

# **Sioux Central Boys Basketball**

## **Nutritional Guidelines**

- **Eat 3 full meals a day with two–three healthy snacks in between meals**
  - Use Variety and Moderation
- **Full meals**
  - Do your meals contain: one fruit, one veggie, and a good protein source?
  - Are you eating a high carbohydrate diet?
  - Eat a variety fruits and veggies– all different colors.
  - Limit fats but don't eliminate them.
- **Healthy Snacks**
  - Quick and easy–stash in a locker
    - Yogurts, granola bars, fruits, Nutrigrain bars, etc.
    - Make up for things you missed in meals.
      - If you didn't get a veggie during breakfast– eat some veggies for a snack.
    - Include a drink, preferably water, milk, or juice.
- **Stay hydrated**
  - Drinking water is the best and easiest change an athlete can make to their nutritional program.
  - By the time you feel dehydrated it's too late.
  - Before practice you should have at least 60 of ounces of water in your system. You need another 40 ounces from the end of practice until you go to bed.

- **Avoid empty calories**
  - Empty calories are calories without nutritional benefit.
    - Sodas
    - French Fries (Other fried foods)
    - Chips
    - Pastries
    - Candy
  
- **Vitamin C**
  - Consuming Vitamin C is a great way to prevent sickness whether by natural form or by a Vitamin C tablet.
  
- **Sleep**
  - Although this has nothing to do with Nutrition, proper rest is crucial to being at your best and preventing illness. No less than 8 hours of sleep per night.

#### Pre-event meals

- **A day or two days prior to a game** athletes should increase the amount of carbohydrates in their diet. More spaghetti, breads, potatoes, fruits, and veggies.
- **A pre-game meal 3–4 hours** before a game or scrimmage allows for optimal digestion and energy supply. It should contain 500–1000 calories. The meal should be high in starch. Starch breaks down easier than fats and protein and can be found in complex carbohydrates such as breads, cereals, pasta, fruits, and vegetables (potatoes).
- **Pre-work out** athletes should consume carbohydrates and sugar. A granola bar with a fruit juice will raise blood sugar and give you more energy.

- **Hydrate** all day every day. Continually get water in your system all day. Don't consume a large amount right before practice. Use Gatorade during and after strenuous events.
  - Gatorade is most effective when diluted to half Gatorade and half water.

### Post-event

- Small meal mixed with carbs, proteins, and fat eaten within 30 minutes is most beneficiary
  - Protein synthesis (rebuilding body tissue) is greatest during this window and carbs will help restore our body's energy supplies.
- It can be difficult to eat within 30 minutes so **plan ahead**
  - Pack some healthy snacks
    - Fruits, nuts, bagels, granola bars, almonds...
  - Carbs you can drink that contain protein (Chocolate Milk!!!)
- Rehydrate!
  - Did we mention chocolate milk?
    - Chocolate milk is the best and easiest way to give your body what it needs after a hard practice or a weight lifting session.
    - Every University of Iowa team drinks chocolate milk after a workout.

### Sports Drinks

Athletes need to be careful with sports drinks such as Gatorade and Powerade. Yes they do contain electrolytes that water can't provide. However, they are full of sugar. Overabundance of sports drinks has now been linked to Type-2 diabetes. There is a time and a place for sports drinks. They do not belong in your daily diet, but come in handy during prolonged periods of exercise and immediately after.

## Food Groups

### **Carbs**

- 50–70 % of daily caloric intake
- Why?
  - Fuel
    - Carbs are the primary energy source for exercising muscles.
    - We must restock our supply everyday
- Top 5 carbs
  - Sweet potatoes
  - Oats
  - Wild rice
  - Bananas
  - Whole grains

### **Proteins**

- 10–20% of daily caloric intake
- Proteins are the building blocks for the manufacture of new muscle tissue and the repair of old tissue.
- Most athletes get plenty of protein.
  - Training builds muscle, not protein consumption

### **Fruits and Vegetables**

- Should cover half your plate.
- Variety!
  - Try to eat all the different colors of fruits and veggies
  - A varied diet ensures sufficient amount of vitamins and minerals for the athlete.
- Fruits and vegetables are full of vitamins, minerals, antioxidants, and carbs.

- Vitamins, minerals, and antioxidants have a vital role in exercise performance and recovery following exercise. They also help strengthen our immune system.

## **Dairy**

- 3 servings per day
- In general, 1 cup of milk, yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 serving from the Dairy Group.
- Build strong bones.

## **Harris Benedict Equation**

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>

- Use the BMR Calculator to get your BMR number.
- Multiply your BMR by 1.6 (activity factor)
- This number is the amount of calories it takes for you to maintain your body weight.

## **Counting Calories**

<http://www.myfitnesspal.com/>

- Create an Account
- Enter your goal
- Track food and enter
- Print off report

## **Abby's Roasted Veggies**

If you're not a big veggie fan, give this a try:

- Preheat oven to 450 degrees
- Cut mixture of vegetables into bite size pieces.
  - Potatoes, broccoli, cauliflower, sweet potatoes, peppers, etc.
- Lightly drizzle Olive Oil over the cut up veggies
  - Mix in a bowl so each piece gets an even coat
  - May sprinkle on some seasonings.
- Place veggies on a cookie sheet
- Bake in oven for 45 minutes

Tastes great and is loaded with nutrients.