

Fordham Men's Basketball Off-Season Nutrition Guide

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Strategic Eating For Top Performance

Have you ever felt completely exhausted halfway through practice?

Well, it may be due to a rough night's rest, all the stress of maintaining your place on the team, having an active social life, family obligations, scheduling workouts...

Most likely however, it's due to what you ate and drank (or did not eat or drink) for breakfast, lunch...or even yesterday!

What you eat, how much you eat, and when you eat affects how you feel, how well you concentrate, and how well you recover. This is why sports nutrition is an important part of your total performance plan.

Use the off season to your advantage. **Get your nutritional house in order- it will help your game next season!!**

Some people dream of success...while others wake up and work hard at it.

STRATEGIC EATING FOR TOP PERFORMANCE

is as easy as
1, 2, 3

- 1. Patterns: think about when you eat**
- 2. Quality: think about the nutrient richness of what you eat**
- 3. Consistency: if you establish a healthy pattern of eating high quality food in the appropriate portions, you will see a difference in your conditioning, training, and play**

Luck favors the prepared

WHEN TO EAT: Meal frequency

How often you eat throughout the day and how much you eat at each sitting will affect your body composition EVEN WHEN YOUR WEIGHT IS STABLE!!!

Eating at regular intervals (every three hours or so) helps to:

- ✓ Keep energy consistent through out the day
- ✓ Ensure the fuel is there when the muscles need it.
- ✓ Help with mood and concentration

More frequent eating (smaller meals) has been associated with lower fasting serum lipid levels, lower fasting serum concentrations of total cholesterol and low-density lipoprotein, decreased mean serum insulin levels and decreased mean 24-hr. urinary cortisol level

By eating at regular intervals (every three hours or so):

- ✓ You are more likely to eat appropriate meal sizes
- ✓ You are more likely to maintain your weight

Make the most of yourself, for
that is all there is of you.

~Ralph Waldo Emerson

An ideal eating schedule would look something like this:

At...	Eat...
7:00 AM	A good breakfast
10:00 AM	A small mid-morning snack
Noon	Lunch
3:00 PM	A small mid-afternoon snack
6:00 PM	Dinner
9:30 PM	A small evening snack

Adjust this sample schedule to your wake and sleep times, eating breakfast within 1 hour of waking and consuming your nighttime snack 2½ hours before going to sleep.

When you are training, you should eat a snack within 1 ½ hours to 2 hours before you work out and have a recovery shake immediately after your workout. Then shower, change, and eat a meal within 2 hours.

NOTE: The only time you want to eat right before going to sleep is if you are trying to gain weight or you work out so early, you know you won't eat before exercising.

WHAT TO EAT: Food selection

It is not just about calories and timing; **IT IS ALSO ABOUT QUALITY.**

Eating a grilled chicken breast sandwich with a small bag of chips might give you **protein, carbs, and fat** but it isn't going to provide you with the **antioxidants, phytonutrients** and **vitamins** needed for cellular repair and quick recovery. A more nutrient rich meal would be a chicken fajita with red and green peppers, onions, brown rice, beans, a mixed green salad, and fruit, say a mango—the **fruits, vegetables, whole grains** and **beans** are providing the compounds necessary for keeping your **immune system strong** and making repairs at the cellular level.

Confidence is preparation. Everything else is beyond your control.

~ Richard Kline

Carbs: good vs. bad?

You don't need a degree in nutrition to know that whole wheat bread is better for you than a danish and that brown rice is better than gummy bears.

The key is to have the more nutritious carbohydrates as your building blocks to a smart diet and to have the less-than-nutritious ones less often and in smaller quantities.

Advantages to eating unprocessed carbohydrates:

- ✓ Typically these foods are naturally high in vitamins & minerals
- ✓ Higher in fiber
- ✓ Great energy source
- ✓ Provide a more even release of energy
- ✓ Offer moderate protein contribution

Fitting healthy carbohydrates in your diet

Beans: Baked, lentils, kidney, lima, pinto, navy, garbanzo (chick peas), black-eyed, white, etc.

Try minestrone or bean soup; a bean and corn salad; beans topped on your salad; beans as a side dish; beans in a chili; beans wrapped in a burrito

Vegetables: Broccoli, spinach, bok choy, mushrooms, carrots, red and yellow peppers, sweet potatoes, snow peas, water chestnuts, etc.

Make a stir fry; use as a side; steam; eat with a dip (salsa, hummus, or guacamole); use as a pizza topping; add to a sandwich

Grains: Whole grain bread, cereals, grits, oatmeal, pasta, rice, tortilla, quinoa, whole grain crackers, amaranth, bulgur, barley, popcorn, etc.

Choose at least 3 to 5 servings of whole grains a day.

Milk & Yogurt: contain a milk sugar called lactose that contributes carbohydrate. Choose low-fat options of both. You get both protein and carbohydrate when you consume milk or yogurt.

Fruits: Apples, pears, bananas, grapes, peaches, strawberries, pineapple, mango, papaya, apricots, melons, kiwi, oranges, plums, etc.

Fructose, the type of sugar found in fruits, although considered simple, is still released more slowly into your system.

Nutrient dense and packed with valuable vitamins, minerals, and phytochemicals that will help with resiliency.

Simple sugar: White table sugar and sugar found in baked goods (which are usually low in nutrients and high in fat). Sugar added to soda or fruit drinks like Hi-C. Sugar in jellybeans, candy, chocolate, etc.

Simple sugars provide calories (energy) but no nutrients. About 10-15% of your diet can be from simple sugars, i.e., if you are supposed to be eating 3000 calories a day, 300 calories can easily come from “junk” food (a candy bar, cookies, etc.)

If you want to avoid the staleness that comes from depleting your carbohydrate stores without properly replenishing them be sure to include appropriate carbohydrate at each meal and snack. Depending on your needs this may look like:

- ✓ 2-4 Starches and 2 fruits at each meal
- ✓ 1-2 Starches and a fruit at each snack
- ✓ Vegetables with at least two meals
- ✓ Milk or yogurt at least three times a day



Protein: lean vs. high fat

Protein Sources

All animal protein has approximately the same amount of protein—(7 grams) per ounce. The difference is the amount of FAT PER OUNCE. A lean meat may have 3 grams of fat per ounce. A high fat cut, however, may have 8 grams of fat per ounce.

For example:

An 8 ounce sirloin = 24 grams of fat

An 8 ounce prime rib = 64 grams of fat

4 ounces turkey or roast beef = 12 grams of fat

4 ounces salami = 32 grams of fat

3 ounces Canadian bacon = 9 grams of fat

3 ounces sausage = 24 grams of fat

Portion size counts! For each extra ounce above that which you need, you are just adding fat and calories that will not help performance.

INTAKE STRATEGY:

I recommend spreading out your protein intake throughout the day. For example: choose 3 eggs at breakfast, two 4 oz. turkey sandwiches at lunch and two 4 oz. chicken breasts at dinner instead of one 20 ounce portion at dinner (this selection already totals 135 grams of protein without including any dairy products, vegetables or other grains). **REMEMBER to round out each meal with carbohydrates** (rice, pasta, potatoes, beans, vegetables, fruit...)

How much protein do you need?

Consult the following tables to find your range

(1.2 – 1.7 grams of protein per kilogram of body weight):

Weight (lbs)	165	176	187	198	209	220	231	242
Weight (kg)	75	80	85	90	95	100	105	110
Protein (grams)	105-135	112-144	119-153	126-162	133-171	140-180	147-189	154-198

Weight (lbs)	253	264	275	286	297	308	319	330
Weight (kg)	115	120	125	130	135	140	145	150
Protein (grams)	161-207	168-216	175-225	182-234	189-243	196-252	203-261	210-270

Fat–You Need It!

Dietary Fat:

- is a concentrated source of dietary energy
- forms essential tissue-building blocks,
- helps with digestion,
- is part of every cell membrane
- forms hormone-regulating substances

Fat is important. The question becomes how much and what kind. Different kinds of dietary fat have different effects on the body. The type of fat you consume may contribute to your body's ability to fight infection, inflammation and cellular insult.

From a performance perspective, eating too much fat may mean eating too little carbohydrate (feeling sluggish) or adding unwanted weight which will slow you down.

The old saying “You are what you eat” holds some truth. The type of fat you consume becomes incorporated into your cell membranes. To keep your cells strong and resilient, resistant to disease and deformation, the quality of what you eats matters:

DID YOU REALIZE?

Just one . . . Quarter Pounder with cheese, large French fries, and large Coke

Has 1356 calories and 56 grams of fat!

The Ban on Trans

One order of fast food French Fries had as much as 7 grams of TRANS FAT!!!! Trans fat can increase your risk of heart disease and cancer. The American heart Association recommends no more than 1 gram of trans fat per day. LIMIT trans fat by reducing the amount of fast food and fried food you eat, along with doughnuts, pastries and any products made with hydrogenated fat.

Healthier Fats

Try adding these to your diet:

-  Nuts -- try adding some to your cereal in the morning or enjoy a handful as a mid-morning snack
-  Olive Oil -- add it to a salad, spinach or sauté your chicken in it
-  Fish such as salmon and tuna -- have for lunch or dinner at least twice a week
-  Olives and avocados -- try incorporating an avocado slice to your sandwich or a handful of olives in your meal.

CUT BACK ON SATURATED FAT

Limit or avoid:

-  Fatty cuts of meats
-  Whole milk
-  Butter
-  Lots of Cheese
-  Pastries, doughnuts, cookies, baked goods (high in trans fat)
-  Crackers

You cannot run away from weakness.
You must some time fight it or perish.
And if that be so, why not now, and
where you stand.

EATING OUT or Pigging Out; Your Choice

Basketball players need anywhere from 3500 to 5000 calories depending on size and training load. But remember, for food intake, **think quality, not just calories.**

Think about the type of fat, not just how much fat. At 3500 calories, your dietary fat needs would be up to 120 grams of fat total each day, but only **a maximum of about 30 grams should be saturated fat.** For someone at 6000 calories, the daily dietary fat intake could be around 200 grams of fat total, with a maximum of about 50 grams saturated. And when it comes to trans fat, it doesn't matter who you are, you don't need any! **The American Heart Association recommends no more than 1 gram of trans fat per day.**

Keep in mind that while certain battered, fried foods may fit your needs numerically, they still lack the quality nutrients your body needs. They most likely don't contain the vitamins, minerals, antioxidants, etc. that are essential to your health and performance. So yes, you may grab the occasional fast food without harming your health or performance, but if you find the following foods to be your common go-to foods, then it's time to rethink your menu choices.

STOP McDonald's Deluxe Breakfast. The only thing deluxe about this breakfast is the 1,220 calories and 61 grams (g) of fat (17 g saturated and 11 g trans). The high fat meat, butter, and oil are responsible for ruining this one.

STOP Burger King's Whopper With Cheese. This single with its gobs of mayonnaise and high fat cheese and beef patty is bad enough at 760 calories and 47 g of fat (16 g saturated), so don't even think about the **Triple Whopper With Cheese**, which has 1,230 calories and 82 g of fat (32 g saturated). Stay away from the fries and milkshakes too. An order of large **French Fries** adds 500 calories and 28 g fat (6 g saturated and 6 g trans), and thanks to its use of whole milk, sugar, and cream, a medium **Chocolate Milkshake** has 690 calories and 20 g of fat (12 g saturated).

STOP Taco Bell Fiesta Taco Salad. This is not a healthy salad. The deep fried shell, cheese, sour cream, and fatty meat help it pack 860 calories and 46 g of fat (14 g saturated). The **Beef Grilled Stuff Burrito** is another choice to stay away from because it's stuffed with 730 calories and 33 g of fat (11 g saturated), most of which come from the oversize tortilla, meat and three cheese filling. The **Nachos Bell Grande** is another bell not to ring, as it has 780 calories and 43 g of fat (13 g saturated). Much like the "salad" it's full of high fat ingredients.

STOP Cinnabon Caramel Pecanbon. Not exactly the breakfast of champions, this gooey pastry made with tons of butter packs 1,100 calories and 56 grams of fat.

STOP **Boston Market chicken pot pie.** It may remind you of mom's cooking, but leave it at the market. Using poultry fat, shortening, and cream to make the pie crust and the filling makes this pot pie contain 750 calories and 46 grams of fat (14 g saturated).

STOP **Subway Double Meat Classic Tuna** This isn't what we mean when we suggest adding tuna to your diet. The cheese and mayonnaise that it's made with are largely to blame for the 790 calories and 55 g of fat (16 grams saturated).

STOP **Domino's ExtravaganZZa Feast deep-dish pizza.** This is one feast to miss. This butter filled bread topped with numerous high fat meats and extra cheese, a mere two slices pack in 860 calories and 46 g of fat (17 g saturated).

STOP **Outback Steakhouse Bloomin' Onion With Sauce.** Battered, fried, and a high fat mayonnaise based sauce is not the way to start your meal. Just one quarter of this appetizer is 553 calories and 33.5 g fat.

STOP **Uno Chicago Grill Pizza Skins.** This version does not qualify when we advise you to eat the potato skin! Half of one of these mini pizza/potato skin appetizers costs you 1025 calories and 24 g of saturated fat.

STOP **Chili's Grilled Baby Back Ribs.** You should definitely put these babies back because one serving racks up 1370 calories and 82 g of fat (24 g saturated).

STOP **KFC's Fiery Buffalo Wings.** Just because it's chicken doesn't mean it's good for you. Six small fried wings has 440 calories and 27 g of fat (6 g saturated and 2 g trans), and the boneless versions are even worse.

STOP **Panera Sierra Turkey Sandwich.** Yet another example of a good thing gone wrong. Due to the mayonnaise and cheese laden bread, this turkey sandwich has 950 calories and 55 g of fat (13 g saturated).

STOP **Ruby Tuesday Colossal Burger.** At 1940 calories and 141 g of fat (and that's without the dipping sauce!) this fatty meat and cheese filled burger is one colossal mistake. This is not the place for burgers, as even the **Veggie Burger** with its mayonnaise and cheese is loaded with 943 calories and 52 g of fat. And while you're at it, skip the deceptively healthy sounding **Fresh Chicken and Broccoli.** A topping made with cream and cheese gives it 2060 calories and 128 g of fat.

STOP **On The Border Double Stacked Club Quesadillas.** Membership doesn't have its privileges at this club. Cheese, fatty meat, and high fat dressing will cost you 1860 calories and 52 g of saturated fat.

 **P.F. Chang Kung Pao Chicken.** The sauce, oil, and nuts in this classic dish with 1240 calories and 80 g of fat (10 g saturated) reminds us that it's okay to let go of tradition and order something new.

 **Cold Stone Creamery Founder's Favorite.** The Gotta Have It version of this dessert that has 1740 calories, 48 g of saturated fat, and 4 g of trans fat is definitely something you don't need. Oversized dipped waffle cones, cream, sugar, whole milk, butter, and nuts are just some of the many ingredients giving this treat a bad rap.

 **The Cheesecake Factory Chris's Outrageous Chocolate Cake.** What's outrageous is the fact that one slice contains 1380 calories, 33 g of saturated fat, and 5 g of trans fat. You could just eat 9 tablespoons of butter and 32 teaspoons of sugar instead.

So what can I eat?

Of course the best option when eating is to cook your own meals at home. This way you know what is in the food and how it is prepared. But when it comes time for a reality check, that clearly is not always possible. So, if you're going to eat out, make sure you are picking healthier options (i.e., foods not included in the previous discussion).

Restaurants are great at describing their menu items in big fancy words that make the food sound appetizing. But knowing what these terms mean can help you determine whether or not to order them. For example, ordering a garden salad, broiled sirloin steak, veggies, and herb roasted red potatoes is a much better meal than fried mozzarella sticks, 20 oz. prime rib, cream of broccoli soup and garlic mashed potatoes.

Order It

Grilled, steamed, broiled, boiled, baked, low-fat, heart-healthy, el fresco, poached, roasted

Limit it

Fried, basted, braised, au gratin, crispy, escalloped, pan-fried, stewed, stuffed, creamy, cheesy, super-sized, all-you-can-eat

WATCH OUT!!

Oftentimes, grilled, broiled, and steamed foods will have butter or oil added before or after cooking. Make sure to ask about this and request for your food to be prepared without the oil or butter.

The following are lists of some of the best foods from each food group. Make sure to regularly include foods from each food group in each of your meals. For example, a well balanced option from a Mexican restaurant would be a grilled chicken fajita burrito, which contains lean protein, vegetables, and starches, versus a cheese enchilada that only contains high-fat dairy and starch. Combining foods will allow you to get the balance of nutrients your body needs to perform at its peak!

Fruits

Berries
Kiwi
Mango
Cantaloupe
Citrus Fruits
Banana
Apricots
Cherries
Figs
Grape juice

Vegetables

Spinach
Tomato
Broccoli
Sweet Potato
Mushrooms
Brussel Sprouts
Butternut Squash
Carrots
Red Bell Peppers
Cauliflower

Lean Protein

Egg Whites
Salmon
Turkey
Sardines
Skinless Chicken
Venison
Sirloin & Filet Mignon
Trout
Halibut
Shrimp

Starch

Beans
Quinoa
Oatmeal
Barley
Wheat Germ
Soybeans
Brown Rice
Buckwheat
Whole wheat bread
Whole grain cereals

Dairy

Low fat yogurt
Low-fat milk
Low-fat buttermilk
Low-fat cheese

LIGHTEN UP: Weight loss tips

Go back to the basics:

- **Eat a big breakfast: overweight individuals are more likely to skip breakfast or consume less energy at breakfast**
- **Eat real food: cut back on snack cakes, chips, doughnuts and the like. Eat real food; sandwiches, entrees, even pizza!**
- **Do extra cardio in the afternoon**
- **Limit fried food to twice a week**
- **Cut out or limit caloric beverages like Snapples, iced teas, juices, soda, alcohol**
- **Eat well rounded meals**
- **Eat when you are hungry, stop when you are full (do not wait until you are starving and then stop when you are stuffed!)**
- **Eat 2/3 of your total calories by 2/3 of your day**
- **Figure out your high risk times; most people have times in the day when they are more likely to overeat (hanging out in the afternoon, or at night if bored, when out with friends eating or drinking, etc.) We can troubleshoot how to prepare better for these times (just ask me)**

Choose rather to punish your appetite than to be punished by it.

THE TOP TEN FAT BUSTERS

- 1. Reduce soda consumption.** Too much sugar can add body fat. Each soda adds 120 or more calories, and one 8 oz. soda has about 8 teaspoons of sugar! This goes for Snapples and even lemonade!
- 2. Add fruit.** Aim for 6+ pieces a day! Fruit will help fill you up plus give you added vitamins and fiber. A great choice.
- 3. LIMIT fruit juice.** Fruit juice is very high in calories so without even noticing, you can be overconsuming! (Alcohol calories really add up too.)
- 4. Eat three meals.** Eating regular meals helps keep metabolism high.
- 5. Eat snacks.** Getting too hungry sets you up for binge eating.
- 6. Eat more food earlier in the day and do not eat after dinner.** It's a good sign if you wake up hungry.
- 7. Limit fried foods to twice a week.** Anything fried becomes high fat. For instance a fried chicken sandwich has **40 grams of fat**, whereas a grilled chicken sandwich (BK Broiler) has 18 grams of fat.
- 8. Eat less than you burn off.** Weight loss always comes down to an equation where calories in (consumed) has to be less than calories expended (activity). Work out twice a day (check with **Jerry** for the right program and guidelines for you).
- 9. Limit the mayo.** One tablespoon has 12 grams of fat (you can have approximately 100 grams of fat a day depending on your calorie intake, but remember the mayo is just one small part of one meal).
- 10. Eat Real Food.** Junk food and traditional snack foods like chips, chocolate and cookies leave you hungry for more. **PLAN ON EATING;** real food will fuel your workouts without weighing you down.

DID YOU KNOW?

- ? Cheese has more fat per ounce than Prime Rib!
- ? A danish has more fat than a single hamburger!
- ? To lose one pound you must create a caloric deficit of 3500 calories.
- ? That about 20 potato chips has 15 grams of fat. Eating just 15 chips 4 nights a week for 50 weeks equals 28,080 calories or 8 lbs in a year.
- ? Protein and carbohydrate have half the number of calories (4 calories per gram) than fat (9 calories per gram).
- ? One order of chicken wings (12 pieces) has the equivalent of 16 teaspoons of butter (66 grams of fat--and that's without the Blue Cheese dressing).
- ? Two tablespoons of regular salad dressing has 16 grams of fat.
- ? Fiber has no calories yet makes you feel full. Including high fiber fruits, vegetables and whole grain foods in each meal will lower calories yet increase fullness.
- ? Olive oil, although a "healthier" fat, still has 14 grams of fat per tablespoon.
- ? 3 oz. of Canadian bacon has only 9 grams of fat: 3 oz. of sausage has 24 grams of fat!
- ? Often weight loss can be achieved without changing food selection but rather slightly adjusting quantity.
- ? Before you eat, if you ask yourself "on a scale of 1-10 (ten being starving) How hungry am I?" and the answer is below 6 you are eating for the wrong reasons.

Want help losing weight? We can work out an eating plan to keep your energy high while you cut body fat—just ask!

BRING IT ON: Weight gain tips:

- **Never eat naked bread – always “dress” your bread with peanut butter, olive oil, jam, honey, apple butter, hummus, occasionally butter or margarine or any other topping you enjoy. This will add calories without adding volume**
- **Be sure your beverages have calories – juices, milk, smoothies, milk shakes, and sports drinks are all great choices**
- **Don’t fill up on low calorie foods or beverages – leave room for more high calorie foods**
- **Have your soup or salad after your meal- even have your beverage toward the end of the meal so it doesn’t interfere with eating**
- **Consistently eat three meals every day (even if you need to wake a little earlier to get in a hearty breakfast)**
- **Include regular snacks or mini-meals in between – especially after practice for recovery and before bedtime**
- **Carry snacks with you so that you are prepared to eat when on the run – peanut butter crackers, sports bars, granola bars, trail mix, applesauce, pudding packs, pretzels, etc. are easy and caloric**
- **Try to eat just a little more at each meal than you normally are used to eating**
- **Go for seconds – even if you don’t finish them**

CONCLUSION:

What you eat, when you eat, and how much you eat can help make you the athlete you want to be. Use the off-season. Consistency in training and eating will support efforts for consistency in the weight room and on the court.

We are what we repeatedly do. Excellence then is not an act, but a habit
~Aristotle