

Top 12 Nutritional Facts for Churchill Football

1. Eat a large breakfast that contains carbohydrates and protein every day!
2. Eat a minimum of 4 meals a day, 5-6 would be best and eat every 2-3 hours.
3. Carry a water bottle with you and drink even when you are not thirsty.
4. Sleep a minimum of 8 hours a night; your body repairs and recovers when at rest. Sleep = gains in muscle and strength.
5. Take a daily multi-vitamin supplement cleared by the strength staff and your parents.
6. Eat protein, carbohydrates, good fat and vegetables at every meal.
7. Eat more fruit and raw vegetables (i.e. uncooked carrots, broccoli, cucumbers, onions, tomatoes). At least 5 servings. More = better.
8. Eat a complete meal (rule 6) 15-45 minutes after practice, conditioning or weights. eat a small meal 30-60 minutes beforehand.
9. Limit yourself to one of the following per week: fast food, fried foods, pizza, cheeseburgers and sweet snacks. Fried food is 95% unhealthy, 5% healthy.
10. Do not drink cola, iced tea or any other drinks that contain caffeine, carbonation or high sugar content. ex: Pepsi, grape drink, Kool-Aid, hi-c, Arizona's, lemonade, energy drinks.
11. Last meal (small) of the day should be 1.5-2 hours before you go to bed, mostly protein.
12. To gain weight, eat more and more often. To lose fat, eat the same amount of calories but eat more often.



HOW TO BEAT COLD SZN



TIPS:

- Extra sleep
- Hydrate
- Wash hands regularly
- Fruits + veggies (Antioxidants)
- Stay away from sick people



Vitamin C

What does it do?

Growth and repair of muscles, antioxidants, heal wounds

Sources:

Citrus fruits, strawberries, green veggies, tomatoes

How much?

500 milligrams

Vitamin D

What does it do?

Absorb + use minerals
Promote cell development / Help immune system

Sources:

The Sun, butter, milk, eggs, fatty fish

How Much?

1,000 IU

THE 20 BEST FOOD SOURCES OF VITAMIN C

PER 100G



80.4 mg

GREEN BELL PEPPERS



228 mg

GUAVA



61 mg

PUMMELO



58.8 mg

STRAWBERRY



36.7 mg

CANTALOUPE MELON



84 mg

LONGAN FRUIT



50.3 mg

BEEF SPLEEN



85 mg

BRUSSELS SPROUTS



53 mg

LEMON



29.1 mg

LIME



31.2 mg

GRAPEFRUIT



47.8 mg

PINEAPPLE



120 mg

KALE



61.8 mg

PAPAYA



53.2 mg

ORANGE



39.2 mg

SUN-DRIED TOMATO



567 mg

CORIANDER (DRIED)



242 mg

GREEN CHILI PEPPER



89.2 mg

BROCCOLI



181 mg

BLACKCURRANT

TOP 10 VITAMIN D-RICH FOODS

1



SUNLIGHT
VITAMIN D SOURCE

1



COD LIVER OIL
1 TSP - 440 IU

1



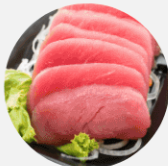
SALMON
3 OZ - 400 IU

1



MACKEREL
3 OZ - 400 IU

1



TUNA
3 OZ - 228 IU

1



SARDINES
3 OZ - 164 IU

1



RAW MILK
1 CUP - 98 IU

1



EGGS
1 LARGE - 41 IU

1



CAVIAR
1 OZ - 33 IU

1



MUSHROOMS
1 CUP - 2 IU

Protein

- Repairs muscle and helps muscle grow
- You need (roughly) 1g of protein per pound of body weight. 180 pounds – 180g
- Humans can only digest a certain amount of protein at a time, so limit the 'big amounts'. Spread your protein intake throughout the day. Right before bed is a good time for protein but best time is immediately after a workout!
- Protein shakes are good, but buyer beware! Some include dangerous ingredients and/or banned substances. Stick to NSF shakes and make sure your shakes do not have caffeine or tea in it!

HIGH PROTEIN FOOD

FACEBOOK.COM/WORKINGOUT101



EGGS



TURKEY BREAST



OATMEAL



BEEF JERKY



MILK



PEANUT BUTTER



TUNA



COTTAGE CHEESE



SALMON



TOFU



PROTEIN BARS



GREEK YOGURT

Carbohydrates

- Provides energy
- Good vs. bad
 - Simple vs. complex
 - Complex is good, simple carbs are bad!!!!
- 4:1 ratio (roughly)
 - 4g of carbs per pound of body weight
 - 180 pounds-720g

Complex CARBS



Simple CARBS



Supplements

- Everyone should take a multivitamin
- Supplements are meant to SUPPLEMENT something you are already doing. Supplements CANNOT be a substitute!
- Many supplements are not safe and/or screened by the FDA.
- Stick to 'NSF' supplements if you MUST take them
- Still, getting your vitamins from foods and liquids is your best bet! Fruits, veggies, etc.

Creatine

- Naturally occurring in the body and in many meats and dairy products
- Cheap and safe coming from food—too much can be bad for your kidneys!!!
- Supplement versions can be a risk
 - NSF only
- Must focus on hydration if you are taking creatine
- Creatine is a substance that is found naturally in muscle cells. It helps your muscles produce energy during heavy lifting or high-intensity exercise.
- Follow label instructions IF you decide to use
- Bottom line: GET IT FROM FOODS AND LIQUIDS

CREATINE

Creatine is a nitrogenous organic compound that is chemically known as **methylguanidino acetic acid**.



The name Creatine comes from the Greek Language 'Kreas', meaning 'Flesh'.



Creatine was discovered in 1832 by scientist **Michel Chevreul**.



The body is able to produce half its requirements of Creatine, whereas the other half comes from the **diet**.



It is thought we naturally contain **2g** of Creatine per kilogram of muscle.

1 : 1
PROTEIN CARBOHYDRATES

You are advised to take Creatine with a 1:1 ratio of **protein : carbohydrates**, this improves absorption.

Creatine can be found in food such as meat, fish and dairy. These foods contain amino acids arginine, glycine and methionine needed to create Creatine.



Creatine was made popular by 1992 GB Olympic Champions **Linford Christie** and **Sally Gunnell** who reportedly took Creatine on the run up to the Olympics.



Studies have shown that Creatine consumption positively correlates with power output, and ability to put on lean weight. Short term use of Creatine is thought to improve power by up to **15%**.



According to declaration reports over **80%** of athletes at the 1996 Olympic games had used Creatine.



A 2001 study found that children as young as 10 were regularly consuming Creatine. However, they argued that drinking **Creatine is much healthier** than drinking a sugar sweetened beverage (cola / lemonade) and Creatine is a natural product.



Creatine is used to **bulk muscles** and help to build muscle. Creatine is hydrophilic so draws water into the muscles causing them to bulk. To put on muscle mass and not just water weight you must combine Creatine with exercise.

Hydration

WATER-WATER-WATER!

- **Your water consumption may be the most important decision you make regarding your health.**
- **Half of your body weight in ounces per day! 200 pounds? You need 100 ounces of water. One gallon has 128 ounces.**
 - **You will need even MORE water the more you sweat. Roughly 10 ounces per pound of body weight lost in exercise.**
- **Sip/drink water throughout the day. Do NOT wait until right before a workout/practice.**
- **Avoid carbonated drinks, pop, sugary drinks, and/or energy drinks. Brisk, Arizona, Bang/Red Bull/Monster, pop....NO GOOD!**
 - **100% juices are OK in moderation. Orange juice, cherry juice, apple juice, etc.**
- **Step your bottle game up! Start carrying bigger water bottles around with you. Your body is your business, so treat it right.**

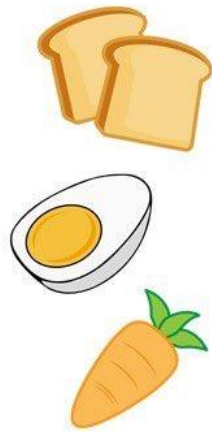


SNACKING 101



- Snacks provide Energy to sustain throughout the day and before Exercise
- They help to decrease Hunger between meals
- Keeps Blood Sugar levels steady
- Make sure to get a Protein + Carbohydrate

***NOT A SUBSTITUTE FOR A MEAL!**



▪ Snack Ideas:

- Smoothie / Bar
- Turkey + Bagel
- Peanut Butter + Apple/Celery
- Hummus + Carrots/Pretzels
- Nuts + Dried Fruit
- Cottage Cheese + Fruit
- Boiled Eggs + Toast
- Muscle Milk Shake / Bar





Building a Healthy **L+U+N+C+H**



- **Pick a Protein** – chicken, turkey, ham, eggs, beef, fish
- **Add a healthy Carb** – bread, wrap, bagel, pasta
- **Include Color** – fruits and vegetables
- **Pick a healthy Fat** – nuts, avocado, peanut butter
- **Need more Protein?** Add Greek yogurt, cheese, hummus, milk

Fruits & Veggies
to stay healthy



Carbs
for Fuel

Healthy Fats for
immune health &
fights
inflammation

Protein for
recovery & Horse
Power

INFLAMMATION & RECOVERY



FOODS TO EAT

- Berries / Cherries
- Walnuts / Almonds
- Salmon / Tuna
- Dark green vegetables
- Yogurt/Smoothie



**REMEMBER MEAL TIMING
EAT EVERY 3-4 HOURS!!!**

FOODS TO WATCH

- Fried Foods
- Refined Carbs
- Sugar / Processed Foods





DAILY REMINDERS!



BREAKFAST	<p>START with breakfast every day! You can't achieve optimal performance without eating breakfast! Eating breakfast will allow your body to use carbs as fuel instead of muscle.</p>
EATING OFTEN	<p>Eat every 3-4 hours! Going for a long period of time without eating, slows down your metabolism. This will cause your body to store extra FAT!</p>
STAY HYDRATED	<p>Always carry a water bottle wherever you go! Proper hydration can improve performance up to 10%! As little as 1-2% loss of body weight lost will negatively effect performance!</p>
SLEEP + RECOVERY	<p>Everyone needs 7-9 hours of sleep. Recovery includes tempering, stretch, ice bath, massage, proper nutrition.</p>
Protein	<p>Eat protein with every meal. Eat your body weight in grams of protein!! Examples: fish, chicken, lean ground beef, turkey, low-fat dairy (milk), beans, eggs, peanut butter</p>

