



IRVINE VAQUERO FOOTBALL

Championship Nutritional Ideas and Suggestions

The following charts and thoughts are geared toward leading an athlete into a more healthy eating lifestyle. Nutrition and exercise combined can assist the athlete in building his body for competition.

1. It is recommended that an athlete in training attempt to eat 5-6 small meals per day as opposed to 3 large ones.
2. Breakfast is the most important meal of the day and it will be extremely difficult for an athlete to excel without making breakfast a daily priority.

| <u>Sample Schedule</u> | | <u>Daily Breakdown Percentages</u> | |
|------------------------|---|------------------------------------|-----|
| Breakfast | Carbohydrates & Proteins | Carbohydrates | 55% |
| Snack (Break) | | Protein | 20% |
| Lunch | Carbohydrates & Proteins | Healthy Fats | 25% |
| Snack (Post Workout) | Protein Emphasis | | |
| Dinner | Proteins and Vegetable carbohydrates | | |
| Evening Snack | Carbohydrate Emphasis (for Weight Gain) | | |

| <u>Vitamin Sources</u> |
|--------------------------------------|
| <u>Source of Both A + C</u> |
| Dark Green Salads |
| - Spinach |
| - Romaine |
| - Collared greens |
| - Not iceberg (no nutritional value) |
| Red Peppers |
| Tomatoes |
| Sweet Potatoes |
| Yams |
| V-8 (original) |
| Grapefruit |
| Broccoli |
| Cantaloupes |
| Watermelons |
| Squash |
| Mandarin Oranges |

| <u>Vitamin A</u> |
|------------------|
| Carrots |
| Yogurt |
| Apricots |
| Egg yolks |
| Pumpkins |
| Peaches |
| Green peas |
| Cheese |
| Milk |

| <u>Vitamin C</u> |
|---------------------|
| Green beans |
| Spinach |
| Oranges |
| Strawberries |
| Green/Yellow Pepper |
| Pineapples |
| Raisins |
| Kiwis |
| Cauliflower |

| <u>Vitamin E</u> |
|-----------------------|
| Almonds |
| Peanut products |
| Salmon |
| Sunflower seeds + oil |
| Walnuts |
| Olive oil |
| Avocados/guacamole |
| Mayonnaise |

Thoughts:

1. The closer the food is to its natural state, the better it is for you.
2. The brighter the color, the more vitamins and minerals
3. Aim for balance in your diet. Instead of just putting a lot of tomatoes on your sandwich or salad every day, try some cucumbers or spinach instead of iceberg lettuce.
4. Iceberg lettuce is basically water and "roughage." It has no nutritional value.
5. You don't need to forsake Iceberg lettuce, but mix in some spinach or Romaine lettuce for extra vitamins.
6. Green leafy vegetables are a source for almost every vitamin you will ever need. The darker the better.



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| Carbohydrate Sources |
|-----------------------------|
| Top Choices |
| Squash (most kinds) |
| Sweet Potatoes |
| Yams |
| Oatmeal |
| Grits |
| Green Beans |
| Kidney Beans |
| Black Beans |
| Mushrooms |
| Plums |
| Nectarines |
| Pears |
| Oranges |
| Cucumbers |
| Plums |
| Peppers |
| Tomatoes |
| Broccoli |
| Cauliflower |

| Second Choices |
|-----------------------|
| Whole grain Bread |
| Brown/wild Rice |
| Potatoes |
| Apples |
| Bananas |
| Pita Bread |
| Rye Bread |
| Tortillas |
| Grapes |
| Popcorn |
| Raisins |
| Spaghetti |
| Sweet Corn |
| Granola |
| Bran Cereals |
| Whole Grain Bagels |
| Unsweetened Juice |
| Cream of Wheat |

| Third Choices |
|-----------------------|
| Puffed Rice |
| Mashed Potatoes |
| Refried beans |
| Total or Life Cereals |
| Hashbrowns |
| French Fries |
| Crackers and Cookies |
| Sweetened juice/soda |
| Most cereal |
| White bread |

Thoughts:

1. Look for labels that say "whole grain, whole wheat, or all natural ingredients." Healthy ingredients are the exception to the rule now, not the norm. So if it doesn't advertise good ingredients, then there probably aren't quality ingredients.
2. If you feel super-energized or really tired after a meal, you have probably eaten too many carbohydrates or you have eaten the wrong kind. You should not feel bloated or sluggish. If you are, you probably ate too much fiber or too much protein and carbs at the same time, causing your stomach to be overloaded.
3. Set your goals and do some homework. Aim for a healthy lifestyle, not a "diet" which eventually becomes a chore. Match your diet with your expectations and goals. Eating healthy food, a handful of desserts a week, and working out will result in a pretty healthy body.

| Protein Sources |
|------------------------|
| Top Choices |
| Tuna Fish |
| Albacore Tuna |
| Salmon |
| Skinless Chicken |
| Lean Ground Beef |
| Reduced fat milk (1%) |
| Cottage Cheese |
| Sugar-free Yogurt |

| Top Choices |
|--------------------|
| Beans and peas |
| Most fish |
| Lamb |
| Nuts and seeds |
| Egg whites |
| |

| Second Choices |
|-----------------------|
| 2% Milk |
| Chicken with skin |
| Cheese |
| Regular Yogurt |
| Turkey bacon |
| Chicken Strips |
| Peanut Butter |
| Turkey bacon |
| Egg yolks |
| Whey Protein drinks |

| Third Choices |
|----------------------|
| Chicken nuggets |
| Fried meat |
| Pork of any kind |
| Whole milk |
| Bacon |

Thoughts:

1. The best options are the best because they provide a lot of protein without a lot of fat or sodium
2. Some of the best sources are also good sources of good fat. Fish and nuts especially fit this category.
3. Important for growth, maintenance and repair of body tissues.

Recommended 1 gram per 2.2 lbs of body weight (28 grams=1 ounce)



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| Healthy Fat Sources |
|-----------------------------|
| <i>Nuts and seeds</i> |
| - Almonds |
| - Walnuts |
| - Pecans |
| - Sunflower seeds |
| - Cashews |
| - Peanuts |
| <i>Avocados</i> |
| <i>Salmon</i> |
| <i>Tuna</i> |
| <i>Olives and olive oil</i> |
| <i>Egg Whites</i> |
| <i>Whole grains</i> |
| <i>Soy products</i> |

Thoughts:

1. "Healthy fat" is different than most fats because it is what nutritionists call unsaturated fat. Unsaturated fat takes the body much, much less time to burn than "saturated fat." Basically, the saturated fat has a different chemical makeup that cause it to be more difficult for the body chemicals to utilize.
2. Your body, especially your brain, needs healthy unsaturated fat, in order to function properly. One type of fat that is becoming popular is Omega fatty acids. These are found in salmon, tuna, flax-seed and other things. Basically, this type of fat is the easiest, and most essential fat, for the brain.
3. You can usually tell the difference between a healthy fat and an unhealthy "saturated" fat just by looking at them. At room temperature, saturated fat will look like a spongy solid (like most meat fat and grease when they cool to room temperature, also mayonnaise and butter). Healthy unsaturated fats usually stay in liquid form at room temperature (olive oil, nut oils when you crush them, soy bean oil, etc.)
4. The focus is not to add more fat to your diet, but to cut down on sources of unhealthy fats while keeping sources of good fat in your diet.
5. Dietary fiber has been proven to sweep cholesterol out of the blood-stream. So include leafy vegetables, whole-grain or high fiber foods and fruit in your diet. All of these contain either dietary fiber, and some contain "structural" fiber which doesn't affect your blood stream, but is used to sweep junk out of your digestive system.