

# **CENTRAL STRENGTH NUTRITION**

In addition to your work ethic, your lifestyle and nutritional choices will define your college athletic experience and help you maximize your athletic potential. The following information is simple, but it is the simple little things over time that will become powerful things. If you will commit yourself to the following nutrition & recovery information powerful things will result.



## **Central Strength**

*“An athlete's nutrition and lifestyle makes the difference between average & great or between All-Conference & All-American. What is on my teammate's plate tells me whether or not they are committed to excellence or satisfied with mediocrity. If you want to be great at anything it takes sacrifice; doing things others won't do. You must discipline & yourself, taking pride in doing a whole lot of little things better than others. Embracing nutrition can transform your athletic experience.”*

**Nick Reed: 2007 Football Grad**

2006 All-American Guard

2007 Sterling S&C Award Winner

*Went from 187lbs to 265lbs; increasing vertical 8”, significantly faster & stronger*

# ***7 RULES OF GOOD NUTRITION***

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## **1) Eat Every 2-3 Hours**

Do not go more than 3 hours without eating anything! Workout days should consist of 3 meals (breakfast, lunch, and dinner), 2-3 snacks, and a post-workout shake. Carbs should come from fruits/vegetables and whole-grains. Non-workout days should consist of 3 meals and 2-3 snacks. On non-workout days, increase amounts of protein, healthy fats, and vegetables.

## **2) Eat a Lean Protein Source With Every Feeding**

Make sure every meal or snack has at least one serving of a lean protein. Protein sources include lean cuts of chicken, beef, pork, turkey, tuna, fish, eggs, whey protein shakes, cottage cheese, etc. Servings should be at least two cuts of meat the size of a deck of cards, 2 scoops of protein, or 1 cup of cottage cheese. These are approximately 30-50g of protein per serving. AIM FOR 1g OF PROTEIN PER POUND OF LEAN BODYWEIGHT

## **3) Eat a Fruit/Vegetable with Every Feeding**

Fruits and vegetables are necessary to balance out all the protein and carbohydrates you eat to keep you in a fat burning and muscle building environment. You should aim for 10 servings of fruits/veggies a day. Vegetable servings should be at least 1 cup cooked (2 handfuls) or ½ cup (1 handful) raw with fruits being 1 medium piece or 1/2 cup. Eat as many vegetables as possible. This will keep you feeling fuller longer and provide you with energy for practice and workouts. Greens+ can be used to help reach this goal.

## **4) Time Up Your Carbohydrates For Best Times During the Day**

Your body handles carbohydrates best (meaning it is likely to not get stored as fat) right after you workout (within 30-60 minutes) and breakfast. Try to keep all sources of carbohydrates clean and process free. Fruits and whole-grain, wheat sources are best. Avoid all types of sugars, sweets, enriched breads, bagels, and pastries.

## **5) Drink Non-Calorie Containing Beverages Most of the Day**

Avoid all beverages that contain unnecessary calories (EXCEPTION: milk and post-workout shakes). Cut out sodas and alcoholic beverages. Drink as much water as you can. Aim for at least 1 gallon of water/day.

## **6) Eat Healthy Fats**

Eat 1-2 oz of nuts a day (almonds, walnuts, pecans, peanuts, etc) as snacks with your protein/fruit/veggie. In addition, consume healthy oils such as Extra Virgin Olive Oil on your salads, fish oil, borage oil, flax seeds and flax seed oil. Egg yolks contain healthy fats as well so don't avoid these. This will help with fat metabolism, act as powerful anti-inflammatories and help the body fight off disease.

## **7) Prepare Your Food Ahead of Time**

The easiest way to fall off track is to not be prepared for what may happen. To ensure you eat the right things at the right times, always have your meals and snacks pre-packaged and easily accessible. Keep your Tupperware filled with vegetables, lean cuts of meat, packs of tuna, and quality carbohydrates. Buy snack bags and portion out your nuts, shakes, veggies, and fruits so you can GRAB and GO!

## **WHAT SHOULD A MEAL CONSIST OF?**

### **All Meals Should Contain 5 Things:**

- Fruit &/or Vegetable Source
- Protein Source
- Quality Carbohydrate Source
- 1 Drink w/ Calories (Milk or 100% Fruit Juice)
- 1 Drink w/o Calories (Water or Green Tea)

### **All Snacks Should Contain:**

- 1 Fruit Source
- ~20-30 Grams of Protein
- 1 Drink w/o calories

### **Before Bed:**

- ~30 grams of protein
  - Preferably casein based (i.e. cottage cheese)
- Vegetable
- Healthy Fat Source (preferably fish oil)

***“It is way too easy to make poor nutrition choices in college. In any choice I made, including nutrition, I asked myself ‘Is this choice going to help me be the best there is, or is it going to hurt me?’ And when I didn’t care enough about myself, I would always ask the next question, ‘How will this decision affect my team’. It is the small, everyday decisions that determine your destiny.”***

### **Kelly Dooley (Harris): 2008 Softball Grad**

All-American Catcher  
2008 Sterling S&C Award Winner  
2006-2008 All-Conference Player  
Top 5 Fastest Athletes in Central College History  
Top 5 Strongest Athletes in Central College History

# **SAMPLE MEAL PLAN**

## **Meal #1**

1 Multivitamin/Mineral Complex & 2-3 Fish Oil Capsules  
Large Bowl of Fruit  
Eggs: 3 Scoops  
Waffle w/ Peanut Butter OR 4 Slices of Toast w/ PB  
Bowl of Granola Cereal w/ Milk  
1 Glass Milk  
1 Glass of Bagged Green Tea

## **Snack #1**

1-2 Pieces of Fruit  
1 Scoop of Protein Powder Mixed w/ Milk  
Mixed Nuts

## **Meal #2**

Large Spinach Salad w/ a Ton of Other Veggies/Fruit  
2 Protein Sources: Chicken/Steak/Ham/Turkey  
2 Carb Sources: Pasta/Rice/Wheat Toast  
1-2 Glasses Milk  
1 Glass Water

## **Snack #2**

1-2 Pieces of Fruit  
1 Scoop of Protein Powder Mixed w/ Milk  
Mixed Nuts

## **Meal #3**

Large Spinach Salad w/ a Ton of Other Veggies/Fruit  
2 Protein Sources: Chicken/Steak/Ham/Turkey  
2 Carb Sources: Pasta/Rice/Wheat Toast  
1-2 Glasses Milk  
1 Glass Water

## **Midnight Snack #3**

1 Cup Cottage Cheese  
Carrots w/ Peanut Butter  
2-3 Fish Oil Capsules  
1 Glass Water

## **SHOPPING LIST FOR DORM ROOM**

- Cottage Cheese
- Cheese
- Trail Mix
- Almonds/Walnuts/Pistachios
- Canned/Packaged Tuna in water
- Whole Wheat/Multi-Grain Breads
- Deli Sliced Turkey or Chicken Breast
- Milk
- Peanut Butter (Natural)
- Kashi Brand Cereals
- Bagged Carrots
- Bananas
- Apples
- Yogurt (choose natural yogurts if at all possible)
- Prunes
- Dried Apricots
- Promax Bars
- Oranges
- Oatmeal
- Granola Bars
- Fish Oil Capsules
- Sunflower/Pumpkin Seeds
- Beef or Turkey Jerky
- Milk-based Protein Powder (i.e. whey isolate/concentrate, casein)
- V8 Juice
- 100% Fruit Juice
- Frozen Berries
- Green Tea (bagged or loose leaf)

***“I never knew how big nutrition was for me as an athlete until I injured my hamstring and had to sit out an entire season. Once I made the change to a healthier diet I found that I had more energy and I was recovering more efficiently between games and workouts, it was powerful. Nutrition is a little thing that can make a huge difference! I just wish I would've embraced this a long time before.”***

**Dustyn Baethke: 2007 Football Grad**

2 Time All-Conference Selection

2 Time Football Captain

# **HYDRATION**

Research clearly shows that being hydrated allows you to perform at your best. An athlete in a dehydrated state increases his/her risk of experiencing muscle cramps, strains and injury. If you are thirsty then you are already dehydrated. The following are tips to help you stay hydrated for optimal performance.

- Carry a water bottle with you at all times.
- Hydrate all day long, starting in the morning.
- Consume ~1 gallon of water per day.
- Track your hydration by the color of your urine:
  - If you are hydrated it will be clear
  - The darker it is the more dehydrated you are
  
- For workouts lasting more than an hour, fluid replacement drinks such as Gatorade, Powerade, and energy mix can help replace carbohydrates.
  
- Hydration helps reduce the risk of injury—here's how:
  - Your muscle and connective tissue is 60% water and connective tissue is 60-70% water. Water has a physical property of high surface tension, which means that the surface layer acts like a dynamic elastic sheet within blood vessels and connective tissue. This is part of the reason that under normal conditions soft tissue will yield without injury if you slip, fall or collide with another athlete.
  - If you are 5% dehydrated there will be a SIGNIFICANT effect on your performance.

***“Understanding how to stay properly hydrated not only contributed to my success on the ball field and in the classroom, but it also helped me complete one of the most rigorous military training programs in the country. Hydration is a “little thing” oftentimes overlooked, but it is extremely critical to athletic performance!”***

**Ryann Engholm: 2009 Softball Grad**  
2009 Sterling Award Winner  
2009 Team Captain  
2<sup>nd</sup> Strongest Squat & Hang Clean  
2<sup>nd</sup> Highest Female Vertical Jump  
Captain in the United States Marine Corps

## **POST WORKOUT NUTRITION**

This is one of the most critical times to get calories into your body. 30 minutes after exercise is your “Window of Opportunity” for recovery. After those 30 minutes that window closes really quickly and benefits drastically decrease. It is imperative that you consume ample calories during this 30 minute window. This is what it must include:

- High in carbohydrates (0.5 grams per pound of body weight)
- Consume 30-40 grams of protein
- Make sure these are in liquid form—it is digested quicker.
- It should not include any fats (this is going to slow absorption)
- Consume a solid meal within an hour to an hour and a half after your post workout shake.

Jump starting your recovery process as quickly as possible will help restore necessary glycogen stores (stored carbohydrates) as well as shuttle protein to muscles for repair of broken down tissue.

## **SLEEP & REST HABITS**

Sleep should take up 1/3 of your day and thus 1/3 of your life. If you take full advantage of your sleeping habits you will reap the benefits of the other 2/3 of your day/life. A majority of your recovery processes take place while you are in your deepest form of sleep. Make sure to do the following to take full advantage of the power of sleep:

- Get 8-9 hrs of continuous sleep per night
- Sleep in a room that is as dark as possible
- Room temperature should be cool (under 70 degrees)
- Get in a routine—try to go to sleep at the same time each night
- Keep your bed for sleeping only. Don’t watch TV or read etc this could disrupt your ability to fall asleep when it is time to do so.
- Take a hot bath (can include Epsom salts) or shower before bed.

***“Training is essential in order to succeed, as much so as studying is essential for success in the classroom. Your body and mind are only as prepared as you train them to be. Do things others won’t do. Remember this verse for motivation; 1 Corinthians 19-20: ‘Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.’”***

**Adam Duerfeldt: 2005 Baseball Grad**  
2005 All-American (Athletic & Academic)  
2003-2005 All-Conference  
2005 Sterling S&C Award Winner

# **ALCOHOL**

Without a doubt, alcohol is one of the worst things you can put into your body. It destroys muscle tissue! Alcohol also damages every organ in the body and contributes to every major health problem from heart disease to digestive trouble, liver function, malnutrition and cancer.

## Athletic Related Effects of Alcohol:

1. Lack of strength (as much as 5%) due to inflammation of muscle tissue (myositis)
2. Alcohol molecules stay in the blood up to 2 weeks (significant effects for 5 days).
3. Alcohol decreases protein synthesis (the ability to use protein to repair broken down muscle tissue)
4. Reduction in endurance/conditioning levels.
5. Alcohol can enter and damage the muscle cells resulting in increased muscle soreness.
6. Use of alcohol is associated with slower recovery from training and slower rates of healing from injury
7. Alcohol disrupts glycogen metabolism increasing the storage of fat in the body.
8. Alcohol decreases the body's ability to fight off infection by suppressing the immune system.
9. Alcohol contributes to insomnia and lack of REM sleep-which disrupts recovery.

***“One of the most important things I learned through Central Strength was that although it is important to know what you put in your body and how it can positively or negatively affect you as an athlete, it is even more important to put yourself in an environment & surround yourself with the right people that will enable you to be successful, as well as take advantage of every chance you have that will allow you to better yourself.”***

### **Spenser Remick: 2008 Football Grad**

2007 1<sup>st</sup> Team All-Conference

2008 Sterling S&C Award Winner

*Most accomplished strength athlete in Central College history: Multiple record holder.*