

# Nutrition

## Basic Nutritional Guidelines

Our goal is to build lean muscle mass and to decrease body fat on all athletes at Winona State University. Although all athletes have specific needs- whether it is weight gain, maintenance of, or weight loss- a strength and conditioning coach is available to help you with your special needs. The following guidelines will help to assist you in decreasing body fat:

1. Eat more times per day- but less per meal
2. Be consistent with your meal times and keep plenty of variety in your food selection
3. Reduce the amount of red meat consumed
4. All meats need to be broiled, baked or barbecued
5. Eat lean cuts of meat only
6. Eat more chicken and fish- no skin
7. Consume low-fat dairy products
8. Eat 3-4 pieces of fruit per day
9. Eat vegetables: raw, steamed, or broiled
10. The sweet tooth can kill us all
11. Reduce amounts of butter and margarine used
12. Drink eight glasses of water per day

Some foods high in carbohydrates:

1. Bread and rolls (whole grain) diet butter
2. Cereals (good quality, no sugar added)
3. Pancakes and waffles (diet butter)
4. Pasta
5. French toast
6. Rice (brown rice is the best)
7. Vegetables (potatoes, sweet potatoes, lima beans, corn, juices, etc)
8. Fruits and fruit juices
9. Jellies and Jams (simple sugars, they burn quickly)

By consuming more of the foods listed above, you can:

1. Increase energy stored in the muscle
2. Protein sparing effect, therefore the protein will not be used for energy rather for growth and repair
3. You should have more endurance

# Do's and Don'ts For Good Athletic Performance

Most conditions experts believe that a player's strength and stamina cannot improve without the help of good eating habits.

DO eat three meals per day (when weight gain is desired, there should be an additional two or three snacks). Three meals help maintain muscle tissue, promote the reduction of body fat, and reduce sluggishness and the onset of fatigue.

DO increase intake of complex carbohydrates: bread, cereal, pasta, rice, pancakes, waffles, potatoes, sweet potatoes, lima beans, peas, corn, winter squash, juices, fruits, jams and jellies. This allows for prolonged endurance, increased energy storage in the muscles, and a protein sparing effect for the growth and repair of muscles.

DO increase the consumption of fruits, vegetables, and juices. They are high in vitamins, minerals and water content, and often are a good source of carbohydrates.

DO buy lean cuts of meat and trim all excess fat. Keep meats to moderate serving (when possible, substitute fish and poultry for meat).

DON'T consume a high quantity of foods that are high in fat: red meats, pork products, whole milk, ice cream, cream sauces, butter or margarine, mayonnaise, salad dressings, all forms of oils, all forms of fried potatoes. A diet high in fat and low in carbohydrates slows the process of energy storage in the muscle it can lead to an increase in body fat, a decrease in muscle tissue, chronic exhaustion, irritability and restlessness.

DON'T skip meals to lose weight. This is counter-productive and will not allow for progress in the training room because all the energy stores in the muscle are not replaced.

DON'T replace balanced meals with refined sugars: candies, cakes, soda pop, etc. Foods high in refined sugar have a lower vitamin and mineral content; many sweets are also high in fat.

DON'T fry foods. Instead bake, broil, boil, poach, steam or barbecue them. Use low-cal and low-fat substitutes as often as possible.

# Do's and Don'ts FOOD CHOICES

*(Your diet should include more Do's than Don'ts and an occasional 'Sometimes' food for an athletic balance)*

<b>Do's - FOODS</b>		
<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
100 % FRUIT JUICES	APPLE SAUCE/DRIED FRUIT	95% LEAN GROUND BEEF
APPLE SAUCE	BAGELS	95% LEAN GROUND TURKEY
BAGELS	BREADSTICKS	95% LEAN HAM
BOILED EGG WHITES	BROWN OR WILD RICE	ACORN/SUMMER SQUASH
CANADIAN BACON	CANNED CHICKEN IN WATER	ASPARAGUS
CANTALOUPE	CHICKEN AND BROCCOLI	BAKED BEANS
CHEERIOS	CHICKEN FAJITA	BAKED RUSSET POTATOES
CHEX CEREAL	EGG NOODLES	BROCCOLI
CORN FLAKES	FAT-FREE SALAD DRESSING	BROWN OR WILD RICE
CREAM OF RICE	FIG BARS	BRUSSEL SPROUTS
CREAM OF WHEAT	FRESH FRUIT	CARROTS
EGG BEATERS/WHITES	FRUIT AND YOGURT PARFAIT	CAULIFLOWER
ENGLISH MUFFINS	FRUIT SALAD	CHICKEN-WHITE, SKINLESS
FIG BARS	GRILLED/BAKED CHICKEN	DARK SALAD GREENS
FRENCH TOAST	LEAN LUNCH MEAT	FETTUCINI
GRAHAM CRACKERS	LOW-FAT BEEF AND VEG. SOUP	FRUIT SALAD
GRANOLA CEREAL	LOW-FAT COTTAGE CHEESE	GREEN BEANS
LEAN STEAK	LOW-FAT GRANOLA BARS	KIDNEY BEANS
LOW-FAT COTTAGE CHEESE	LOW-FAT MACARONI & CHEESE	LIMA BEANS
LOW-FAT GRANOLA BARS	LOW-FAT WHEAT CRACKERS	LOW-FAT MAC & CHEESE
LOW-FAT YOGURT	PB AND TUNA SANDWICH	LOW-FAT SOUPS
NECTARINES/STRAWBERRIES	PITA W/ FAT-FREE SAUCE	MUSHROOMS
NUTRI-GRAIN BARS	PUMPERNICKEL	NON-FRIED SEA FOOD
OAT BRAN	RAISIN BREAD	ONIONS
OATMEAL	RAW VEGETABLES	PEAS/PEA PODS
ORANGES / GRAPEFRUIT	RYE BREAD	PINTO/BLACK BEANS
PANCAKES	SINGLE SERVING 100% FRUIT JUICES	RADISHES
PEACHES/BANANAS	SINGLE-PORTION CANNED FRUIT	RED/GREEN/YEL. PEPPERS
PINEAPPLE/APPLES	SKIM MILK	SPAGHETTI W/ RED SAUCE
RAISIN BREAD	SUBWAY 6 g OF FAT OR LESS	STEAMED VEGETABLES
RAISINS/PEARS	TOMATO FLORENTINE SOUP	STRING BEANS
RASPBERRIES		SWEET CORN

SHREDDED WHEAT SKIM MILK SPECIAL K	TUNA IN WATER V-8 VEGETABLE BURRITO	SWEET POTATOES TOMATO SAUCE TOMATOES TRIMMED BEEF OR PORK ROAST
TOTAL CEREAL WAFFLES	VEGETABLE CHILI VEGETABLE/GRILLED CHICKEN SALAD	TURKEY-WHITE, SKINLESS WATER YAMS
WATERMELON WHEAT TOAST WHEATIES	WATER WHEAT TORTILLAS WHOLE WHEAT BREAD	

***Sometimes  
FOODS***

BREAKFAST	LUNCH	DINNER
2% MILK BANANA BREAD	ANIMAL CRACKERS AVOCADOS OR GUACAMOLE	85% LEAN ENCASED MEATS
BLUEBERRY MUFFIN EGGS	BAKED CHICKEN STRIPS OR NUGGETS GINGER SNAPS	85% LEAN GROUND BEEF 85% LEAN GROUND TURKEY
FROSTED MINI-WHEATS GOLDEN GRAHAMS HONEY NUT CHEERIOS HONEY NUT CHEX I CAN'T BELIEVE IT'S NOT BUTTER	LIGHT MAYO LOW-FAT CHEESE, INCL PARMESAN LOW-FAT POPCORN LOW-FAT PUDDING	85% LEAN HAM CHICKEN-DARK MEAT, SKINLESS CORN OIL FRENCH BREAD LIVER
JAM/JELLY/HONEY LOW-FAT CREAM CHEESE OMELET W/ HAM AND CHEESE	MACARONI MOZZARELLA STRING CHEESE MUSTARD	LOW-FAT SALAD DRESSINGS MASHED POTATOES OLIVE OIL
POP TARTS PUFFED RICE REGULAR GRANOLA BARS	OATMEAL RAISIN COOKIES PEANUT BUTTER PRETZELS <i>PROCESSED LUNCH MEAT (&lt;3 g FAT)</i>	SOYBEAN OIL SUNFLOWER OIL TEA TRIMMED BEEF BRISKET TRIMMED CHOICE STEAKS
REGULAR YOGURT SUGAR-FREE SYRUP SWEETENED FRUIT JUICES	RAVIOLI REGULAR COTTAGE CHEESE REGULAR GRANOLA BARS	TRIMMED LAMB TRIMMED PORK CHOPS TURKEY-DARK MEAT, SKINLESS WHITE RICE
TURKEY BACON TURKEY SAUSAGE	UNSALTED NUTS, SEEDS WHITE BREAD	

***Don'ts - FOODS***

BREAKFAST	LUNCH	DINNER
BACON	BOLOGNA	75% LEAN GROUND BEEF

BELGIAN WAFFLES	BROWNIES	75% LEAN GROUND TURKEY
BUTTER	CANDY	BEEF OR PORK RIBS
CAPTAIN CRUNCH	CATSUP	BRATWURST
CHOCOLATE MILK	CHICKEN TENDERS	BREADED FISH OR CHICKEN
CINNAMON TOAST CRUNCH	COOKIES	BUTTER AND MARGARINE
COCOA PUFFS	CREAMED SOUPS	CAKES
COFFEE	FRENCH FRIES	CAKES/PIES
DEEP FRIED FRENCH TOAST	FRIED CHICKEN PATTIES	CHICKEN FRIED STEAK
DOUGHNUTS/PASTRIES	HAMBURGERS	CHICKEN WINGS
FROSTED FLAKES	HIGH FAT CHEESE	CHICKEN WITH SKIN
HASH BROWNS	HOT DOGS	FRIED CHICKEN OR SEA FOOD
LUCKY CHARMS	MOZZARELLA STICKS	HAM ON BONE
MUFFINS	ONION RINGS	HEAVY BROWN OR CREAM GRAVIES
REGULAR CREAM CHEESE	PIZZA	ICE CREAM
REGULAR SYRUP	POTATO CHIPS	RAMEN NOODLES
SAUSAGE	REGULAR MAYO	REFRIED BEANS
SUGAR SMACKS	SALT	REGULAR ENCASED MEATS
TOASTER STRUDEL	SODA	REGULAR SALAD DRESSINGS
WHOLE MILK	SOUR CREAM	TACOS

## ESTIMATED DAILY CALORIC INTAKE IN RELATION TO BODY WEIGHT

(During Hard Physical Workouts)

Weight (lbs)	Reduce	Maintain	Increase
120	1,530	2,280	3,030
130	1,720	2,470	3,220
140	1,910	2,660	3,410
150	2,100	2,850	3,600
160	2,290	3,040	3,790
170	2,480	3,230	3,980
180	2,670	3,420	4,170
190	2,860	3,610	4,360
200	3,050	3,800	4,550
210	3,240	3,990	4,740

220	3,430	4,180	4,930
230	3,620	4,370	5,120
240	3,810	4,560	5,310
250	4,000	4,750	5,500
260	4,190	4,940	5,690
270	4,380	5,130	5,880
280	4,570	5,320	6,070
290	4,760	5,510	6,260
300	4,950	5,700	6,450

## Protein

The most talked about nutrient in the training world is protein, rightly so in a lot of cases. Protein supports tissue growth and recovery of damaged muscle tissue. When you lift weights you hard tear down your muscles fibers. It is thru the recovery process that you become bigger & stronger--that is if you pay attention to nutrition, especially your protein intake. Science tells us that you need 1.76g of protein/kilo of lean body mass. This should be spread throughout the day in 4-6 meals. This will ensure better absorption rates. Here are the following requirements for different body weights:

<b>Weight (lbs)</b>	<b>Protein (g/day)</b>
120	96
130	104
140	112
150	120
160	128
170	136
180	144
190	152
200	160
210	168
220	176
230	184
240	192
250	200
260	208
270	216
280	224
290	232
300	240

# Hydration

Water is the most commonly overlooked nutrient and is very critical to athletic performance. Adequate fluid intake before, during, and after exercise is critical in preventing dehydration. The primary role of water for the athlete is in maintaining normal body temperature. As little as 2% of body weight lost as sweat can adversely affect performance. During the hot weather it is even more important to drink plenty of water before, during, and after exercise. Cool water is the best fluid choice; however commercial drinks can be used if the sugar concentration is not too high. Here are 5 helpful tips to stay hydrated.

1. Eat a high carbohydrate, low fat diet & drink plenty of fluids between exercise sessions. (Plain water or fluids WITHOUT sugar, caffeine or alcohol are the best).
2. Drink 17 oz (2+ Cups) of fluid 2 hours before exercise.
3. Drink every 15 minutes during exercise.
4. Keep drinks cooler than air temperature & close at hand (a water bottle is ideal).
5. If you exercise for more than 60 minutes, you may benefit from a sports drink containing carbohydrate (not greater than 8% concentration, though).

The following table provides recommendations for adequate fluid consumption:

<b>Recommendations for hydration.</b>	
<b>TIME</b>	<b>FLUID CONSUMPTION</b>
Pre-event meal	2-3 cups water
2 hours before	2-2 1/2 cups water
1/2 hour before	2 cups water
Every 10-15 minutes during the event	1/2 cup cool (45-55 degrees) water
After event	2 cups fluid for each pound lost
Next day	Drink fluids frequently (it may take 36 hours to rehydrate completely).