

PERFORMANCE COURSE NUTRITION REMINDERS

1. Drink at least $\frac{1}{2}$ your body weight in ounces of water each day. This may need to increase during hot humid conditions. Drink caffeinated and carbonated beverages sparingly. No energy drinks.
2. Make sure that you drink at least 18 ounces of fluids first thing in the morning when you wake up.
3. When using the restroom, check your urine to see if it is clear. This generally indicates good hydration.
4. Never skip breakfast and always take a multi-vitamin at this time.
5. In order to gain or maintain adequate muscle mass it is important to eat 5 – 6 times per day. Each meal needs to be approximately 500 - 1000 calories based upon your goals. Try to feed every two to three hours.
6. Every meal should include a complete protein to control insulin. Complex carbohydrates are important after exercise and with breakfast.
7. Complex carbohydrates should not be combined with fat. This produces a synergy that may cause you to gain excess fat.
8. Choose alternatives to trans fats and processed foods. Ex. Mustard instead of mayo. Skim instead of whole milk. Choose good fats.. Omega 3, Fish Oil, Flaxseed oils
9. You need to ingest about 1 gram of lean protein per pound of body weight per day. A meal replacement can help this cause.
10. Raw Fruits and vegetables should be included with your meals as much as possible. These provide important antioxidants for your immune system and help you recover.
11. Other than breakfast, 30 minutes after your workout is the most important time to eat. Absorption rate is high and a window of opportunity to recover more quickly is open to feed and nourish your body when it really needs it.
12. Limit fried foods, whole milk, butter milk, beef, cream cheeses, salad dressings, potato chips, French fries, ice cream, pizza, donuts and battered or breaded foods.
13. Sweets are empty calories and need to be avoided. These types of foods generally lead to unwanted fat gain.
14. Make sure that you sleep at least 8 – 10 hours per day. This helps in growth and regeneration
15. Eat starchy complex carbohydrates 2 – 3 days out from a big competition. This helps your glycogen stores build so that you will be prepared for competition.
16. A glycogen replacement drink is a great choice after competitions. Gatorade, Powerade are examples.
17. Consume light low fat meals on game day. Stay away from high fat foods. Fats will slow your body's ability to absorb water. It may also slow you down and make you feel sluggish
18. Be disciplined. Sweets and "bad foods" are only allowed one day a week for a reward.
19. Find a partner to help hold your self accountable. Parents are always the best.
20. Hard Work, dedication and desire are always your #1 supplement. There are no shortcuts!

RECOMMENDED SUPPLEMENT FOR PLAYERS 16 AND OVER:

OPTIMUM NUTRITION PRE-LOAD CREATINE COMPLEX

RECOMMENDED MEAL REPLACEMENTS:

MUSCLE MILK, MYOPLEX, SLIM FAST, ENSURE, CHOCOLATE MILK