

COUGAR FOOTBALL – EATING TO WIN

The food you eat has as much to do with your success as an athlete as any training regimen in the world. You could be the most dedicated, hardest worker in the weight room, but if you don't provide your body with the proper calories and nutrition it needs to grow and get stronger, then it is all **in vain**. When and what you eat are the keys to success. There are no magic pills or supplements out there to make you grow and get stronger. It all comes down to **whole food**.

“The greatest supplement a high school athlete can have is a large grocery bill.”

Trent Greener, Head Strength and Conditioning Coach
Oregon State University

When to eat

When should an athlete eat? = Throughout the day so you get the calories you need to grow. You will have more energy by increasing and maintaining your metabolism. Eating the proper amount of calories strengthens the immune system, which keeps you from getting sick.

Eating schedule:

Breakfast – within the first hour you get up. **6:30-7:30 AM**

Healthy Snack= Between 1st and 2nd Class of morning= **9:00-9:10 AM**

Eat a solid lunch= **11:30-12:00 PM**

Healthy Snack= Between last two periods of day= **1:30-1:40 PM**

Healthy Snack= After school snack.= **3:30-4:30 PM**

Eat a solid dinner= **6:30-7:30 PM**

Eat an after dinner or before bed snack= **9:00-10:00 PM**

*Any supplement taken should be built on top of getting enough calories from food.

What to Eat

Any foods listed can be eaten at any time. These are simply suggested options.

Breakfast= This starts the day with energy and gets metabolism going

Granola Bagel w/ cream cheese

2% milk Eggs

Yogurt – full fat, not low fat or fat free Fruit

Whole grain cereal

100% Whole-wheat toast

Real butter – not margarine

Nutrition bar – cliff, luna, power, etc.

Smoothie – yogurt, banana, frozen berries, 1 tbsp sugar, 2% milk, optional protein powder

Lunch

- Sandwich using 100% whole wheat bread with any of the following:
- Unprocessed meat- Real Turkey, Ham, Beef etc
- Cheese – cheddar will provide more calories and unprocessed
- Mayonnaise/Mustard
- Any veggies – lettuce, tomato, pickles, onions, cucumbers etc.
- Peanut butter – all natural – try and avoid high sugar content
- Jelly – as natural as possible (less preservatives the better)
- Honey
- Tuna
- Any of the “Snacks” listed below

Dinner

- Meat – chicken, beef, pork, fish
- Rice – try **brown rice**, which provides more calories and nutrition
- Pasta – try **whole-wheat** pasta for more calories and nutrition
- Meat sauce with any veggies added you want
- Salad –. Add any other veggies.

Snacks

- Cheese – cheese sticks or slices (unprocessed).
- Whole grain crackers – first ingredient should be whole-wheat flour.
- Any and all fruit is good. Vegetables are all good.
- Granola bars and Mixed Nuts
- Peanut butter and jelly or honey sandwich on 100% whole wheat
- Yogurt – full fat, not low or fat free

Beverages

- **Water**- 1 oz for every 2 lbs of body weight – example, for a person weighing 200 lbs would be 100 ounces of water. A water bottle has 16 oz. 6-7 a day!
- **2% milk** – greater nutrition than skim milk despite being higher in fat

Avoid:

NO SODA!!!= one 20 ounce Dr Pepper has 25 added teaspoons of sugar (USDA recommends just 10 teaspoons a day!)

- artificial colors and flavors and high in carbonation – linked to osteoporosis,

NO ENERGY DRINKS= The food you eat gives you everything you need. NO REASON TO EVER SEE YOU WITH ONE!

NO Extra Caffeine= Dutch/Starbucks etc= Sugar and Caffeine both are unneeded and can stunt growth

**Sports drinks (Gatorade) are okay before or after exercise. These should not be used as a normal beverage due to their high sugar content.

NO DRUGS/TOBACCO/VAPE/ALCOHOL= Just a poison that deletes other gains!

YOU NEED:

SLEEP= This is where the body recovers and builds= **8 hrs** minimum= Put away the devices when you sleep as well. Needs to be uninterrupted.