

WEIGHT LOSS NUTRITION GUIDE

SOME THINGS YOU SHOULD KNOW...

- You are what you eat...When training is strenuous and you are more active, you will need more food.
- Supplements will **NEVER** make up for poor eating habits.
- Any supplement you take must be NCAA compliant. Taking anything that is not compliant with NCAA rules can lead to failed drug tests. Failed drug tests = Loss of eligibility and playing time.
- You **MUST** snack between meals to make significant strength & power increases.
- If you don't participate in the on-campus meal plan, you should grocery shop at least once a week.
- Carry a water bottle with you to be more aware of your fluid intake. You should drink water all day long, not just during and after workouts.

YOUR EATING HABIT DISCIPLINE QUIZ

DO YOU?

- Eat breakfast 7 days a week?
- Consume at least ¼ of your daily caloric requirements at breakfast?
- Eat at least 3 meals a day at approximately the same time?
- Consume a nutritious snack at mid-morning and mid-afternoon?
- Eat 3 to 5 pieces of fruit a day?
- Eat at least one vegetable a day?
- Consume 60% of your calories from carbohydrates?
- Eat from all 5 food groups?
- Consume 20 to 30 grams of fiber a day?
- Consume your necessary daily caloric intake before the day is over on game day?
- Eat a post-practice or post-game meal high in carbohydrates and calories if necessary?
- Eat enough calories every day during the season or during heavy workout periods to maintain your bodyweight?
- Drink at least 8 (8oz) glasses of water a day?
- Go to bed about the same time each night?
- Wake up at approximately the same time each morning?
- Avoid the habit of sleeping in?

IF YOU ANSWERED NO TO ANY OF THE ABOVE, YOU ARE MAKING IT MORE DIFFICULT TO MAINTAIN YOUR LEAN BODY MASS.

PRE-WORKOUT NUTRITION

THE 4 MAIN FUNCTIONS OF PRE-WORKOUT NUTRITION ARE:

- Prevents hypoglycemia (low blood sugar) and its symptoms of light-headedness, fatigue, blurred vision and indecisiveness-all of which interfere with performance.
- Settles your stomach, absorbs gastric juices and delays the sensation of hunger.
- Fuels your muscles, both with food eaten in advance that is stored as glycogen, and with food eaten within an hour.
- Sets your mind at ease knowing that you are fueled up and ready to go.

To help you understand this better it helps to understand the function of glycogen. Glycogen is a form of glucose (sugar) which is stored in your body; mainly in your muscles and liver. How much glycogen you have available in your muscles before workouts start will greatly determine how productive your workouts will be.

Here is what you can do to make sure you have adequate glycogen stores before workouts:

- **EAT BEFORE YOU TRAIN!** During the night your liver glycogen stores can become depleted, lowering your blood sugar levels. Starting workouts with low blood sugar = EARLY FATIGUE.
- Choose foods with a low to moderate Glycemic Index Rating (see table)
- Limit high fat proteins. These take longer to empty from your stomach.
- Be careful with foods high in sugar (soft drinks, maple syrup, etc). If this is your last resort, have it within 5 to 10 minutes before your workout starts.

For early morning workouts, you need to make the following adjustments:

- The night before: Have a carb-based dinner and evening snack before bed.
- The morning of: Have something light (1-2 slices of toast, cereal, fruit, milk, yogurt).

POST-WORKOUT NUTRITION

As a college student-athlete, you basically have 2 periods during the year where your training will be at a high enough intensity to make improvement.

These periods are:

- 1) The time following the conclusion of your sport's last competition.**
- 2) The summer months.**

In reality this accounts for a little over 25% of a full calendar year. The rest of the time the majority of your training is spent maintaining any progress you have made from the previous year and staying as healthy as possible.

You don't have to be a math genius to figure out that your time to make progress in our program is relatively short and extremely valuable. That's why it is in your best interest to read and apply what is in these pages as soon as you can.

A great deal of your individual success in our strength & conditioning program depends on what you choose to put in your body immediately following workouts.

YOUR WINDOW OF OPPORTUNITY

- Once your workout ends you have 30 to 60 minutes to get the proper balance of carbohydrates, proteins and fats back into your system. This is your "window of opportunity." This is the time available for your body to store more muscle glycogen and protein than it can under normal circumstances.**
- What you eat during your window of opportunity should contain a minimum of 35 grams of protein & 50 grams of carbohydrates. During this time frame your muscles can be "uploaded" up to 3 times their normal carbohydrate and protein storage capacity.**
- *YOU SNOOZE, YOU LOSE...* You must eat on time to reap the benefits of this.**
- The rest of your meals should be 1.5 to 3 hours apart.**

NUTRITION FOR WEIGHT LOSS

If you fall into this category, you need to understand the following list of do's & don'ts when it comes to changing your body composition.

DO

- Reduce your daily calorie intake by 500 to 1,000 calories.
- Aim to lose 5 to 10 lbs a month...This promotes fat loss instead of muscle loss.
- LIFT HARD & A LOT!!! Intense weightlifting maintains or increases lean muscle tissue...Muscle tissue burns more calories than fat; therefore an increase in lean muscle in proportion to body weight will allow you to burn more calories, thus increasing your fat loss.
- Eat at least 5 to 7 meals a day.
- Try and eat every 1.5 to 3 hours.
- Engage in some sort of aerobic (continuous) exercise at least 3 times a week.
- Keep your protein levels up.
- Eat high quality proteins that are low in fat.
- Reduce your daily intake of fat to 10% - 15%. Look for foods that have less than 2 grams of fat per 100 calories.
- Increase your dietary fiber intake to help satisfy hunger.
- Eat plenty of vegetables daily.
- Avoid processed foods and "snack foods". They are higher in fat, sugar & sodium.
- Avoid or reduce the use of sauces & condiments that have high fat or sugar content.

DON'T

- STARVE YOURSELF!!! If you try to lose weight by eating less food, the weight you do lose will be 50% muscle, 20% water and only 30% fat.
- LET YOURSELF GO HUNGRY!!!...This leads to overeating.
- Lose more than 1 – 2 lbs a week. More than this = loss of muscle tissue.
- SKIP MEALS!!!
- Fry foods in oil or fat...Bake, broil or microwave instead.

GROCERY TIPS

Most often the most important variable that determines your dietary success is your food selection. In today's fast-paced "I want it now" society it is very easy to get overwhelmed and confused by all the media hype concerning "fat-free" and "healthy" foods.

When foods are labeled "fat-free" or "low-calorie", more often than not there have been some compromises made for these foods to receive these labels. In order to maintain flavor and appeal, fats are often replaced with high levels of sugar...Even in foods that are typically considered "sugar-free".

Reading labels can become a tedious pain in the ass, but it is a necessary evil if you wish to fully understand what makes up the content of the foods you regularly eat. You need to become familiar with the grams of protein, carbohydrate and fat as well as total calories per serving.

One of the oldest tricks in the book is to advertise "only 2 grams of fat per serving and only 40 calories per serving". Of course this sounds great with the low fat and calorie content. However, in reality the serving size is most likely ridiculously small with the typical consumption amount being 3 times of what is listed on the label.

If we do the math on the above example, we see that 2 grams of fat represents 45% of the total calories...Almost HALF of the calorie total comes from fat...This would not be a healthy food choice.

The following list can help you when shopping for food on your own:

- **Sugar Free** = Less than 0.5 grams of sugar per serving.
- **Reduced Sugar** = At least 25% or less sugar per serving than reference food.
- **No Sugar Added** = No sugar added during processing or packaging.
- **Low Calorie** = 40 calories or less per serving. If the serving is 30 grams or less, or 2 tablespoons or less, it must contain 40 calories or less per 50 grams of food.
- **Reduced Calories** = At least 25% fewer calories per serving than reference food.
- **Low Fat** = 3 grams or less per serving. If the serving is 30 grams or less, or 2 tablespoons or less, it must contain 3 grams of fat or less per 50 grams of food.
- **Fat Free** = Less than 0.5 grams of fat per serving.
- **Low Saturated Fat** = 1 gram of saturated (bad) fat or less per serving and not more than 15% of calories from saturated fat.
- **Reduced or Less Fat** = At least 25% less fat per serving than reference food.
- **Cholesterol Free** = Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving.
- **Sodium Free** = Less than 5 milligrams of sodium per serving.
- **Low Sodium** = 140 milligrams of sodium or less per 50 grams of food.

DAILY CALORIE NEEDS

Your weight (lbs)	Daily Protein Needs (grams)	Daily Calorie Intake Needed to Maintain Weight	Daily Calorie Intake Needed to Gain Weight	Daily Calorie Intake Needed to Lose Weight
100	77g	1,909	2,409 to 2,909	Not applicable
110	85g	2,100	2,600 to 3,100	1,600 to 1,100
120	93g	2,290	2,790 to 3,290	1,790 to 1,290
130	100g	2,481	2,981 to 3,481	1,981 to 1,481
140	108g	2,672	3,172 to 3,672	2,172 to 1,672
150	116g	2,863	3,363 to 3,863	2,363 to 1,863
160	124g	3,054	3,554 to 4,054	2,554 to 2,054
170	131g	3,245	3,745 to 4,245	2,745 to 2,245
180	139g	3,436	3,936 to 4,436	2,936 to 2,436
190	147g	3,627	4,127 to 4,627	3,127 to 2,627
200	155g	3,818	4,318 to 4,818	3,318 to 2,818
210	162g	4,009	4,509 to 5,009	3,509 to 3,009
220	170g	4,200	4,700 to 5,200	3,700 to 3,200
230	178g	4,390	4,890 to 5,390	3,890 to 3,390
240	186g	4,581	5,081 to 5,581	4,081 to 3,581
250	193g	4,772	5,272 to 5,772	4,272 to 3,772
260	201g	4,963	5,463 to 5,963	4,463 to 3,963
270	209g	5,154	5,654 to 6,154	4,654 to 4,154
280	216g	5,345	5,845 to 6,345	4,845 to 4,345
290	224g	5,536	6,036 to 6,536	5,036 to 4,536
300	232g	5,727	6,227 to 6,727	5,227 to 4,727
310	240g	5,918	Not Applicable	5,418 to 4,918
320	247g	6,109	Not Applicable	5,609 to 5,109
330	255g	6,300	Not Applicable	5,800 to 5,300

THESE NUMBERS ARE APPROXIMATE ESTIMATES...YOUR NEEDS MAY VARY SLIGHTLY

