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**NAPA
VALLEY
COLLEGE**

STUDENT-ATHLETE NUTRITION PACKET

:”You Can’t Out-Train Your Diet” | Napa Valley College Athletics

Napa Valley College Athletic Nutrition Packet

It is a known fact that you can't out-train your diet. It is imperative for you to consider that your diet is a major piece of the puzzle for your success on the field or court. Your diet will directly affect your energy, strength, memory and stamina during competition.

This packet highlights and explains each of the 5 nutrition goals promoted by Napa Valley College Athletic Program. Follow these guidelines to stay energized during exercise, enhance recovery between workouts, and maintain a healthy body composition.

Athletes should eliminate the consumption of alcohol, sodas and high fructose corn sugar at all costs. You should also be informed on acceptable, but not encouraged, food choices at many leading "Fast Food" restaurants. Fast foods/processed food should be avoided or limited.

5 Nutrition Habits of an Elite Athlete

- 1). Hydrate
- 2). Refuel
- 3). Eat at Regular Intervals
- 4). Choose a Varied and Balanced Diet
- 5). Meet Your Energy Needs

Daily Checklist

Complete this checklist daily to ensure you are achieving optimal nutrition

_____ I ate breakfast

_____ I ate 3 balanced meals

_____ I ate 2-3 nutritious snacks

_____ I ate 2-3 pieces of fruit

_____ I ate 3-5 servings of vegetables

_____ I ate 3-4 servings of low-fat dairy products

_____ I ate a lean source of protein in each meal

_____ I ate a source of carbohydrates in meals and snacks

_____ I selected foods moderate or low in fat

_____ I drank water regularly throughout the day

_____ I drank an Electrolyte Based Drink (Gatorade) during intense conditioning

_____ I refueled within 60 minutes following workouts

_____ I took a multivitamin

1). HYDRATE

Dehydration

- Raises your body temperature
- Makes you work harder at lower exercise intensities
- Causes headache, dizziness, and fatigue
- Leads to muscle cramping

Stay Hydrated

- Drink at least 1 cup of water every hour

TIP: Carry a water bottle around with you for a reminder

- Drink 1-2 cups of Gatorade about 15 minutes before exercise
- Drink 1-2 cups of fluid every half hour during exercise

TIP: Select Gatorade over water if you are a salty sweater or exercising for longer than an hour

- Drink 3 cups of Gatorade after exercise

TIP: Add 2 more cups of water or Gatorade for each pound lost during exercise

Monitor Hydration

Urine color - Clear to pale yellow color and frequent need to urinate signal adequate hydration. Infrequent, dark urine reflects your body begging you to drink. Weight loss - Weighing yourself before and after practice allows you to estimate fluids lost in sweat. Replace each pound with 2 cups of fluid.

2). REFUEL

Purpose

- 1). To replace carbohydrates used for energy and build stores for the next workout
- 2). To provide protein for aid in muscle repair and to prevent muscle breakdown
- 3). To take the first step in recovery for your next workout

Timing

The critical time to refuel is within the first **30 minutes** after exercise, when your body is able to maximize absorption of carbohydrates and protein.

Nutrients

Water: at least 3 cups of fluid plus an additional 2 cups for each pound of weight loss

Carbohydrates: 50-100 grams

Protein: 15-25 grams

Recommended Food Combinations

- Muscle Milk and 2 cups of Gatorade
- 2 cups of low-fat chocolate milk and a banana
- Peanut butter and jelly sandwich and 2 cups of Gatorade
- Bagel and part-skim mozzarella string cheese
- 8 oz. of low-fat yogurt mixed with 1/2 cup granola cereal
- 2 cups of cereal with skim or 1% milk

3). EAT AT REGULAR INTERVALS

Purpose

- 1). To maintain blood sugar levels for constant energy throughout the day
- 2). To minimize overwhelming hunger that leads to overeating late at night
- 3). To encourage protein synthesis instead of fat storage

Recommendations

Aim for 3-4 balanced meals daily

- Begin your day with a meal, even if it is not a traditional breakfast
- Regardless of your work or class schedule, make sure to include a lunch

This may require packing food ahead of time

- Prepare or purchase a dinner that is about the same size as breakfast and lunch
- For weight gain, eating a fourth meal will help you to consume more calories
- Starving all day and binging at night will sabotage both weight loss and weight gain efforts

for 2-4 snacks daily

- Including a small snack in between meals will control your hunger
- Adding large snacks will help increase calories needed for weight gain
- Eating a high-carbohydrate snack pre-workout will provide quick energy
- Refueling after exercise is an essential snack for all athletes

4). CHOOSE A VARIED AND BALANCED DIET

Step 1: Eat antioxidant-rich fruits and vegetables

Goals

- 1). Aim for 2-3 pieces of fruit per day
- 2). Aim for 3-5 servings of vegetables per day
1 serving is 1 cup raw or 1/2 cup cooked veggies

Examples

- fresh fruit, frozen fruit, canned fruit in water or juice, 100% fruit juice, dried fruit
- fresh vegetables, frozen vegetables, canned vegetables, 100% vegetable juice

Step 2: Eat energy-supplying carbohydrates

Goals

- 1). At least half of your calories should come from carbohydrates
- 2). Include a source of carbohydrates in every meal and snack

Examples

- whole grain bread, cereal, pasta, rice, oats
- starchy vegetables such as potatoes, sweet potatoes, winter squash, corn
- limit empty calories such as soda, sweet tea, candy, and sugary desserts

Step 3: Eat muscle-building, lean protein sources

Goals

- 1). Up to 1/4 of your calories may come from protein
- 2). Include a source of lean protein in every meal

Examples

- chicken breast, sirloin steak, lean ground beef, fish, egg whites, beans
- low-fat dairy products such as skim milk, low-fat yogurt, and 2% cheese

5). MEET YOUR ENERGY NEEDS

Match your food intake to your body composition goals.

- Increase total calories to gain lean muscle mass
- Decrease total calories to shed excess body fat
- Maintain total calories to avoid weight gain or loss

Six sample meal plans have been provided at varying energy levels to guide your food choices. If no beverage is listed with food items, select water, crystal light, or unsweetened iced tea. Diet soda may be consumed in moderation because it has been shown to cause sugar cravings in some individuals. *Your specific needs and food preferences may differ from those provided, so please schedule a nutrition consultation to receive individualized recommendations.*

If you fail to reach all of your vitamin and mineral requirements on a daily basis, it is also recommended that you take a general multivitamin.

Sample Meal Plans

2000 CALORIE DIET

Appropriate for some female athletes who have a low body weight or are trying to lose weight, likely from sports such as golf, diving, and softball.

Breakfast 2 cups of Cheerios with 1 cup of skim milk, 1 medium banana

Morning Snack 12 baby carrots

Lunch 3 slices of turkey breast on 2 slices of whole wheat bread with lettuce, tomato, 1 slice of Swiss cheese and 1 Tbsp. of mayonnaise, 1 medium apple

Afternoon Snack Peanut butter granola bar

Dinner Salad containing 1 cup spinach, 3 oz. grilled chicken breast, 1/2 cup chickpeas, 1/2 cup canned mandarin oranges, mushroom, and onion topped with 1/2 oz. dried walnuts and 1 Tbsp. red wine vinaigrette , 1 cup skim milk

Evening Snack 6 oz. low-fat yogurt

During Practice Approximately 3 cups of Gatorade

Sample Meal Plans

2500 CALORIE DIET

Appropriate for female athletes who are involved in cross-country, softball, diving, and golf as well as some low body weight female athletes in tennis, volleyball, and swimming.

Breakfast 2 packets instant oatmeal mixed with 1/2 cup skim milk and 1 cup strawberries

Morning Snack 1/4 cup of dry roasted almonds

Lunch Tuna salad sandwich on 2 slices rye bread made with 3 oz. tuna, 2 tsp mayonnaise, celery, lettuce, and topped with tomato slices 1 medium pear, 16 wheat thin crackers dipped in 1 Tbsp. hummus

Afternoon Snack 1/4 cup of granola cereal mixed in 6 oz. low-fat yogurt

Dinner 3 oz. grilled or roasted chicken breast

1 large baked sweet potato topped with 2 tsp brown sugar and 1 Tbsp. margarine 1 whole wheat dinner roll, 2 cups salad with mixed greens, cucumber, tomato, sunflower seeds, and 1 Tbsp. red wine vinaigrette dressing.

Evening Snack 3 cups of reduced-fat popcorn

2 pieces part-skim mozzarella string cheese

During Practice Approximately 4 cups of Gatorade

Sample Meal Plans

3000 CALORIE DIET

Appropriate for female athletes who are involved in basketball, track, and soccer as well as some female athletes from volleyball, tennis, and swimming. Male athletes who maintain a low body weight or want to lose weight may also follow this plan.

Breakfast 4 frozen multigrain waffles topped with 1/2 cup of blueberries, 1 Tbsp. of margarine, and 2 Tbsp. of maple syrup.

Morning Snack 1 medium banana covered with 2 Tbsp. natural peanut butter

Lunch 6" steak sub on wheat bread with 3 oz. grilled sirloin, 1 slice part-skim mozzarella cheese, onion, and green pepper, 1 cup skim milk

Afternoon Snack 8 triscuit crackers dipped in 3 Tbsp. of hummus

Dinner 1-1/2 cups whole wheat pasta with marinara sauce containing grilled chicken breast, tomatoes, and broccoli, 1 whole wheat dinner roll with 1 tsp margarine spread, 1 cup skim milk.

Evening Snack 1 Oats 'N Honey granola bar

During Practice Approximately 4 cups of Gatorade

Sample Meal Plans

3500 CALORIE DIET

Appropriate for some male athletes from tennis, cross-country, swimming, baseball, golf, and diving. Some very active female athletes may require this calorie level to maintain their weight.

Breakfast Egg sandwich with 1 scrambled egg and 1 slice of 2% cheddar cheese on a whole wheat English muffin, 1 cup of 1% milk, 1 grapefruit with 1 Tbsp. sugar

Morning Snack 1 cup of grapes

6 oz. of low-fat yogurt with 1/4 cup granola cereal

Lunch Chicken Caesar pita with 1/2 grilled chicken breast, romaine lettuce, tomato, cucumber, 2 Tbsp. Caesar salad dressing, and 1 Tbsp. Parmesan cheese
1 medium orange, 1/2 cup goldfish crackers

Afternoon Snack 1 cup applesauce, 1/4 cup dry roasted almonds

Dinner Stir-fry with 5 oz. sirloin steak, 1 cup brown rice, and sautéed green pepper, onion, sugar snap peas, and broccoli

Evening Snack 1 large baked tortilla dipped in 1 cup thick-and-chunky salsa
1 cup of 1% milk

During Practice Approximately 5 cups of Gatorade

4000 CALORIE DIET

Appropriate for most male athletes involved in sports such as football, basketball, track as well as some from baseball, tennis, cross-country, and swimming.

Breakfast 1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk
1 cup of 100% orange juice

Morning Snack Peanut butter and jelly sandwich on 2 slices of whole wheat bread

Lunch 1 baked chicken breast with 2 cups of rice, 1/2 cup of peas and 1/2 cup of corn. 1 cup of 2% milk

Afternoon Snack 12 baby carrots dipped in low-fat ranch dressing, 1 small bowl of pretzels

Dinner 3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick and chunky salsa.

Evening Snack 1 medium apple dipped in 6 oz. of low-fat yogurt

During Practice Approximately 6 cups of Gatorade.

Sample Meal Plans

5000 CALORIE DIET

Appropriate for high weight football players as well as basketball or football players trying to gain weight.

Breakfast 3 large scrambled eggs, 2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp. jelly, 1 cup of 100% apple juice

Morning Snack 1 medium orange, 1 whole wheat bagel topped with 2 Tbsp. of natural peanut butter.

Lunch 1 chicken breast with 1 cup of macaroni and cheese, 1 cup mixed vegetables, 1 cup of 100% grape juice.

Afternoon Snack 1 muscle milk, 1 medium apple

Dinner 6 oz. sirloin steak, 2 cups black beans and rice, 2 cups mixed salad greens and vegetables with Italian dressing, 1 cup of 100% orange juice

Evening Snack 2 cups of 2% chocolate milk, 1/2 cup dry roasted almonds

During Practice Approximately 6 cups of Gatorade

When planning your own meals for home or eating out, think about dividing your plate into thirds: cover 1/3 with fruits or vegetables, 1/3 with high-fiber starches, and 1/3 with lean protein.

Nutrition Information

Info to Know

What is a Calorie? A Calorie is a measurement unit in physics. It represents the amount of heat required to raise 1 kg of water 1 degree Celsius.

A Calorie may also be referred to as a Kilocalorie; they both represent the same thing.

1 lb. = 453 grams

1 lb = .453 kilograms

An athlete's diet should closely resemble the following nutrient percentages in order for the athlete to be provided enough fuel to compete and gain strength and endurance.

65 % Carbohydrate

15 % Protein

20 % Fat

Carbohydrate

Carbohydrate is the preferred fuel for the body, and it's an instantaneous energy source. Carbohydrates provide 4 calories of energy per gram. Athletes should make certain that carbohydrate provides between 55% - 65% of their total calories.

Examples of Good High Carbohydrate Snack

Apple	English Muffin	Mashed Potatoes	Saltine Crackers
Bagel	Fruit Cup	Mixed Berries	Spaghetti
Baked Potato	Fruit Smoothie	Oatmeal	Whole Wheat Toast
Banana	Gatorade	Orange Juice	Rice
Beans	Grapes	Popcorn	

You should consume approximately 6-10 grams of Carbohydrate per kilogram of body weight.

Example: 165 lb. Athlete = 450 – 705 grams of Carbohydrate

Protein

Proteins are large, complex compounds that are made up of different amino acids. An athlete's requirement for protein is double that of non-athletes, but most athletes far exceed their need for protein. Proteins provide 4 calories of energy per gram. Athletes should make certain that proteins provide around 15% of their total calories.

Good Sources of Complete Proteins

Cheese	Hamburger	Soy Burger	Yogurt
Tuna Sandwich	Cooked Beef	Milk	Turkey Sandwich
Chicken	Pork	Cottage Cheese	

You should consume approximately 1.2 – 1.7 grams of Protein per kilogram of body weight.

Example: 180 lb. Athlete = 98.4 – 164 grams of Protein

“Protein Sparing”

This factor is often overlooked, yet very important function of carbohydrates. Because carbohydrate (glucose) is preferred fuel, providing enough carbohydrate to meet the majority of energy needs preserves protein from being broken down and used as a source of energy. This situation allows protein to be used for important functions that only protein can accomplish, such as building muscle.