



7 KEYS TO SUCCESS FOR EATING HEALTHY

- 1. Drink at least 32Fl oz. of water a day.** The more water you drink the less is retained in your body. HYDRATE! The more water you drink the less likely you will drink unhealthy beverages.
- 2. Eat every 3-4 hours, 5 to 7 small meals throughout the day.** Eating more frequently during the day does a couple of things. One, is that you do not burn muscle mass, you feed it with a smaller portion without excess in calories which spill over into fat storage. Two, it prevents you from over eating for your next meal. Eating when you're not hungry is the key!
- 3. Weigh and measure all food and beverages.** This will insure you that the amount of calories is accurate. By doing this over a period of time you will be able to estimate the portion sizes when you're away from home.
- 4. Keep a food journal and be accountable to someone.** If you write down all you eat and drink, it gives you an awareness of your total caloric consumption. It also keeps you accountable to junk foods that do not belong. If you are truthful with this habit, you are less likely to eat foods that take you further away from your goal.
- 5. Go grocery shopping with who's in charge of household food items.** Take charge and make better selections for you and your family. Educate them with what you now know. I would hope you would get the support you need in choosing a healthier way of eating.
- 6. Have a short term and long term goal.** Eat for a purpose! Food is meant to fuel your body. Know how many calories you should be consuming, based on body fat %, and body type. Anything else is just a guessing game. Have a plan on reaching your goal and put it into action. A short-term goal is something obtainable in 4 to 6 weeks, long term is right before camp. Take small steps first. Sometimes an end goal is to far for your mind to grasp.
- 7. Be consistent, disciplined, and never quit!** This is a meal to meal, day to day battle. Win more than you lose. Remain focused on your goals and plan your meals the day before. This is a roadmap to success and I am challenging you to follow it. The choice is yours to take this knowledge and put into action!

Quality nutrition choices

Proteins

Lean beef (red meats), chicken, turkey, fish, egg whites, whey protein and meal replacement shakes, etc.

Carbohydrates

Complex carbs- brown rice, oatmeal, whole-wheat pasta, wheat and dark breads, sweet potato, vegetables, etc.

Simple carbs- fruits, white rice

Fats

Olive oil, flax seed oil, any kind of nut, peanut butter, almond butter, and mayonnaise is an ok source.

Nutrition by body type

Ectomorph/Mesomorph/Endomorph

Ectomorph (WR/CB) Deemed as the “hard Gainers”

Hard to put on muscle and fat. They have a license to eat anything and everything at a young age. Once they stop working out, they drop muscle at a fast rate.

Mesomorph (RB/LB) they tend to put on muscle mass easier than other body types and gain small amounts of body fat.

Endomorph (OL/DL) they gain weight easily, muscle and fat mass.

Hybrids (Ecto-Meso) QB/K/S (Meso-Endo) TE/DE

Nutrition by goal

This is where meal plans help define what you want to accomplish by eating the proper macronutrient breakdown specifically designed for you, the athlete. Resistance training also changes your body fat ratio, which allows you to gain more muscle mass and keeping unhealthy fat stores on the body. You need an end game in mind, setting time frames for short and long term goals.