plenty of Carbohydrates**

Carbohydrates are needed to fuel your body during exercise. The storage form of carbohydrates is glycogen. The idea here is to super saturate glycogen levels so that the body never has to dip into protein for energy production. The higher the level of carbs in the body, the more likely you are going to remain in an anabolic (building) environment. Carbs also play a role in the release of insulin. Insulin is the body's most potent anabolic hormone. It promotes gluconeogenesis, protein synthesis, and the formation of adipocytes. In short, the release of insulin is required to promote an anabolic environment and carbs help by releasing insulin.

Ingesting three grams of carbs per pound of bodyweight daily will provide your body with plenty of calories for energy, ensuring that your protein derived calories will be left to support muscle growth and repair. Here is a list of nutrient dense carbs to choose from:

### **Grains, complex carbohydrates, fiber**

- Oatmeal, Old Fashioned
- Sweet Potatoes/Yams
- Barley
- Beans
- Oat bran
- Fiber One
- Brown or Wild rice
- Whole wheat bread
- Whole wheat pastas
- Whole wheat Tortillas
- Shredded Wheat cereal

### **Vegetables, complex carbohydrates, fiber (the darker the vegetable the higher it's nutritional value)**

- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower

- Celery
- Cucumber
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes
- Zucchini
- Mushrooms
- Squash

### **Fresh Fruit (the darker the fruit the higher it's nutritional value)**

- Apples
- Pears
- Oranges
- Bananas
- Grapefruit
- Peaches
- Strawberries
- Blueberries
- Raspberries

### **-Drink Minimum 1 Gallon of Water per Day**

Over half the human body is made of water and all metabolic reactions need water. It takes 2.7 grams of water to utilize 1 gram of carbohydrate. Research suggests that at the onset of dehydration strength is decreased by 10%. Furthermore one gallon of water weighs 8lbs, so if you're trying to gain weight this is an easy first step.

Get quart sized bottle fill it with water, drink it and repeat at least 4 times throughout the day. Be sure to have finished the first quart within 2 hours of waking. This will combat any dehydration that occurred overnight.

### **- Plan Your Meals Ahead**

Set a schedule of how often to eat; starting with breakfast before 9 am and plan to eat a meal or snack every 2-3 hours. Take into account your class, meetings, practice and training schedules. You must eat 1 to 1.5 hours before a practice or training session, even if it's a snack. You can even take it to another level and pre-cook your meals. Many professional/Olympic athletes will pre-cook their entire week of meals and store them in Tupperware bowls. Along with these pre-cooked meals, you can store quick protein snacks like protein bars for tasty treats during the day.

### **- Emphasize the Negative**

Muscle growth is the logical byproduct of muscle contraction. Much emphasis is placed on the concentric phase of a lift where the muscle shortens as it contracts. But the stretching of the muscle during the eccentric, or negative, phase where the muscle lengthens while maintaining tension can directly cause muscle hypertrophy, too. Emphasizing the negative is an easy technique to overload muscles and promote radical gains in mass.

## **- Set Short Term Goals**

Short term goals are important for developing a solid muscle building program. By setting short term goals, you will have the framework to follow so you can make small changes in your daily routine which will develop into healthy habits to last a lifetime. Focus on a weekly goal of gaining 1-2 pounds lean mass. This is the healthiest amount of weight gain per week and is the correct level to make sure you're not packing on body fat. To reach this 1 pound weight gain per week, focus on creating a 500 calorie surplus in your overall calories every day.

## **- Eat Several Meals per Day**

By eating multiple meals every day, you will increase your metabolism and provide a steady supply of protein and calories to your muscles. It will also amp up your energy and keep your insulin levels constant. Ideally, you should eat 5 to 6 times per day, with about 2-3 hours between each meal. Imagine yourself grazing versus hoarding. You want to graze on nutrient dense foods several times instead of hoarding on large amounts of foods a few times a day. Your body can only assimilate a specific amount of protein per meal, so by eating multiple protein packed meals every day, you provide a continuous source of muscle building nutrients to your body.

## **-Misc. food tips to aid muscle gain**

- Scramble eggs in the microwave. Place eggs in microwavable container, mix as normal, maybe add some torn turkey bacon to flavor and cook on high for approx. 2 minutes.
- Hard boil eggs. Place eggs in cold water and bring to a boil for 15 minutes. Limit egg yolks to 4/day, but feel free to eat extra egg whites. These can be placed in a food storage bag and taken with you. Do not allow eggs to be a room temperature for more than a few hours. Eggs are less than \$2/dozen at Fry's.
- For convenience use a preservative free deli meat such as Foster Farms. Use real meat when able.
- Lean meats are chicken, fish (white and red) that is labeled wild caught; farm raised is higher fat, turkey, tuna and red meat cuts marked lean or extra lean or have "loin" as part of the name.
- Trail Mix. A large bag is \$5 at Wal-Mart or Sam's Club. Buy extra raisins, almonds and macadamia nuts to add to the bag once it becomes half empty. Great source of unsaturated fats and protein.
- Natural Peanut Butter (oil on top). Stir well and refrigerate after opening. The only ingredients should be peanuts and salt nothing else. Carry the jar in your back pack with a spoon. Can be combined w/ trail mix. Fry's carries Kroger Natural Peanut Butter for approx. \$2/jar
- Shredded wheat, but not the frosted kind. Buy generic for \$2-3/box. If you want to sweeten it, use fruit such as banana, strawberries or frozen blueberries.
- Malt O' Meal bag cereals. Saves 1/2 price v/s brand names.
- Raisins or Fig Newtons. Raisins are excellent for the body's pH balance thus building muscle.
- Generic brands of Oatmeal w/ whole oats not packets of instant. Buy for approx \$2/tub.
- Reduced fat Cottage Cheese. Add apple sauce or pineapple chunks for flavor. Approx \$2-3/tub.
- Sweet Potato/Yams. Poke holes in it w/ fork and microwave for 4-8mins depending on size.
- Steamer bags of vegetables from Green Giant or Birds Eye. Make veggies in microwave for \$2/bag.
- Uncle Bens Ready Rice: Wild, Whole Grain or Brown. Microwave in bag: 90.
- Beans are a great source of fiber and carbs. Refried beans are not.
- Choose whole grain or high fiber rice, breads, tortillas, etc... Avoid white forms.

- Jenny O Turkey Bacon. High protein without the fat. \$3 at Safeway. Cook in microwave approx 2mins.
- Low fat/sugar granola. Eat alone or add to oatmeal, yogurt, trail mix, natural apple sauce or cottage cheese. At Fry's it is in the bulk bins.
- Avocado Dip or Guacamole.

## Fat Loss Nutrition

### - Eat Breakfast

*All good nutrition (for any goal) starts here. If you're not eating a nutritious breakfast very little else will help you. People who eat breakfast have 5x higher metabolism than those who don't.*

If you buy into anything in this document make it eat a good breakfast!

If you have limited time before your training sessions eat easily digestible food such as: fruit, toast w/ peanut butter or jam, skim milk, Nutri-grain or granola bars, yogurt, cottage cheese, scrambled eggs, or carnation instant breakfast.

Your body will find the energy to support your training. If you eat nothing pre-training then the energy will come from the breakdown (catabolic) of muscle. The very same muscle you are trying to build bigger and stronger by training. ***Don't believe what you hear about training on an empty stomach to burn fat, this has been disproved repeatedly.***

### -Stimulate your appetite for breakfast

In the morning drink a small glass of orange or grapefruit juice. Cold appetizers such as refrigerated hard boiled eggs, celery, fruit and vegetables can also increase appetite. Deficiencies in B-vitamins are also causes of low appetite. Take a multi-vitamin in capsule or liquid form, tablets tend to not get broken down as well and much of the vitamin is wasted

### Fast Food

Avoid it! Even the "healthy fast food" will contain ingredients that may not affect the calorie or fat content but the reaction caused in the body during metabolism will cause you to increase body fat. Fast Food has an exceptionally high glycemic index which will cause hyperinsulinemia and insulin resistance. This is important because the brain will reduce energy expenditure (calories burnt in metabolism) and increases hunger.

Furthermore high fructose corn syrup (HFCS) is one of the main ingredients in fast food and diet soda. Research has shown it is possible to gain weight when HFCS is present even without an increase in calories.

If you are eating "healthy fast food" more than 2-3 meals per week, then it's doubtful you will lose fat. If you are eating regular fast food at all expect to gain fat.

### - Don't cut too many calories

Avoid drastically cutting your calories. Quick and drastic weight loss can cause issues with your body's metabolism and muscle mass. When you lose a lot of weight quickly, you really need to strictly monitor where the weight is coming from. Is it water weight, body fat or muscle mass? The majority of the time, it unfortunately comes from lean muscle mass and this is exactly what causes serious issues with your metabolism. Muscle is your body's most potent and active tissue for burning calories and body fat. It's basically your body's "furnace" and you always want to keep it burning hot. When

someone loses a lot of weight, which usually comes from crash dieting or some other unhealthy way of dropping the weight, the body's lean muscle mass is cannibalized and the person loses some of the most powerful tissue for keeping a lean body.

The worst thing is when the person finally decides to get off their diet and they go back to their unhealthy eating habits. The calories go back up, but since their BMR (basal metabolic rate) is lowered and they have lost muscle mass, they end up packing on the body fat very quickly! Have you ever heard of the term "yo-yo" dieting? This is one of the main reasons why so many people have issues and hard times with their weight loss plans.

### **- Increase your water intake**

Drinking water is one of the most important aspects to losing weight. Our bodies are approximately 75% water and it needs a large amount of this liquid to maintain its daily functions. Water helps to flush our systems and remove harmful toxins. When you don't drink enough water, your body actually holds onto the water it has which in turn, leaves you bloated. In order to release the water, you need to consume enough of it throughout the day. Water is also a great no-calorie source to fill up your stomach which helps keep you feeling fuller. Try drinking ice cold water to actually burn more calories. Your body needs to heat up the ice cold water and it uses energy (calories) to do so. This is what's called the "thermogenic effect". You can burn an additional 100 calories a day by drinking **one gallon of ice cold water**. Over the course of month, this equates to almost 1 pound of weight and 12 pounds of weight loss per year!

### **-Gatorade/sports drinks**

Contain large amounts of sugar and high fructose corn syrup. Use only during and after training, when the liver and muscles are glycogen depleted and only if you are a heavy, salty sweater. Otherwise the sugar and HFCS will be stored as fat.

### **-The truth about carbs**

Only a few carbohydrate sources should be avoided. If it's white then more than likely it is a carb to be avoided or substituted for. White carbs are the ones that excessively spike insulin and are often difficult to be utilized by the body. Substitute whole grain bread (the ingredients list must have the word whole, not enriched or fortified) for white bread. Ezekiel Bread is an excellent choice. Substitute sweet potatoes/yams for white potatoes. Substitute brown or wild rice for white rice. Oatmeal is the exception to this rule. While white in appearance; oatmeal is probably the best source of carbohydrate due to its high fiber and protein content.

Try to avoid eating more than 20-25g of carbohydrate within 2 hours of bedtime. There is not a magical time of day that you should start to limit carbs, but do try to eat most of your carbs earlier in the day. As it gets close to nighttime begin eating more protein and fat combination foods such as cottage cheese, natural peanut butter, chicken or turkey. You need to intake fat in the form of mono and polyunsaturated fats. These are found in the above mentioned foods as well as almonds, macadamia nuts, wild caught fish, and extra virgin olive oil. If your training is early in the morning, it is ok to consume some carbs at night as they will be utilized for your early morning training.

### **- Don't forget your protein**

Make sure to include a different lean protein source at every meal. Shoot for 1 gram of protein per pound of body weight. By eating enough protein, you will keep your nitrogen levels high which supports muscular repair and growth. Protein has a thermogenic effect of 30% which makes it the

highest thermogenic food compared to all other nutrients. This means that for every 100 calories of protein you eat, 30 calories are burned by your body to digest the food leaving you with a net 70 calories. ***Here are a few quick and healthy protein packed snacks:***

*\*Black beans and albacore tuna (water packed) - Mix a can of each and microwave.*

*\*Protein powder and non-fat cottage cheese - Mix a scoop of protein with a cup of cottage cheese.*

*\*Protein bars - Choose one with at least 20 grams of protein, a maximum of 5 grams of sugar and 3 grams of saturated fat and 300 calories. Throw a box in the freezer and they will make a great snack. They're really good for hitting that sweet tooth late at night. Double check the sugar and saturated fat content for the entire bar. Many bars are simply high protein candy bars, not good for fat loss.*

### **- Build lean muscle mass**

Strength training builds lean muscle mass. By adding muscle you will be adding the most potent fat burning tissue to your body. Muscle tissue is the most metabolically active tissue in your body, so make sure to build as much as possible. Studies have estimated that for each pound of muscle you add to your body, you burn an additional 35 to 50 calories per day. So, an extra 10 pounds of muscle will burn approximately 350 to 500 calories per day or an extra pound of fat every 7 to 10 days. This is without making any other changes! In another study, researchers found that regular weight training boosts basal metabolic rate by about 15%.

### **- Eat smaller meals more often**

By eating small nutritious meals, you will increase your metabolism and keep yourself full throughout the entire day. It will also amp up your energy and keep your insulin levels constant. Ideally, you should eat 5 to 6 times per day, with about 3 hours between each meal. Imagine yourself grazing versus hoarding. You want to graze on small amounts of foods several times instead of hoarding on large amounts of foods a few times a day. If you wait too long between meals, you will have the tendency to binge and consume far too many calories since you will be extremely hungry.

### **- Fill up on fiber**

Eating more fiber is a great tip for weight loss. Fiber will give you a feeling of fullness with a limited amount of calories. Fiber also helps to reduce constipation, indigestion, gallstones and cholesterol, and assists in combating heart disease and some cancers. Eat a variety of fibers (soluble and insoluble). A varied, high fiber, healthy diet will provide both. Soluble fiber comes from fruits and insoluble fiber comes from whole grains. Fiber rich foods include oat bran, beans, lentils, fruit, vegetables, whole wheat bread, brown rice and oatmeal.

### **- Eat thermogenic foods**

Thermogenic foods are the ones your body uses maximum energy (calories) in order to properly digest. Some of the greatest thermogenic foods are vegetables like broccoli, cauliflower, mushrooms, squash, celery, zucchini, peppers, lettuce and green beans. These foods are very low in calories which allow you to include a large quantity of them in your diet.

### **- Cut out liquid calories**

Soft drinks and high sugar fruit juices will kill your weight loss plan. They contain huge amounts of sugar and calories and are easily consumed since they are in liquid form. A 44 ounce super big gulp of coke contains a whopping 415 calories of pure sugar. This amount of sugar causes a massive insulin spike and causes you to get hungry very soon after drinking it. You want to switch to water for your primary liquid source.

Make sure to always check your fruit juices for high amounts of processed sugar. Look on the ingredients list for "high fructose corn syrup" which is another name for sugar and see how high it is on the list. The first ingredients listed usually contain the largest amounts. ***The majority of fruit juices on the market are nothing more than flavored sugar water.*** A great alternative is to buy a good juicer and make your own fruit juice. This will provide the highest level of freshness and nutrients when compared to processed versions. Juicing using real fruit provides the natural source of fruit sugar called "fructose".

### **- Be patient and focused**

Be patient and don't get discouraged if you're not losing weight fast enough. Remember, it didn't take you 3 weeks to gain those extra 20 pounds so it sure as heck will not take only 3 weeks to lose it! Create a smart plan of attack and focus on losing the correct kind of weight, which is body fat. You should set a weekly goal of 1 pound per week. This way you will have a much better chance of keeping the weight off for a lifetime.

### **- Eat negative calorie foods**

Although no food is actually "negative calorie", there are certain foods that have such few calories that the act of digestion in the body will burn more calories than the food itself, creating a negative calorie balance. Typically, a 25 calorie piece of broccoli (100 grams) requires 80 calories to digest it in the body which results in a net loss of 55 calories! Some great foods which are extremely low in calories and require lots of energy for the body to break them down include asparagus, broccoli, cauliflower, celery, lettuce and zucchini. These are great foods to include in your weight loss plan.

### **- Choose "better-bad" foods**

If you have to cheat on your diet and you're really craving one of your favorite foods, try to make "better-bad" choices and select healthier alternatives. If you can simply make a healthier choice and pick a food with less fat or sugar, you can easily save hundreds of calories to help your weight loss plan. Remember, if you set a daily goal to create a 500 calorie deficit per day, you can lose 1 pound of body fat per week! By including these healthier choices, it will assist you in saving calories in your nutritional plan. Some great better-bad choices include:

- \*Freeze a container of light whipped topping VS. Ice cream
- \*Fat free frozen yogurt (low sugar) VS. Ice cream
- \*Air popped popcorn VS. Microwave popcorn
- \*Frozen grapes VS. Hard candy
- \*Non-fat mayonnaise VS. Regular mayonnaise
- \*Black beans VS. Refried beans
- \*Brown, wild or long grain rice VS. Fried or white rice
- \*Non-fat cheese VS. Regular cheese

- \*Protein smoothie VS. Milkshake
- \*Chicken breast sandwich VS. Hamburger
- \*Non-fat milk VS. Whole milk
- \*Protein bar (low sugar) VS. Candy bar
- \*Mustard VS. Mayonnaise
- \*Turkey dogs or bacon VS. Hot dogs or pork bacon
- \*Non-fat sour cream VS. Regular sour cream
- \*Crystal Light VS. Soda

### **- Frozen grapes for a sweet tooth**

A healthy choice to cure a sweet tooth is frozen grapes. Throw a few bags of red and green grapes into the freezer and whenever you feel the need for something sweet, eat some frozen grapes and see how quickly your sweet tooth is cured. The natural sugar (fructose) found in grapes will provide the sweetness you need to be fully satisfied. By making this simple change you can literally save hundreds of calories when compared to the alternatives like cake, pies and ice cream. You can also try a variety of different frozen fruit. Your local grocery store should have bags of frozen fruit containing cantaloupe, watermelon, berries and many other types of satisfying fruit.

### **-Green Tea (preferred) or Extract**

Green Tea contains potent anti-oxidants to rid the body of toxins and has been scientifically shown to increase metabolism, have a positive effect on blood sugar and insulin regulation, and possibly the inhibiting of certain enzymes which are required for the processing of carbohydrates and fats. It also has been shown to lower LDL levels (that's the "bad" cholesterol) as well as triglyceride levels.

### **- Don't eat out of the container**

A great binge controller is to not to eat out of the container. Try to always place your food onto a plate or into a bowl to control the portion size of your food. This is very helpful when it comes to chips, crackers and cookies. If you start eating directly out of the container, you can easily just keep on going and by the time you know it, you will have eaten the entire bag! Remember, you ideally want to avoid these bad foods (chips, crackers) and choose healthier alternatives like air popped popcorn. Even with these healthy food choices, it's still great practice for portion control to place these items into a single serving on a plate or into a bowl.

### **-Stock up on the veggies**

Vegetables are your weight loss friend. They are the ultimate source to fill up your stomach with extremely nutrient dense, low calorie and satisfying food. Make sure to add a variety of spices and low calorie sauces to your veggies to keep them tasty and exciting. A great marinade/sauce to use on your vegetables is Lawry's Carb Options. This marinade tastes really good and very low in sugar and calories. Try many different way of cooking your vegetables also. Try steaming, stir-fry, sautéing and grilling your vegetables and see which one you like best!

### **- Control your insulin levels**



A great tool for weight loss is to learn how to control your insulin levels. Insulin lowers blood sugar by helping move sugar from your bloodstream into your cells. One great way to control your insulin levels is to eat foods which are low on the glycemic index. The glycemic index is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. Carbohydrates that breakdown quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have low glycemic indexes. One of the best ways to lower the overall level of the glycemic index in your meals is to include a lean protein source, healthy mono-unsaturated fat (olive oil) and a fibrous vegetable source along with your starchy food. ***A great sample meal including all these aspects would include 8 ounces of chicken breast, 1 plain sweet potato and 2 cups of steamed broccoli with 2 teaspoons of extra virgin olive oil.*** The lean protein (chicken) and fat (olive oil), will generally reduce the over glycemic index of the meal. Also consuming cinnamon or vinegar based salad dressings help to lower the glycemic index.

## **Spice up your meals**

You can lose weight by spicing up your meals. Chili peppers can curb the appetite and reduce unhealthy cravings. There are beneficial effects of capsaicin, which is an active chemical found in chili peppers. Capsaicin activates the same neuronal pathways as fat, sending the signal to the brain that you are full. Capsaicin also triggers the release of endorphins and serotonin, which makes you feel better both physically and emotionally.

## **Watch out for fat-free foods**

Fat-free foods can be very deceiving. Many of the fat free foods on the market make up for the fat levels by loading their foods with tons of sugar. Make sure you read the food labels and check the calories, sugar content and list of ingredients. You will likely find a very large amount of sugar which will wreak havoc on your insulin levels making it harder for you to lose body fat. The overall calories in these foods are usually also very high.

## **Mind Control**

Studies show that people don't focus on the food in their mouths. Instead they focus on the next bite. Take small bites and chew slowly, savoring the bite. In clinical settings, chronic overeaters practice by eating a single raisin. Also it takes roughly 20 minutes for the body to feel full, slower consumption will lead to eating less before being satisfied. ***Binge eating is the #1 eating disorder in America.***

## **-Misc. food tips to aid fat loss**

- Prior to meals eat a salad topped with vinegar or vinegar based dressing and drink at least one full glass of water. This will lower insulin levels and decrease hunger.
- Scramble eggs in the microwave. Place eggs in microwavable container, mix as normal, maybe add some torn turkey bacon to flavor and cook on high for approx. 2 minutes.
- Hard boil eggs. Place eggs in cold water and bring to a boil for 15 minutes. Limit egg yolks to 4/day, but feel free to eat extra egg whites. These can be placed in a food storage bag and taken with you. Do not allow eggs to be a room temperature for more than a few hours. Eggs are less than \$2/dozen at Fry's.

- For convenience use a preservative free deli meat such as Foster Farms. Use real meat when able.
- Lean meats are chicken, fish (white and red) that is labeled wild caught; farm raised is higher fat, turkey, tuna and red meat cuts marked lean or extra lean or have “loin” as part of the name.
- Natural Peanut Butter (oil on top). Stir well and refrigerate after opening. The only ingredients should be peanuts and salt nothing else. Carry the jar in your back pack with a spoon. Can be combined w/ trail mix. Fry’s carries Kroger Natural Peanut Butter for approx. \$2/jar
- Shredded wheat, but not the frosted kind. Buy generic for \$2-3/box. If you want to sweeten it, use fruit such as banana, strawberries or frozen blueberries.
- Malt O’ Meal bag cereals. Saves 1/2 price v/s brand names.
- Raisins are excellent for the body’s ph balance thus building muscle.
- Generic brands of Oatmeal w/ whole oats not packets of instant. Buy for approx \$2/tub.
- Reduced fat Cottage Cheese. Add apple sauce or pineapple chunks for flavor. Approx \$2-3/tub.
- Sweet Potato/Yams. Poke holes in it w/ fork and microwave for 4-8mins depending on size.
- Steamer bags of vegetables from Green Giant or Birds Eye. Make veggies in microwave for \$2/bag.
- Uncle Bens Ready Rice: Wild, Whole Grain or Brown. Microwave in bag: 90.
- Beans are a great source of fiber and carbs. Refried beans are not.
- Choose whole grain or high fiber rice, breads, tortillas, etc... Avoid white forms.
- Jenny O Turkey Bacon. High protein without the fat. \$3 at Safeway. Cook in microwave approx 2mins.
- Low fat/sugar granola. Eat alone or add to oatmeal, yogurt, trail mix, natural apple sauce or cottage cheese. At Fry’s it is in the bulk bins.
- Use lettuce to wrap a sandwich rather than bread, it lowers calories and insulin spike.
- Use lettuce to eat with queso rather than chips.

## How to Read Labels

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 260</b>	<b>Calories from fat 120</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	25%
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

\***Check the serving size and servings per container 1<sup>st</sup>.** Often high calorie or fatty foods will try to deceive the consumer by using very small serving sizes.

\*Check the calorie content and figure out the total calories you are going to consume based on the serving size.

\*The Total Fat and Saturated Fat are listed here. Sometimes the Trans Fat and Poly or Mono Unsaturated Fats will also be listed. First and foremost avoid Trans Fat in any amount; it has only negative effects on your body. When looking at this label you'll notice that this product has 13g of fat and 5g of which are saturated, which means that 8g are unsaturated (the good fat). In this case 1 or 2 servings would be fine, but no more. We want to keep the intake of saturated fat low. The overall fat content is not a primary concern since this product has a good source of unsaturated fats. However if saturated makes up more than half of the total fat that is a product you want to avoid or limit.

\*The relationship between Total Carbohydrate and Sugar is similar to the relationship between Fat and Saturated Fat. You want to have only a small contribution of the Total Carbs to come from sugar. This product has 31g of carbs and only 5g from sugar meaning that 26g are complex (good) carbs, which is excellent. Also in the carbohydrate breakdown is fiber. A desirable amount of fiber is 5g or more per serving and between 40-60g per day.

\*When looking at the %'s of various vitamins and minerals you must note that the percentages are based off 2000 calories per day. Athletes have higher caloric intakes and activity levels, thus needing more vitamins/minerals.

\*Check the ingredients list for certain words; such as *enriched, fortified, or high fructose corn syrup*. The terms enriched and fortified basically mean that the product has gone through extensive processing. The nutrients in the food have been stripped and replaced by synthetics that the body cannot use. High fructose corn syrup is unable to be metabolized in the body, thus is held as fat.

## Sample Meal Plans

### 2000 CALORIE DIET

**Breakfast** 2 cups of Cheerios with 1 cup of skim milk  
1 medium banana

**Morning Snack** 12 baby carrots

**Lunch** 3 slices of turkey breast on 2 slices of whole wheat bread with lettuce, tomato, 1 slice of Swiss cheese and 1 Tbsp of mayonnaise  
1 medium apple

**Afternoon Snack** Peanut butter granola bar

**Dinner** Salad containing 1 cup spinach, 3 oz. grilled chicken breast, 1/2 cup chickpeas, 1/2 cup canned mandarin oranges, mushroom, and onion topped with 1/2 oz. dried walnuts and 1 Tbsp red wine vinaigrette

1 cup skim milk

**Evening Snack** 6 oz. low-fat yogurt

**During Practice** Approximately 3 cups of water

## **2500 CALORIE DIET**

**Breakfast** 2 packets instant oatmeal mixed with 1/2 cup skim milk and 1 cup strawberries

**Morning Snack** 1/4 cup of dry roasted almonds

**Lunch** Tuna salad sandwich on 2 slices rye bread made with 3 oz. tuna, 2 tsp mayonnaise, celery, lettuce, and topped with tomato slices

1 medium pear

16 wheat thin crackers dipped in 1 Tbsp hummus

**Afternoon Snack** 1/4 cup of granola cereal mixed in 6 oz. low-fat yogurt

**Dinner** 3 oz. grilled or roasted chicken breast

1 large baked sweet potato topped with 2 tsp brown sugar and 1 Tbsp margarine

1 whole wheat dinner roll

2 cups salad with mixed greens, cucumber, tomato, sunflower seeds, and 1 Tbsp red wine vinaigrette dressing

**Evening Snack** 3 cups of reduced-fat popcorn

2 pieces part-skim mozzarella string cheese

**During Practice** Approximately 4 cups of water

## **3000 CALORIE DIET**

**Breakfast** 4 frozen multigrain waffles topped with 1/2 cup of blueberries, 1 Tbsp of margarine, and 2 Tbsp of maple syrup

**Morning Snack** 1 medium banana covered with 2 Tbsp natural peanut butter

**Lunch** 6" steak sub on wheat bread with 3 oz. grilled sirloin, 1 slice part-skim mozzarella cheese, onion, and green pepper

1 cup skim milk

**Afternoon Snack** 8 triscuit crackers dipped in 3 Tbsp of hummus

**Dinner** 1-1/2 cups whole wheat pasta with marinara sauce containing grilled chicken breast, tomatoes, and broccoli

1 whole wheat dinner roll with 1 tsp margarine spread

1 cup skim milk

**Evening Snack** 1 Oats 'N Honey granola bar

**During Practice** Approximately 4 cups of water

## 3500 CALORIE DIET

**Breakfast** Egg sandwich with 1 scrambled egg and 1 slice of 2% cheddar cheese on a whole wheat English muffin

1 cup of 1% milk

1 grapefruit with 1 Tbsp sugar

**Morning Snack** 1 cup of grapes

6 oz. of low-fat yogurt with 1/4 cup granola cereal

**Lunch** Chicken Caesar pita with 1/2 grilled chicken breast, romaine lettuce, tomato, cucumber, 2 Tbsp Caesar salad dressing, and 1 Tbsp Parmesan cheese

1 medium orange

1/2 cup goldfish crackers

**Afternoon Snack** 1 cup applesauce

1/4 cup dry roasted almonds

**Dinner** Stir-fry with 5 oz. sirloin steak, 1 cup brown rice, and sautéed green pepper, onion, sugar snap peas, and broccoli

**Evening Snack** 1 large baked tortilla dipped in 1 cup thick-and-chunky salsa

1 cup of 1% milk

**During Practice** Approximately 5 cups of water

## 4000 CALORIE DIET

**Breakfast** 1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk

1 cup of 100% orange juice

**Morning Snack** Peanut butter and jelly sandwich on 2 slices of whole wheat bread

**Lunch** 1 baked chicken breast with 2 cups of rice

1/2 cup of peas and 1/2 cup of corn

1 cup of 2% milk

**Afternoon Snack** 12 baby carrots dipped in low-fat ranch dressing

1 small bowl of pretzels

**Dinner** 3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick and-chunky salsa

**Evening Snack** 1 medium apple dipped in 6 oz. of low-fat yogurt

**During Practice** Approximately 6 cups of water

## 5000 CALORIE DIET

**Breakfast** 3 large scrambled eggs

2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp jelly

1 cup of 100% apple juice

**Morning Snack** 1 medium orange

1 whole wheat bagel topped with 2 Tbsp of natural peanut butter

**Lunch** 1 chicken breast with 1 cup of macaroni and cheese

1 cup mixed vegetables

1 cup of 100% grape juice

**Afternoon Snack** 1 muscle milk

1 medium apple

**Dinner** 6 oz. sirloin steak

2 cups black beans and rice

2 cups mixed salad greens and vegetables with Italian dressing

1 cup of 100% orange juice

**Evening Snack** 2 cups of 2% chocolate milk

1/2 cup dry roasted almonds

**During Practice** Approximately 6 cups of water

When planning your own meals for home or eating out, think about dividing your plate into thirds: cover 1/3 with fruits or vegetables, 1/3 with high-fiber starches, and 1/3 with lean protein.