

# “Eat Smart, Train Smart”

Nutrition Guidelines:

Our basics for our athletes;

1. Eat 5-6 meals each day
2. Your meals should be 300-700 calories each
3. You need protein in each meal
4. Drink water all day
5. Examples of meals



Even if you have workouts in the morning, you **MUST** have breakfast. You cannot go 10-12 hours without food overnight and expect your body to perform in the morning without more fuel. For a noon practice, you should have eaten at least twice; a 3:00 practice eat at least three times and an evening practice eat at least 4-5 times. After our last practice make sure to get one additional meal, Like Rockin Refuel by Shamrock Farms, to help with recovery and rebuilding.

Now with the basics regarding how many meals, it is important that you understand the body does not need more than 400-700 calories in each meal, depending on the size of the athlete. By eating 5-6 meals a day they will have at least 2000 calories to 4200 calories. This will give them plenty of calories to get through workouts as well as meet the needs of a growing body.

Protein is an essential part of an athletes meals. Most athletes do not get enough protein in their meals. An example of this is breakfast, which is the most important meal of the day, it sets the tone. Generally cereal, waffles or a breakfast bar is the meal of choice, not mine but the general rule. Those foods are primarily carbohydrates, which are important, but without a balance of protein, their blood sugars will rise too high and then drop, just about the time they need it either for a morning workout or in school. So, what we recommend is having two hard boiled egg whites, not yolk, with their cereal, this will add an additional 8 grams of protein to their breakfast. Generally speaking our athletes need 20-30 grams of protein in each meal, no more than 1 gram per pound of bodyweight. Now before you get alarmed about the amount of protein for your young athlete, let's break it down. If an 100 pound athlete has 100 grams of protein a day that is 20% of their total calories if they follow our guidelines. 2000 calories a day (400 calories per meal 5 meals a day) 100 grams of protein at 4 calories per gram equals 400. A larger athlete follows the same guidelines. We generally do not exceed 20-25% of total calories a day of protein.

1 gram of protein equals 4 calories

1 gram of carbohydrate equals 4 calories

1 gram of fat equals 9 calories

We must read our labels!

I don't want our athletes to become obsessed with calories and labels, but they must be educated to proper eating, so it becomes a habit.

I am not saying they can never have a hamburger or pizza, but it cannot be a daily part of their diet. If they learn these habits now, they will have much more energy for the day, their workouts and schoolwork.

Water is a must. Everything they eat and drink counts during the meal. Juice is fine, but I prefer to eat an orange rather than drink a glass of juice, way too much sugar. In the heat of the summer, water is a must all day long. Muscles get dehydrated from too much caffeine (high energy drinks, soda, coffee and tea). Water consumption must start early in the day, not just before practice. Water breaks must happen every 10-15 minutes of practice and games, depending on the activity level. I actually prefer low calorie sports drinks, like Powerade zero,

during practices and games lasting more than an hour rather than water, because their sugar levels in their bodies drop too much during the activity. If they are hydrating properly during the day and eating enough, the light sports drinks are fine. Most of the drinks have way too much sugar. The best formula is every other drink comes from sports drink then water during activity.

I know this is a lot of information, but it is important that it all goes out there, so our athletes, parents and coaches get the message.

**Breakfast:**

Here are some examples of foods that should be consumed during the day.

Mix two scoops of a whey protein in with a pancake mix, the normal pancake is 160 calories with no protein, now with two scoops of protein powder that one pancake has an additional 10 grams of protein. Keep the syrup to a minimum or better yet add fruit for sweetness.

**OR**

Eat two hard boiled egg whites with their high fiber cereal.

**Or**

Slice of whole wheat toast with peanut butter on it

**Snack:**

A banana with a handful of nuts OR Half a peanut butter sandwich and a piece of fruit

**Lunch:**

Chicken breast with pasta and vegetables OR Turkey or tuna on a salad

**Snack:**

A protein shake with milk and fruit OR Yogurt

**Dinner:**

Meat Lasagna multi grain bread OR Chicken Breast with vegetables

Post Workout Drink: Rockin Refuel by Shamrock Farms 20-30 grams of protein depending on the size of your athlete.

Do not take a protein shake with milk and ice cream just before practice. The heat will cause you to get sick!  
As always any questions on this topic or any other, please call or email me and I will be happy to answer them for you.

If your athlete is going to put the effort into practices and training, they must get the right fuel.

Thank you,

Bob Davis

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