



CLUB ACADEMY PROGRAM UPDATE

NUTRITIONAL INFORMATION GUIDE

As part of our “quality assurance” measures we are introducing some nutritional tips for our players (and yourselves) to help keep our Academy strong and injury-free. We hope this information will become helpful during this 2011 season.

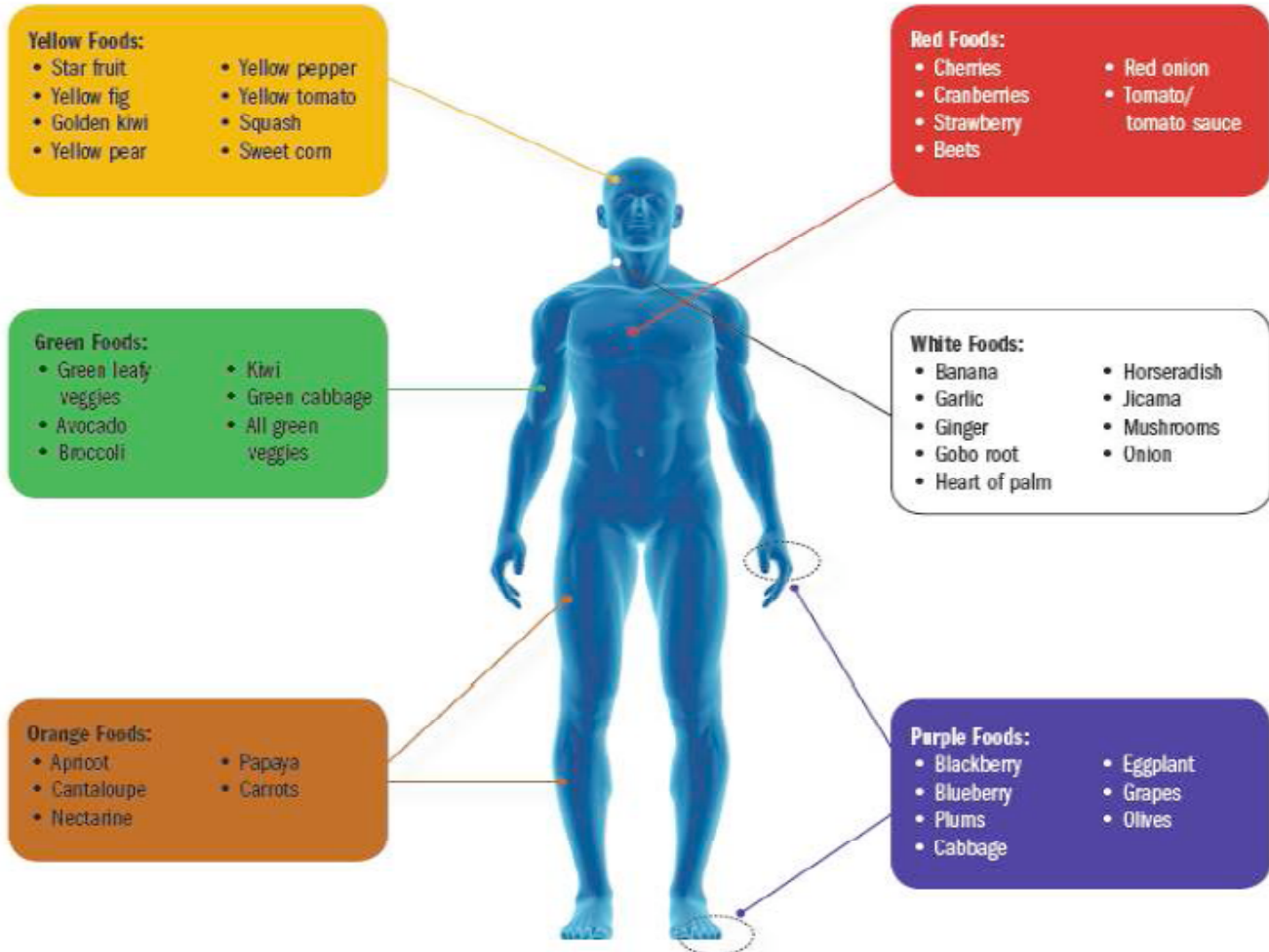
HYDRATION TIPS

1. Drink fluids throughout the day.
2. When choosing beverages during the day, water and other non-caloric beverages should be your first choice.
3. Avoid sodas and fruit drinks with little nutritional value.
4. Watch out for sweet coffee drinks.
5. Drink 100% fruit juices in moderation - go for the whole fruit instead.
6. Go for sports drinks, like Gatorade (G2), before, during, and after INTENSE exercise.
7. Keep water handy, buy by the case.
8. Checking hydration is as simple as looking at urine color. Yellow and smelly is bad.
9. If you are thirsty, you are already dehydrated.
10. Drink 1 oz per pound of your body weight per day (i.e. if you weigh 160lbs, you should be drinking 160oz of water per day).

TIMING OF FLUID INTAKE	AMOUNT OF FLUID INTAKE
Pre-Exercise: 1-2 hours before	17-20 oz of fluid
Immediately Before	7-10 oz of water or Gatorade (G2)
During: Every 10-15 Minutes	7-10 oz or 4-6 gulps of water or Gatorade
Post exercise	20 oz for every pound lost

“EAT A RAINBOW OFTEN”

It is generally recommended that you strive for 3 colours of food on your plate:



“EAT BREAKFAST EVERYDAY”

- ❖ Think “break-the-fast”
- ❖ Breakfast...
 - increases metabolism
 - Fuels the brain
 - Provides energy
- ❖ Don’t confuse coffee, soda and/or energy drinks with food.
- ❖ When in doubt start with a shake.

The 10 Nutrition Rules To Live By

- 1. COME BACK TO EARTH:** Choose the least processed forms of food such as; Fruits, veggies, whole grains, and high fiber carbohydrates.
 - 2. EAT A RAINBOW OFTEN:** Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.
 - 3. THE LESS LEGS THE BETTER:** Include a LEAN protein source with each meal.
 - 4. EAT HEALTHY FATS:** Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed, and flaxseed oil.
 - 5. EAT BREAKFAST EVERY DAY:** When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.
 - 6. THREE FOR THREE:** Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.
 - 7. STAY HYDRATED:** Dehydration = Decreased Performance. Drink at least 3 liters of non-caloric beverages (water/green tea) every day.
 - 8. DON'T WASTE YOUR WORKOUT:** Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.
 - 9. SUPPLEMENT WISELY:** Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian.
 - 10. SLEEP:** Aim for 8 hours of sleep. If you can't get 8 hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.
- The 80/20 Rule:** Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!
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Eat Clean Eat Often Hydrate Recover Mindset

CHOOSE YOUR FUEL

EAT CLEAN

	HIGH OCTANE FUEL: 91	REGULAR OCTANE FUEL: 89	LOW OCTANE FUEL: 87
CARBS (GRAINS)	Beans (black, kidney, navy) Chickpeas Black eyed-peas Brown rice Corn Green peas High fiber crackers Lentil, black bean and pea soup Low-fat refried beans Sweet potato/yam Whole grain bread Whole grain bagels Whole grain cereal Whole grain tortillas Whole grain waffles	Baked beans Baked chips Boiled new potatoes Cereal bars Corn tortillas Commeal/combread Crackers Cream of wheat Flour tortillas French bread French toast Hamburger/hot dog buns Macaroni Pancakes Pasta Pita bread Pretzels Ravioli Rice cakes Spaghetti Waffles White bread White rice	Biscuits Croissants Doughnuts Fettucini alfredo French fries Hash browns Mashed potatoes Muffins Pop tarts Refried beans Sugary cereals
PROTEIN	95% Ground beef or turkey Beans & peas Chicken, white meat/skinless Deli meat (turkey, ham, beef) Eggs (especially omega 3 eggs) Egg whites Lean beef steak Lean ham steak Lean jerky Low-fat cottage cheese Yogurt Milk: Non-fat and 1% Nut butters: Almond/peanut Non-fried fish Tofu Trimmed pork chops Tuna (in-water) Turkey, white meat/skinless	85% Ground beef/turkey Chicken, dark/skinless Milk: 2% and low-fat flavored Turkey, skinless/dark Turkey bacon Turkey sausage	75% Ground beef/turkey Bacon Beef or pork ribs Bratwurst Chicken, with skin Fried chicken Fried fish/seafood Frozen pizza Ham on bone Regular cottage cheese low-fat Whole milk/chocolate milk
FAT	Avocado Flax seed and flax oil Natural almond butter Natural peanut butter Olive oil Canola oil Peanuts Pumpkin seeds Raw almonds Raw cashews Raw pecans Raw pistachios Raw walnuts Sunflower seeds	Butter (in small amounts) Dry roasted nuts/seeds Reduced fat mayo Reduced fat salad dressing Reduced fat sour cream Reduced fat cheese Regular peanut butter	Fried foods Honey roasted nuts/seeds Margarine Mayonnaise Ranch & other salad dressing Regular cheese Sour cream Coconut oil