

You must EAT to gain healthy weight!

FACT!

You must eat ~3,500 calories in ADDITION to basic metabolic needs to gain **1 pound!!**



Aim to eat an extra 500 to 1000 calories a day.

What's your daily energy expenditure?

It varies.

If you're an underclassmen, you probably have a caloric need of 1800 to 2300 calories.

If you're an upperclassmen, you probably have a caloric need of 2700 to 3500 calories

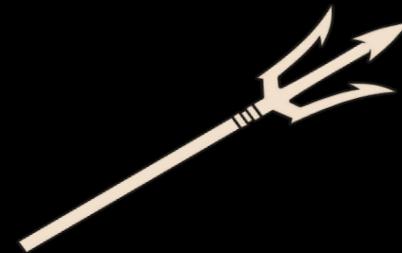
How to intake enough calories:

Have a meal plan:

- Eat Breakfast Daily (this is a MUST) ~ warm cereals, eggs, fruits
- Eat a midmorning snack ~focus on protein
- Eat a solid lunch
- Eat another snack before lifting
- Have a Whey protein shake within 30 minutes of completing workout
- Eat a dinner that focuses on protein, whole grains, and vegetables
- Have a Casein protein shake before bed



Christiansburg Football Nutrition, Hydration & Sleep Flyer



Make the most of your effort:

Fuel the Machine!

What should I eat?

Protein

These are the building blocks of bone and muscle.

You need 1 gram of protein for every pound of you goal weight.

Good sources:

Meat: Chicken, eggs, beef, fish, turkey, ham

Dairy: milk, cottage cheese, cheese sticks, cheese, greek yogurt

Nuts: mixed nuts, nut butters

Beans are a good source of protein and carbohydrates!

Carbohydrates

These are the primary fuel for explosive, burst-like movements...these are essential for lifting and football.

About 50% of your diet should be from complex carbohydrates.

If you're trying to lose weight or you're an underclassman:

You probably need 225-300 grams

If you're trying to gain weight or you're an upperclassman:

You probably need 350-400 grams

Good sources:

Whole grains wheat products: rice, pasta, breads

Fruits: bananas, apples, oranges, blueberries, strawberries, avacado's, etc.

Vegetables: broccoli, spinach, kale, etc.

Oatmeal, granola, sweet potatoes, etc.

Avoid: simple cereals, candy, soda, sweet tea, fruit juices, energy drinks

Sleep

How much do I need?

At your age, a high school athlete needs AT LEAST 8 hours of sleep. Ideal sleep would be 8 hours + 1 additional hour for every hour you exercise in a day.

Optimizing Sleep

- room temperature at 67 degrees (better cold than hot)
- NO light in the room (no TV, night lights, moon light, alarm clocks)
- no cell phone or TV an hour before bed (I know it's tough)
- when you avoid caffeine or sugar before bed

Hydration

If you're thirsty, you're DEHYDRATED!

How much, when...

- 100 to 200 ounces per day
- throughout the day, 10-20 oz. before lifting, throughout lifting

HAVE A PLAN TO DRINK YOUR GOAL AMOUNT EACH DAY

Do I need Supplements?

Protein:	IF you aren't getting enough in your daily eating
Creatine:	If you're NOT optimizing food, sleep, hydration...you're WASTING your money. Can be beneficial if you are optimizing other variables
Pre-Workout	Avoid it unless you are drinking at least a gallon of water a day.