

## **Nutrition for the Modern Student/Athlete**

1. Build your meals around your protein. Protein builds and repairs muscles. Try to consume 1 gram of protein per pound of body weight. Example (185lbs of bodyweight, eat 185 grams of protein)
2. Drinking enough water is a key performance element. Your body is around 60% water. Being only mildly dehydrated can cause a significant drop in speed, strength and endurance. Try to consume around 120 ounces of water daily.
3. Eating breakfast is crucial prior to your weight training at 6:30am. It is important to give your body the fuel and nutrients it needs to power your body through intense resistance training. It can be a balanced meal or protein shake as long as it contains all 3 macronutrients. (Protein, Carbohydrates and Fats)
4. Gaining or losing weight requires the same discipline to achieve success. The athlete has to own his own process of how this will be done. The key is to be prepared, know what you will eating and when you will be eating it. If fail to have a plan, plan to fail!
5. Taking nutritional and performance supplements are important to the modern athlete performing optimally. The foods today are simply not as nutritionally dense as they once were so supplementation of vitamin, minerals and other key nutrients play a key role in muscle repair, performance and overall health.
6. Eating whole foods and avoiding process foods is a challenge for teenage athletes. Teens consume junk food at an alarming rate and some will use this as a technique to gain weight for sports. This food will increase body fat, giving little help in delivering important nutrients or helping your body repair from the rigors of the intense training young athletes endure.
7. The amount of calorie that a teen athlete burns daily is substantial, because of this they must eat several meals a day to provide the all the nutrients that they require. 3 meals and 3 snacks is standard.

# Weight Gain for Football

Gaining weight for football is something that a lot of teens who want to embark in this great sport require. Due to the high metabolic rate of the typical teenage metabolism it is necessary to be as disciplined about taking in the necessary amount of nutrients on a daily basis as it is to not miss the weight training routines and football practices.

In this article I will present a proven plan that is guaranteed to put on muscle weight on any frame. All that it needs for it to work is your determination and consistency.

## Part I: Weight Gain Nutrition

Like everything, there is a right way and a wrong way to do things. I see many people who in an attempt to gain weight just start eating everything in sight, and thus, overtax their digestive systems, thus not being able to eat several times a day.

In order to gain quality weight, you have to:

- 1) Eat several meals per day instead of 2 or 3 large ones.
- 2) Focus on quality nutrition with some calorie dense foods like peanut butter if your metabolism is very high.

With this said, lets cover the rules for gaining weight:

**Weight Gain Rule #1: Increase your protein intake** to 1 gram of protein per pound bodyweight. Therefore, if you weigh 200-lbs, you need to eat around 200 grams of protein per day. I have noticed that if I eat more than 40 grams of protein in one sitting I feel lethargic and have issues digesting the food. Therefore, keep your protein serving sizes to 30-40 grams.

**Protein sources** should come from lean low fat sources like chicken, turkey, 93% lean red meats, top sirloin steak, tuna, egg whites, shrimp, tilapia, mackarel, and salmon.

**Weight Gain Rule #2: Increase your carbohydrate intake** to between 1.5-3 grams of carbs per pound of bodyweight. In order to gain muscle, a carbohydrate increase will be required to keep your energy levels high, and thus fuel your workouts, and in order to help shuttle the amino acids from your proteins into the muscle tissue (since carbohydrates increase insulin levels and insulin is necessary for the transport of the aminos into the muscle).

**Good carbs** can come in the form of rice (white or brown), pasta, oatmeal, potatoes, cream of rice, rice cakes, whole wheat bread, fruits and vegetables. UCAN is a great carb supplement. Finally, make sure that you have around 15 grams of fibrous carbohydrates, such as green beans or broccoli, at lunchtime and 15 grams more at dinnertime as these will help to keep your digestive tract clean and ready to accept new nutrients, thus maximizing nutrient utilization.

**Weight Gain Rule #3: Increase your intake of good fats.** Fats are necessary to ensure good hormonal production and thus muscle growth. Eliminate all fats and see your testosterone levels take a dive. The body needs fats like the Omega-3 Essential Fatty Acids in order to ensure proper hormonal production and brain function. These oils are essential because the body cannot manufacture them and they help with many things like enhanced recovery due to reduced inflammation, enhanced nutrient partitioning due to their ability to neutralize enzymes necessary for fat storage (so this means more calories go toward muscle production and less to fat) and even help with enhancing your mood!

In order to get your **good fats** include essential fats in the form of peanut butter, flax seed oil, fish oils or extra virgin canned olive oil.

**Weight Gain Rule #4: Carry convenient foods with you.** In order to gain weight, you need to eat several times a day. Therefore, you should never allow more than 3 hours to go by without food.

## 9 Science-Based Ways for Athletes to Lose Weight

Humans need a certain amount of [body fat](#) to maintain basic functions. However, a higher body fat percentage can negatively affect performance in athletes. While there's no shortage of [weight loss](#) advice on the internet, athletes need to approach weight loss with care. Failing to do so can negatively affect training and lead to loss of precious muscle. An inappropriate diet can also make the difference between winning the race and not even qualifying. These 9 [weight loss tips](#) are specifically for athletes. They use the latest science-based recommendations to lower body fat while maintaining sports performance.

### 1. Lose Fat During the Off-Season

It's very difficult to decrease body fat and reach peak fitness at the same time. That's because to lose fat, you need to eat fewer [calories](#). This can make training feel more difficult and prevent you from performing at your best. For this reason, it's best to lose fat in the off-season, when you are not about to compete. If that's not possible, the next best option is to lose fat during less-intense training periods. Another reason to attempt fat loss in the off-season is that it will give you more time to reach your body fat percentage goal. This is good because losing weight at a slower rate decreases the likelihood of muscle loss. It also seems to support better sports performance. Most research agrees that weight loss of 1 lb. (0.5 kg) per week is ideal. **BOTTOM LINE:** Lose weight in the off-season at a rate of 1 lb. (0.5 kg) per week or less. This will help minimize muscle loss while supporting sports performance.

### 2. Avoid Crash Diets

If you cut calories too drastically, your nutrient intake may not support proper training and recovery. This can increase the risk of injury, illness and over-training syndrome. The latest sports nutrition guidelines also warn against eating too few calories and reaching a dangerously low body fat percentage. The lowest safe recommended body fat percentage is 5% in males and 12% in females. However, these levels are not necessarily best for all athletes, so discuss what's best for you with your coach and sports dietitian. Cutting calories too quickly can also negatively affect [hormones](#) and metabolism. To decrease body fat, athletes

should eat about 300–500 fewer calories per day but avoid eating less than 13.5 calories per lb (30 kcal/kg) of fat-free mass per day. If you don't know how much fat-free mass you have, get your body composition estimated with either a skin fold test or bio-electrical impedance analysis (BIA). You can also get your body composition measured by dual-energy X-ray absorptiometry (DXA) or underwater weighing. These are more accurate, but also tend to be more expensive and harder to come by. **BOTTOM LINE:** Crash diets can increase your risk of illness, injury and negatively affect your training and recovery. Therefore, avoid cutting your calorie intake by more than 300–500 calories per day.

### 3. Eat Less Added Sugar and More Fiber

Low-carb diets providing less than 35–40% of calories from carbs seem very effective at promoting fat loss. However, restricting carbs too dramatically is not always best for athletes. That's because it can negatively affect training and sports performance. Aim for a carb intake that's 40% of your daily calories to maximize fat loss. However, consume no less than 1.4–1.8 grams of carbs per lb (3–4 g/kg) each day. Cutting out added sugars is the healthiest way to reduce your total carb intake. To do so, check labels and minimize foods that contain added glucose, sucrose, fructose or any other sugars ending in -ose. Also, avoid cane juice, dextrin, maltodextrin, barley malt, caramel, fruit juice concentrate, fruit juice crystals and any type of syrup. Instead, increase your intake of vegetables high in fiber. These will help keep you fuller for longer, making you feel more satisfied. **BOTTOM LINE:** Eating less sugar and more fiber can help you reach your body fat goals. Athletes should aim to eat no less than 1.4–1.8 grams of carbs per lb (3–4 g/kg) each day.

### 4. Eat More Protein

Protein helps with fat loss in several ways. To begin with, high-protein diets increase feelings of fullness and the number of calories burned during digestion. High-protein diets also help prevent muscle loss during periods of weight loss, including in well-trained athletes. In fact, several studies show that eating two to three times more protein per day can help athletes retain more muscle while losing fat.

Therefore, athletes restricting their calories to lose weight should eat between 0.8–1.2 grams of protein per lb (1.8–2.7 g/kg) of body weight per day. That being said, there's no advantage to exceeding these recommendations. Consuming more than these amounts can displace other important nutrients, such as carbs, from your diet. This can limit your ability to train and maintain good sports performance. **BOTTOM LINE:** Higher protein intakes help limit the amount of muscle lost during a period of weight loss. Athletes should aim to consume 0.8–1.2 g/lb (1.8–2.7 g/kg) of protein each day.

## 5. Spread Protein Intake Throughout the Day

In addition to eating more protein, athletes can benefit from spreading their intake throughout the day. In fact, 20–30 grams of protein per meal seems sufficient to stimulate muscles to produce protein for the following 2–3 hours. This is why many scientists believe that a protein-rich meal or snack should ideally be consumed every 3 hours. Interestingly, studies in athletes show that spreading 80 grams of protein over four equal meals stimulates muscle protein production more than splitting it over two larger meals or eight smaller ones. A 2-week weight loss study in boxers also found that those who spread their daily calorie allowance over six meals instead of two lost 46% less muscle mass. Eating a snack containing 40 grams of protein immediately before bedtime can also increase muscle protein synthesis during the night. This may help prevent some of the muscle loss expected during sleep. However, more research in athletes is needed to draw strong conclusions. **BOTTOM LINE:** Eating 20–30 grams of protein about every 3 hours, including right before bed, may help maintain muscle mass during weight loss.

## 6. Refuel Well After Training

Eating the right foods after training or competing is very important for athletes, especially when trying to lose body fat. Proper refueling is especially important for days with two training sessions or when there are less than eight hours of recovery time between workouts and events. Athletes following carb-restricted diets should aim to consume between 0.5–0.7 grams of carbs per lb (1–1.5 g/kg) of body weight as soon as possible after a training session. Adding 20–25 grams of protein can further speed up recovery and promote protein production in your muscles. **BOTTOM LINE:** Consuming a good amount of carbs and protein immediately after training can help maintain your sports performance during weight loss.

## 7. Do Some Strength Training

Individuals attempting to lose weight are often at risk of losing some muscle in addition to fat. Athletes are no exception. Some muscle loss can be prevented by eating a sufficient amount of protein and avoiding crash diets. However, lifting weights can also help you hold onto muscle. Research shows that both protein intake and strength-training exercises stimulate muscle protein synthesis. What's more, combining the two seems to produce the greatest effect. Nevertheless, make sure to speak to your coach before adding any extra workouts to your schedule. This will reduce the risk of over-training or injuries.

**BOTTOM LINE:** Strength-training exercises can help prevent the muscle loss often experienced during a period of weight loss.

## 8. Afterward, Increase Calories Gradually

Once you've reached your body fat percentage goal, it's tempting to quickly start eating more. However, this may not be the most effective way to maintain your results. That's because your body can adapt to a restricted calorie intake by adjusting your metabolism and hormone levels. Researchers believe these adaptations can persist for some time after you re-increase your calorie intake and cause you to quickly regain the lost fat. A good alternative may be to increase your calories gradually. This may help restore your hormone levels and metabolism better, minimizing the weight regain. **BOTTOM LINE:** Increasing your calorie intake gradually after a period of weight loss may help minimize weight regain.

## 9. Try Some of These Other Weight Loss Tips

Although weight loss is a widely researched topic, the amount of scientific studies performed on athletes is limited. Nevertheless, some of the strategies scientifically proven to help non-athletes lose body fat may also benefit athletes.

Therefore, you may find it helpful to:

- **Record your portions:** Measuring your portions and keeping track of what you eat is scientifically proven to help you get better results.
- **Drink enough fluids:** Drinking liquids before a meal, whether its soup or water, can help you easily consume up to 22% fewer calories at the meal.
- **Eat slowly:** Slow eaters tend to eat less and feel fuller than fast eaters. Eating slowly can help you decrease your calorie intake without feeling hungry. For the best results, aim to take at least 20 minutes per meal.
- **Get enough sleep:** Research shows that too little sleep can increase hunger and appetite by 24%. Sleep also plays an important role in athletic performance, so make sure you get enough.
- **Reduce your stress:** Having high levels of stress increases cortisol levels, which promotes food cravings and the drive to eat. Mental and physical stress can also prevent proper recovery.

**BOTTOM LINE:** Stress, sleep, hydration and alcohol all affect weight loss. Eating slowly and keeping a food journal can also help you lose weight.

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**Meal Planner For: True Paleo FODMAP, 2400 Calories**  
**For the Date Range: 12/23/2014 to 12/23/2014**

**DAY # 1**  
 12/23/2014

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.75	1 cup	Blueberries, raw	1.88	36.77	0.84	144.64
1.00	1 jumbo	Egg, whole, raw, fresh	7.91	0.45	5.99	90.09
1.50	1 tablespoon	Oil, coconut	0.00	0.00	20.40	175.85
4.00	ounce(s)	Pastured Chicken Breast	34.80	0.00	4.00	188.00
3.00	1 cup	Spinach, raw	2.57	3.27	0.35	20.70
<b>Totals:</b>			<b>47.16</b>	<b>40.49</b>	<b>31.58</b>	<b>619.28</b>
<b>AM Snack</b>						
4.00	1/2 cup	Bok Choy, boiled, drained	5.30	6.05	0.54	40.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
1.00	1 oz (10-12 kernels)	Nuts, macadamia nuts, raw	2.21	3.87	21.22	201.04
4.00	ounce(s)	Pastured Chicken Breast	34.80	0.00	4.00	188.00
1.00	1 dash	Spices, pepper, black	0.01	0.06	0.00	0.25
<b>Totals:</b>			<b>42.35</b>	<b>10.40</b>	<b>25.78</b>	<b>430.61</b>
<b>Lunch</b>						
3.00	1 cup	Chard, swiss, raw	1.94	4.04	0.22	20.52
1.66	3 oz	Fish, salmon, Atlantic, wild, raw	27.99	0.00	8.95	200.36
1.50	1 tablespoon	Oil, coconut	0.00	0.00	20.40	175.85
0.30	1 teaspoon	Spices, ginger, ground	0.05	0.39	0.02	1.81
0.30	1 teaspoon	Spices, turmeric, ground	0.06	0.44	0.02	2.06
<b>Totals:</b>			<b>30.05</b>	<b>4.87</b>	<b>29.61</b>	<b>400.60</b>
<b>PM Snack</b>						
2.00	each	Carrot - raw medium	1.40	14.60	0.20	62.00
4.00	ounce(s)	Grass-Fed Flank Steak	24.60	0.00	7.12	168.00
2.00	1 cup, chopped	Kale, raw	5.74	11.73	1.25	65.66
2.00	1 leaf	Lettuce, butterhead (includes boston and bibb types), ...	0.14	0.22	0.02	1.30
1.50	1 tablespoon	Oil, coconut	0.00	0.00	20.40	175.85
<b>Totals:</b>			<b>31.87</b>	<b>26.55</b>	<b>28.99</b>	<b>472.81</b>
<b>Dinner</b>						
2.00	3 oz	Fish, cod, Pacific, raw	25.96	0.00	0.70	117.30
5.00	each	Nori	3.00	2.50	0.00	20.00
1.50	1 tablespoon	Oil, coconut	0.00	0.00	20.40	175.85
1.00	1 large (3-1/16" dia)	Oranges, raw, all commercial varieties	1.73	21.62	0.22	86.48
1.00	each	Pepper/Red or Green	2.80	19.20	0.40	80.00
<b>Totals:</b>			<b>33.49</b>	<b>43.32</b>	<b>21.72</b>	<b>479.63</b>
<b>Actual Totals for Day 12/23/2014:</b>			<b>184.92</b>	<b>125.63</b>	<b>137.67</b>	<b>2402.92</b>



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Meal Planner For: Weight Loss R2, 2100 Calories  
 For the Date Range: 7/8/2015 to 7/8/2015

DAY # 1  
 7/8/2015

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Make oatmeal using milk. make eggs in pan.</b>						
1.50	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
1.25	cup	Milk - skim, no fat	10.50	14.88	0.50	107.50
1.00	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<b>Totals:</b>			<b>46.20</b>	<b>76.28</b>	<b>2.80</b>	<b>501.50</b>
<b>AM Snack</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Lunch - make salad with croutons,oil,boil egg</b>						
0.50	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
4.00	1 large	Egg, whole, cooked, hard-boiled	25.16	2.24	21.22	310.00
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>30.02</b>	<b>35.84</b>	<b>26.58</b>	<b>517.00</b>
<b>PM Snack</b>						
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals:</b>			<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>
<b>Dinner - salad w/oil.add salsa to fish.potato &amp;asparagus se</b>						
1.50	cup	Asparagus, fresh - boiled	6.90	11.40	0.90	66.00
2.00	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
2.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
6.00	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
2.00	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00
4.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
<b>Totals:</b>			<b>57.15</b>	<b>75.30</b>	<b>17.50</b>	<b>693.40</b>
<b>Evening Snack</b>						
8.00	each	Graham Crackers	3.86	43.00	5.66	236.00
<b>Totals:</b>			<b>3.86</b>	<b>43.00</b>	<b>5.66</b>	<b>236.00</b>
<b>Actual Totals for Day 7/8/2015:</b>			<b>145.03</b>	<b>264.92</b>	<b>53.04</b>	<b>2118.90</b>
<b>Actual % of Total Calories:</b>			<b>27.40</b>	<b>50.05</b>	<b>22.55</b>	

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Meal Planner For: [Athletic Training], 2700 Calories]  
 For the Date Range: 2/12/2015 to 2/12/2015

DAY # 1  
 2/12/2015

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Egg white/tom/mush in spread. oats w/milk.</b>						
1.00	cup	Chopped tomato	2.00	7.00	0.00	30.00
7.00	large	Egg white	28.00	0.00	0.00	105.00
1.50	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
1.00	cup	Milk - 1%	8.00	11.70	2.60	102.00
0.50	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
1.00	each	Orange - medium	1.20	15.40	0.20	62.00
3.00	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
		<b>Totals:</b>	<b>49.04</b>	<b>65.42</b>	<b>10.66</b>	<b>515.60</b>
<b>AM Snack</b>						
1.00	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1.00	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
1.00	each	Small banana	1.00	23.00	0.00	90.00
		<b>Totals:</b>	<b>6.00</b>	<b>39.00</b>	<b>3.50</b>	<b>200.00</b>
<b>Lunch - Tuna veg pasta salad.</b>						
0.33	cup	Artichokes	1.65	6.60	0.17	29.70
2.00	table spoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
2.00	cup	Mixed greens	0.00	2.00	0.00	10.00
2.00	cup	Mixed vegetables (non starchy)	2.00	14.00	0.00	80.00
1.00	tea spoon	Olive oil	0.00	0.00	4.50	40.00
8.00	ounce(s)	Water packed white tuna	56.00	0.00	8.00	280.00
2.00	cup	Whole wheat pasta, cooked	14.00	74.00	2.00	340.00
		<b>Totals:</b>	<b>73.65</b>	<b>100.60</b>	<b>14.67</b>	<b>799.70</b>
<b>PM Snack</b>						
0.75	cup	Kashi GoLEAN Cereal	9.75	22.50	0.75	105.00
1.00	cup	Milk - 1%	8.00	11.70	2.60	102.00
		<b>Totals:</b>	<b>17.75</b>	<b>34.20</b>	<b>3.35</b>	<b>207.00</b>
<b>Dinner - Toss potato in oil/season/roast.</b>						
16.00	each	Asparagus spears	5.60	9.92	0.32	51.20
1.00	each	Baked potato, large	7.00	63.00	0.00	280.00
2.25	cup	Broccoli	8.37	25.20	1.44	122.85
8.00	ounce(s)	Extra lean beef	50.00	4.00	6.00	260.00
2.00	tea spoon	Olive oil	0.00	0.00	9.00	80.00
		<b>Totals:</b>	<b>70.97</b>	<b>102.12</b>	<b>16.76</b>	<b>794.05</b>
<b>Evening Snack</b>						
1.00	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00