

February 27, 2009

Dear Football Parents,

Each year, I receive inquiries from parents as to the diet our athletes/football players should be following to help them gain an optimal amount of muscle while training and during the regular season. Johnny Ferlito, assistant varsity coach, is a personal trainer. He has provided his suggestions on which foods to eat at each meal. His recommendations are on the attached sheet.

If you have any additional questions, I would recommend contacting your family physician directly. Your doctor will be able to provide more individualized meal plans based on your athlete's past physical history.

Sincerely,

Coach K

Practical Diet Ideas

Breakfast: The most important meal of the day.

- Regular eggs are fine; egg whites are better.
- Stick to non-sugary cereals such as: Special K, Corn Flakes, Rice Crispies, Corn Chex, and Cheerios. Stay away from sugary cereals and do not add sugar to it.
- If you want breakfast meats, stay with turkey-based sausage patties or links.
- Grapefruit and bananas are a healthy source of sugar and potassium.
- Bagels, English muffins and waffles are fine.

Lunch:

- Sandwiches made with lunch meat are fine with minimal amounts of mayo. Mustard is better since it is only high in sodium with no fats and sugars. The sodium will help you retain water as well.
- Tuna sandwiches are the best thing for you - extremely high in protein and no fat or sugar.
- Peanut butter and jelly is good; do not overload on it. Peanut butter has good fats and is high in protein, but too much is not good. Jelly is high in sugar so limit intake.
- Eating a big, healthy breakfast will help keep your hunger down for lunch and you will not need to eat as much.

Dinner:

- Eat at least one vegetable. Vegetables can be steamed or baked with flavoring.
- Limit amount of red meat as much as possible.
- Steamed rice is a good choice.
- A salad with egg whites is great with dinner.
- Pasta dishes are a good choice. Even though there is a lot of negative press as far as eating white flour carbohydrates, these athletes are working out and need those carbs to get energy. Stay away from fatty sauces as much as possible; stick to the red based sauces instead of white based.

Drinks:

- One glass of milk or juice is fine. Don't drink too much because juice especially has processed sugar that turns into non burnable fats.
- You can never drink enough water. This should be your main beverage throughout the day.

Fast Food & Restaurants:

- Try to cut fast food out of your diet completely.
- If fast food is the only option, sub sandwiches are the best. Limit the use of mayo and condiments.
- Fish will be your best bet at a restaurant – tuna or any white fish. Otherwise, stick to chicken or white meat.

Supplements:

- Proper diet and exercise is necessary to improve your overall health.
- Protein powder shakes after a workout are the only supplement you need. The muscles are torn after a workout and need nutrients to help them recover. A protein/glutamine drink to help with recovery is a good idea.
- No other supplements are necessary.