JFCA SAINTS
ATHLETIC PERFORMANCE

HIGH PERFORMANCE NUTRITION

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1 Corinthians 6:19-20

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HIGH PERFORMANCE NUTRITION GUIDELINES

Most athletes have two basic dietary goals: eating for performance and eating for optimal body composition. No diet directly increases strength, power, or aerobic endurance, *but an adequate diet allows athletes to train and compete to the best of their abilities*. Although athletes' diets should follow basic nutritional principles for health and disease prevention, sometimes the common understanding of "good nutrition" does not apply to athletes. The physiological needs of competitive athletes often require diets that are quite different from sedentary individual's diets.

A ***MACRONUTRIENT*** is a nutrient that is required in significant amounts in the diet. Three important classes of macronutrients are proteins, carbohydrates, and fats.

To support training and competition, athletes should consume a balanced diet that provides all the essential nutrients: carbohydrates, protein, fat, water, vitamins, and minerals.

MACRONUTRIENTS NEEEDED

1. WATER
2. CARBOHYDRATES (GRAINS, SUGAR)
3. PROTEIN (MEATS, DARK LEAFY GREEN VEGETABLE, RICE & BEANS)
4. FATS (MILK, SOURCES OF MEAT)
5. VITAMINS AND MINERALS (FRUITS AND VEGTABLES, ALL PREVIOUS ENTRIES)

PROTEIN

WHAT IS IT???

Protein is an essential component of the high performance diet for strength and power athletes. Protein is the fuel needed to increase muscle size and strength. Without it the athlete will not be able to recover from intense training sessions or be able to produce increased muscle hypertrophy.

• Protein's primary function is to increase and maintain lean body mass.

There are two main forms of dietary protein, complete and incomplete protein. Complete protein, includes proteins of animal origins (those in eggs, meat, fish, poultry, and dairy products). Complete proteins include all of the essential amino acids needed by the body. Incomplete proteins are most commonly found of plant origin (beans, grains, and vegetables.) Incomplete proteins lack one or more of the essential amino acids needed by the body.

Incomplete proteins can be combined using complementary proteins to form a complete protein source, one that includes all of the essential amino acids needed by the body. Common examples of complementary protein sources include:

- Beans and rice
- Corn and beans
- Corn tortillas and refried beans
- Peanut butter and bread

*As a rule combining beans with grains provides the essential amino acids in appropriate ratios.

WITHOUT ADEQUATE PROTEIN YOUR MUSCLES WILL NOT GROW!!!

HOW MUCH DO I NEED???

• It is generally recommended that athletes consume 1.5 to 2.0 g/ kg body weight of protein to ensure adequate protein intake.

• EXAMPLE: For a 200-pound (91-kg) individual, this equates to approximately 135 to 180 g protein per day. For a 120-pound (54-kg) individual, it equates to approximately 80 to 110 g protein per day. The protein should be ingested with each meal in approximately equal doses.

Assuming a 200-pound athlete eats about five times a day, he should ingest about 20-30 g protein with each meal (20 g protein per meal for the 120-pound athlete). Ingesting high-quality protein regularly throughout the day ensures that the skeletal muscles have the anabolic building blocks (amino acids) to support lean tissue production.

• Milk (whey and casein), egg, soy, and bovine colostrum sources of protein are classified as high-quality protein.

• Adequate protein ingestion is essential for maximizing training-induced adaptations, particularly in strength development.

• Ingesting high-quality protein regularly throughout the day ensures that the skeletal muscles have the anabolic building blocks (amino acids) to support lean tissue accretion.

- A common protein intake recommendation is 10% to 15% of the total amount of calories consumed daily.
- The athlete should avoid large peaks and valleys in protein intake.
- After training or practice, the athlete should consume a carbohydrate and protein mixture immediately. This strategy also appears to enhance muscle protein synthesis.
- Athletes should avoid consuming only protein after exercise since this is a key opportunity to replenish depleted glycogen stores, and carbohydrate is needed for this purpose.

FEED THE MACHINE!!!

CARBOHYDRATES

WHAT IS IT???

******The primary role of carbohydrates is to serve as an energy source. ******

Carbohydrates and fats are the two nutrients that provide athletes with energy. Traditionally breads, cereals, pasta, fruits, and starchy vegetables are viewed as acceptable carbohydrate sources. Athletes should typically consume a variety of carbohydrates in their normal diets.

• Reductions of the body's carbohydrate sources during exercise decrease exercise performance and promote fatigue.

HOW MUCH DO I NEED???

An athlete engaged in a resistance training program will, on a day-to-day basis, require more total energy than a non-active, healthy counterpart of the same age. Athletes on a 3,500 kcal/ day diet in which 65% of caloric intake is composed of carbohydrate should aim to consume approximately 570 g of carbohydrate daily (~ 8 g/ kg body weight for a 70-kg [154-pound] individual).

• Consumption of adequate carbohydrate on a daily basis (e.g., 55-65% total calories) is critical for optimal athletic performance.

• During periods of intense physical training, an athlete's daily carbohydrate intake requirement may be as high as 10 g/ kg body weight.

• An athlete can take advantage of both high- and lower-glycemic food for optimal performance. Ingesting foods with a high glycemic index (high fiber, won't spike your blood sugar) during prolonged exercise or immediately after exercise is a vital strategy that athletes are encouraged to use for peak performance and recovery.

NOT ENOUGH ENERGY = NOT ENOUGH CARBS

FATS

WHAT IS IT???

Saturated fats are abundant in the typical American diet and are found in animal fat such as beef and dark meat in poultry. Monounsaturated fats are found in vegetable oils, such as olive oil and canola oil, and in peanut butter. Polyunsaturated fats are found in nuts, cheese, and fish. Athletes need to make sure that they are selecting a variety of foods to obtain the recommended balance between the types of fat.

Consuming too much fat can lead to the overconsumption of total calories, which leads to weight gain in the form of body fat.

HOW MUCH DO I NEED???

- The recommendation is that athletes consume a habitual diet of approximately 30% fat. Of this 30%, 10% should be saturated, 10% polyunsaturated, and 10% monounsaturated. Following these fat intake suggestions avoids the extreme practices of consuming too little or too much dietary fat.
- Athletes in sports where greater physical size is beneficial may be more prone to this problem. For example, American football linemen are more likely to consume excess calories and be classified as overweight or obese than other positions (Mathews and Wagner 2008).
    - Fat is the primary fuel at rest and during low-intensity exercise.
    - Diets that are too low in fat are associated with reduced testosterone concentrations and exercise performance.
    - Consuming too much fat can lead to the overconsumption of total calories, which leads to weight gain in the form of body fat.

VITAMINS AND MINERALS

Vitamins and minerals function in the human body as metabolic regulators, influencing a number of physiological processes important to exercise or sport performance. Athletes should obtain adequate amounts of all minerals in their diet because a mineral deficiency may impair optimal health, and health impairment may adversely affect sport performance (Williams 2005).

VITAMINS – WHAT ARE THEY???

- Vitamins are characterized into two main groups: water soluble and fat soluble. The water-soluble vitamins include the B vitamins and vitamin C. The fat-soluble vitamins are vitamins A, D, E, and K.
- Vitamin supplements are not necessary for an athlete on a balanced diet, but health professionals may recommend them to athletes if their diet is not balanced, if they are on a very low-calorie diet, or for other special dietary needs.

MINERALS – WHAT ARE THEY???

Minerals are important to athletes because they are involved in muscle contraction, normal heart rhythm, nerve impulse conduction, oxygen transport, enzyme activation, immune functions, antioxidant activity, bone health, and acid– base balance of the blood (Williams 2005; Speich, Pineau, and Ballereau 2001).

VITAMINS – HOW MUCH?

WATER SOLUBLE VITAMINS

- Their solubility in water limits their storage in the body for extended periods of time.

- Excessive intake of water-soluble vitamins in supplement form results in excretion of the excess in urine.

    - THIAMIN – B1
    - VITAMIN – B2
    - RIBOFLAVIN
    - NIACIN
    - VITAMIN B6
    - FOLATE
    - VITAMIN B12
    - VITAMIN B COMPLEX
    - VITAMIN C

FAT SOLUBLE VITAMINS

- Fat-soluble vitamins are carried in a fat solute and represent an important reason why athletes should not consume a diet excessively low (i.e., below 20 percent of calories) in fat.
- Vitamins A, D, E, and K are associated with sources of dietary fat and stored in adipose tissue. These fat-soluble vitamins have no direct role in energy production.

MINERALS – HOW MUCH?

- **SODIUM**, **POTASSIUM**, **CALCIUM**, **PHOSPHORUS**, **MAGNESIUM**, and **SULFUR** are designated as macro minerals because the recommended intakes exceed 100 mg/ day and the body contains more than 5 g.
- **IRON**, **COPPER**, **CHROMIUM**, **SELENIUM**, and **ZINC** are termed trace elements because recommended intakes are less than 100 mg/ day.
- **FLUORIDE**, **BORON**, **IODINE**, **MANGANESE**, and **MOLYBDENUM** are ultra-trace elements with intakes less than 5 mg/ day

  - Vitamins and minerals cannot be produced by the body and thus must be consumed in foods and beverages.
  - Vitamins and minerals are not direct sources of energy but facilitate energy production and utilization from carbohydrate, fat, and protein; transport oxygen and carbon dioxide; regulate fluid balance; and protect against oxidative damage.

SLEEP

-You are an athlete. You **NEED** 8-10 hours of sleep per night.

-Just because I can function on 5-6 hours doesn't mean that I should.

-As an athlete you don't need to function, you need to **PERFORM!!**

-Testosterone and hormone production is highest when the body is asleep.

IMPROVING YOUR SLEEPING HABITS

1. Get in a 9-12 hour sleep at least once or twice a week.

2. Take a power nap to compensate for unavoidable nighttime losses during the week. Power naps are only 20mins long.

3. Wind down with reading or some sort of progressive relaxation technique before bedtime. Turn off the television by 9:00 P.M.

4. **Eliminate as many blue-light sources as possible when going to bed.**

   Ex: computer monitors, dark curtains, face clocks away from you, turn off your phone; put a towel under the door

5. Get into a bedtime routine. You might be surprised at how a series of behaviors done every night before bed, readies your mind for sleep.

   Ex: Hot shower and some reading 30 minutes before bed

SAINTS RECOVERY

Immediately Post Workout:

- Aerobic Flush: Hop on a bike, treadmill, or rower and perform moderate exercise for 5-10mins to remove metabolic by-products from training
- Recovery position on the wall*
- Snack containing carbs, protein, and plenty of fluid and electrolytes (Milk, Protein, Vitamins, Gatorade)

45 Mins – 2 Hours

- Eat a meal or snack with carbs, protein, and drink fluids

Later That Night

- Continue to hydrate, and REST, 8 hours of sleep can make a huge difference in your recovery.
- Micro-Stretching: Stretch you total body, shooting for an intensity of 3 out of 10 on the RPE scale. Micro-Stretching is not intended to help improve your ROM, it's goal is to promote recovery and help prepare your body for recovery while sleeping by turning on your parasympathetic nervous system.

SAINTS, REMEMBER TO …

HYDRATE

EAT

REST TO RECOVER

TIPS ON HOW TO EAT HEALTHY WHEN EATING OUT

1. Ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars to drink with your meal.
2. Ask for whole-wheat bread for sandwiches.
3. Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
4. Ask for salad dressing to be served on the side. Then use only as much as you want.
5. Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
6. Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
7. Choose a small" or "medium" portion. This includes main dishes, side dishes, and beverages.
8. Order an item from the menu instead heading for the "all-you-can-eat" buffet.
9. If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
    a. Order an appetizer-sized portion or a side dish instead of an entrée.
    b. Share a main dish with a friend.
    c. If you can chill the extra food right away, take leftovers home in a "doggy bag."
    d. When your food is delivered, set aside or pack half of it to go immediately.
    e. Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
10. To keep your meal moderate in calories, fat, and sugars:
    a. Order foods that do not have creamy sauces or gravies
    b. Add little or no butter to your food.
    c. Choose fruits for dessert most often.
11. On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

HORSES GRAZE, PIGS GORGE

WHICH ONE ARE YOU?

10 NUTRITION TIPS TO LIVE BY

1. ***COME BACK TO EARTH!!!*** Try to choose the least processed forms of food; chances are if it comes in a box or package it is not that good for you. Eat fruits, raw veggies, whole grains(sprouted if possible), quality sources of meat, and fermented foods – for improved gastrointestinal health.

2. Eat ***BREAKFAST*** every day!

3. Eat ***smaller portions*** more often, spread evenly across the day. No excuses you should be eating 5-8 times per day!

4. Stay ***Hydrated***! Drink only non-caloric beverages (water/ green tea/ crystal light)

5. Include a ***LEAN*** protein source with each meal.

6. Choose foods, especially carbs, rich in ***FIBER*** (25-35 g/day)

7. Add a ***multivitamin*** and an ***omega 3/ omega 6*** supplement into your daily routine.

8. Eat Fruits or Vegetables with each meal ***Dark Leafy Green Vegetables are key!!

9. Drink a mixture of carbohydrate and protein before and/or after your workout.

10. Last, but not least --- ***Get some rest***. The body recovers and repairs when it is sleeping.

PROTEIN FOOD LIST

MEATS - LEAN CUTS OF	**LEAN GROUND MEATS**	**SEAFOOD**
BEEF	BEEF	CATFISH
HAM	PORK	COD
LAMB	LAMB	FLOUNDER
PORK	**LEAN LUNCHEON OR DELI MEAT**	HALIBUT
VEAL	**POULTRY**	SALMON
BEANS AND PEAS	CHICKEN	TROUT
BEAN BURGERS	DUCK	TUNA
BLACK-EYED PEAS	GOOSE	**SHELLFISH**
BLACK BEANS	TURKEY	CLAMS
KIDNEY BEANS	GROUND CHICKEN AND TURKEY	SHRIMP
LENTILS	**NUTS AND SEEDS**	CRAB
LIMA BEANS	ALMONDS	CRAYFISH
NAVY BEANS	CASHEWS	LOBSTER
PINTO BEANS	MIXED NUTS	MUSSELS
SOY BEANS	PEANUTS	OCTOPUS
SPLIT PEAS	PEANUT BUTTER	OYSTERS
WHITE PEAS	PECANS	SCALLOPS
SOY PRODUCTS	PISTACHIOS	SQUID (CALAMARI)
TOFU	PUMPKIN SEEDS	**CANNED FISH**
VEGGIE BURGERS	SESAME SEEDS	ANCHOVIES SARDINES
EGGS	SUNFLOWER SEEDS	CLAMS
CHICKEN EGGS	WALNUTS	TUNA



YOU CAN'T OUTTRAIN A POOR DIET!

VEGETABLE FOOD LIST

DARK GREEN VEGTABLES	**STARCHY VEGTABLES**	**OTHER VEGTABLES**
BOK CHOY	CASSAVA	ARTICHOKES
BROCCOLI	CORN	ASPARAGUS
COLLARD GREENS	GREEN BANANAS	AVOCADO
DARK GREEN LEAFY LETTUCE	GREEN PEAS	BEAN SPROUTS
KALE	GREEN LIMA BEANS	BEETS
MUSTARD GREENS	PLANTAINS	BRUSSELS SPROUTS
ROMAINE LETTUCE	POTATOES	CABBAGE
SPINACH	WATER CHESTNUTS	CAULIFLOWER
TURNIP GREENS	**RED AND ORANGE VEGTABLES**	CELERY
WATERCRESS	ACORN SQUASH	CUCUMBERS
BEANS AND PEAS	BUTTERNUT SQUASH	EGG PLANT
BLACK BEANS	CARROTS	GREEN BEANS
BLACK-EYED PEAS	HUBBARD SQUASH	ICEBERG LETTUCE
GARBANZO BEANS	PUMPKIN	MUSHROOMS
KIDNEY BEANS	RED PEPPERS	OKRA
LENTILS	SWEET POTATOES	ONIONS
NAVY BEANS	TOMATOES & TOMATO JUICE	TURNIPS
PINTO BEANS		WAX BEANS
SOY BEANS		ZUCCHINI
SPLIT PEAS		
WHITE BEANS		



FRUITS FOOD LIST

COMMONLY EATEN FRUITS	**BERRIES**
APPLES	STRAWBERRIES
APRICOTS	BLUEBERRIES
BANANAS	RASPBERRIES
CHERRIES	**MELONS**
GRAPEFRUIT	CANTALOPE
GRAPES	HONEYDEW
KIWI FRUIT	WATERMELON
LEMONS	**MIXED FRUITS**
LIMES	FRUIT COCKTAIL
MANGOES	**100% FRUIT JUICE**
NECTARINES	ORANGE
ORANGES	APPLE
PEACHES	GRAPE
PEARS	GRAPEFRUIT
PAPAYA	
PINEAPPLE	
PLUMS	
PRUNES	
RAISINS	
TANGERINES	



GRAINS FOOD LIST

WHOLE GRAINS - GOOD	REFINED GRAINS – NOT AS GOOD
AMARANTH	CORNBREAD
BROWN RICE	CORN TORTILLAS
BUCKWHEAT	COUSCOUS
BULGUR (CRACKED WHEAT)	CRACKERS
MILLET	FLOUR TORTILLAS
OATMEAL	GRITS
POPCORN	NOODLES
ROLLED OATS	PITAS
QUINOA	PRETZELS
SORGHUM	WHITE BREAD
TRITICALE	WHITE SANWICH BUNS AND ROLLS
WHOLE GRAIN BARLEY	WHITE RICE
WHOLE GRAIN CORNMEAL	SPAGHETTI
WHOLE RYE	MACARONI
WHOLE WHEAT BREAD	CORN FLAKES
WHOLE WHEAT CRACKERS	
WHOLE WHEAT PASTA	
WHOLE WHEAT SANDWICH BUNS AND ROLLS	
WHOLE WHEAT TORTILLAS	
WILD RICE	
WHOLE WHEAT CEREAL FLAKES	
MUESLI	



DAIRY FOOD LIST

MILK – ALL FLUID MILK	**CHEESE**
FAT FREE (SKIM)	**HARD NATURAL CHEESES**
LOW FAT (1%)	CHEDDER
REDUCED FAT (2%)	MOZZARELLA
WHOLE MILK	SWISS
FLAVORED MILKS	PARMESAN
CHOCOLATE	**SOFT CHEESES**
STRAWBERRY	RICOTTA
LACTOSE-REDUCED MILK	COTTAGE CHEESE
LACTOSE-FREE MILKS	**PROCESSED CHEESE**
MILK-BASED DESSERTS	AMERICAN
PUDDINGS	**YOGURT – ALL YOGURT**
ICE MILK	FAT-FREE
FROZEN YOGURT	LOW FAT
ICE CREAM	REDUCED FAT
CALCUIM-FORTIFIED SOYMILK (SOY BEVERAGE)	WHOLE MILK YOGURT



OILS FOOD LIST

COMMONLY EATEN OILS – TO AVOID!	**FOODS NATURALLY HIGH IN OILS**
CANOLA OIL	NUTS
CORN OIL	OLIVES
COTTONSEED OIL	SOME FISH
SAFFLOWER OIL	AVOCADOS
SOYBEAN OIL	**COMMON FATS**
SUNFLOWER OIL	BUTTER
OILS USED AS FLAVORINGS	MILK FAT
SESAME OIL	BEEF FAT (TALLOW, SUET)
OILS YOU SHOULD EAT	CHICKEN FAT
OLIVE OIL	PORK FAT (LARD)
COCONUT OIL	STICK MARGARINE - AVOID
WALNUT OIL	SHORTENING
	PARTIALLY HYDROGENATED OIL



TOP 25 FOOD CHOICES

#	Name	Information	Picture
1	Water	The single most essential component that represents 80% of your body and 65% of your weight	
2	Beans	Top ranked carbohydrates like green, black, kidney, lima and pinto provides protein, a low GI, fiber, and minerals essential to overall metabolism.	
3	Poultry	Top ranked proteins such as baked, roasted or grilled skinless chicken and turkey breasts contribute an excellent portion of protein with an unmatched protein to fat ratio	
4	Dark Green Leafy Vegetables	Carbohydrates like kale and spinach, as well as green, red, and yellow peppers have antioxidant vitamins and minerals and also delivers a significant portion of fiber	
5	Berries and Citrus Fruits	Carbohydrates including strawberries, blueberries, raspberries, oranges, grapefruits, and tangerines supply the antioxidant vitamin C, potassium, fiber and are easily transported as a wholesome snack.	
6	Grilled or Baked Fish	Protein choices like salmon, tuna, sardines and herring deliver a significant amount of protein and the essential omega-3 fatty acids. Also includes pre-packaged selections. If you don't like fish, WALNUTS are very high in omega-3 fatty acids.	
7	Bananas	Carbohydrate provides excellent amounts of potassium and fiber with no fat contribution and comes wrapped for easy storage and transport as a wholesome snack.	

8	No-Fat Dairy Products	Protein selections such as skim milk and yogurt that deliver a solid protein to fat ratio.	
9	Whole Grains	Cereals with Carbohydrates include Total, Wheaties, Raisin Bran, Cheerios, Shredded Wheat, and Grape Nuts; oatmeal, in addition to whole grain	
		rice, bagels and sandwich breads like wheat or rye. Provide excellent amounts of fiber, iron, folic acid and zinc.	
10	Lean Beef	Proteins like flank sirloin and filet steak, in addition to roast beef and lean ground beef meats that supply a good protein to fat ratio, B-complex vitamins and iron.	
11	Sweet Potatoes	Carbohydrate that is more of a vegetable than a starch. Contributes more protein, vitamins and minerals than a regular potato with a lower GI.	
12	Tomatoes and Tomato Juice	Carbohydrates can be included in a salad, pizza or pasta sauce or as a juice drink that delivers solid amounts of potassium, fiber, vitamin C, carotenes and lycopene which can provide a powerful defense against several forms of cancer.	
13	Nuts	Protein source such as peanuts, almonds, walnuts and pecans which supply a solid amount of protein with essential fatty acids and the antioxidant vitamin E. A wholesome and mobile snack.	
14	Fleshy Fruits	Carbohydrates like apples, grapes, peaches and plums that supply a quality amount of fiber and significant contributions of water but less vitamins and minerals than other fruits.	
15	Eggs	Protein source that delivers a solid protein to fat ratio with essential fatty acids and is great for breakfast. Hard-boil them and bring as a snack, if you can stand the smell…	

16	Starchy Vegetables	Carbohydrates like peas, carrots, corn, squash, cauliflower, cabbage and brussel sprouts and potatoes provide a quality source of fiber and essential vitamins and minerals.	
17	Low-fat Dairy Products	Proteins such as 2% milk, reduced fat cheeses and regular yogurt that supply a good protein to fat ratio while providing an excellent source of calcium.	
18	Lean Pork and Ham	Protein choices that can provide a solid protein to fat ratio if trimmed and prepared baked or grilled rather than fried.	
19	Dried Fruits	Carbohydrate that is a longer lasting, more easily transported version of berries, bananas, or fleshy fruits which has lost some vitamins and minerals in the drying process.	
20	Peanut Butter	Protein that has a solid protein to fat ratio with no cholesterol. An inexpensive and ready-to-eat protein source is an excellent compliment to many All-American carbohydrates.	
21	Grains	Carbohydrates such as pasta, tortillas, pita bread, cornbread, whole grain crackers and popcorn. Have a moderate GI and provide good sources of fiber, iron, zinc and folic acid.	
22	Olive Oil	Only ranked fat source is also the healthiest. An excellent substitution to heavier more saturated salad dressings or cooking oils.	
23	Recovery Shakes	Recovery shakes are a quick and easy way to your protein and carbohydrates needs in. They provide an optimal ratio of carbohydrate to protein to ensure muscle protein and glycogen re-synthesis. *DISCLAIMER* You must always know what is going into your body as an athlete, make sure your shake is a trusted source. Please contact me if you have questions about this.	
24	Fruit Juice	Orange Juice, Grape Juice and Apple Juice are a few examples, while they are never as good as the fruit itself, they provide an easy and quick alternative to get some of the	

		vitamins provided by the fruit. They are also very high in sugar, so limit your intake.	
25	Sports Drinks	Gatorade and Powerade are two examples you are familiar with. These quickly replenish lost water, electrolyte and muscle glycogen stores. (Only consume during training/practice) (Water is just as effective as any sports drink <45mins of training.)	

RESOURCES

1. Team Nutrition: http://www.fns.usda.gov/TN/
2. Know your Farmer: http://www.usda.gov/wps/portal/usda/knowyourfarmer?navid=KNOWYOURFARMER
3. National Farmer's Market Directory: http://search.ams.usda.gov/farmersmarkets/
4. Nutrition.gov: http://www.nutrition.gov/
5. Fruits and Veggies More Campaign: http://www.fruitsandveggiesmorematters.org/
6. Choose My Plate: http://www.choosemyplate.gov/
7. My Pyramid: http://www.mypyramid.org/plan.php
8. The People's Garden: http://www.usda.gov/wps/portal/usda/usdahome?navid=PEOPLES_GARDEN
9. Food Safety: http://www.foodsafety.gov/
10. My Plate: http://www.cnpp.usda.gov/MyPlate.htm

SAINTS B.E.L.I.E.V.E.

B- BREAKFAST ALWAYS

E - EAT OFTEN

L - LEAN PROTEIN

I - INTAKE EXTRA WATER

E - EAT FROM THE EARTH

V – VEGTABLES OFTEN

E - EAT BIG TO GET BIG!!!