

POWER STRENGTH

TRAINING SYSTEMS

Parent Nutrition Guide **for Your Athlete**



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Disclaimer and Expectations on Nutrition

Disclaimer

First and foremost, the following guidelines are for our youth athletes. We are not doctors or registered dietitians. These nutrition recommendations are not meant to diagnose or treat any disease or condition. The following consists of eating habits that are common among today's athletes who want to make healthy, athletic progress. With firsthand experience, we know the positive effects these guidelines can have in building lean muscle, adding "useful" weight, and contributing to healthy recovery and lifestyles.

Expectations

Know this: these nutritional guidelines will fast track your athlete's performance improvements and maximize strength and muscle gains. Regardless of the strength program, speed program, or conditioning program, every athlete must develop healthy nutritional habits. It is expected that each athlete dedicates themselves outside of the gym to proper eating habits. If the athlete chooses not to follow these nutritional guidelines they are not fully dedicated to this program and will not see maximum results. This DOES NOT mean everything listed in this manual must be followed! However, it DOES mean that every athlete must take nutrition just as serious as they take their training - considering they go hand-in-hand.

NUTRITION IS PART OF THE PROGRAM! We will aim to provide as much quality information as possible in order to help your athlete see success. We highly encourage they consume calories within an hour before and after each training session. They should never come to a session dehydrated, or on a completely empty stomach. They should learn which snacks sit well with them before a training session. We also encourage them to plan ahead and have a snack on the car ride home from the gym. If they would like to bring a protein shake or other perishable food items, there is a refrigerator on-site for them to use.

It Takes a Village

For young athletes to experience much success - whether it's training, eating habits, athletics, or academics - it takes a village of adults all speaking the same language. Our parents being on the same page as our PowerStrength team is a main reason so many of PowerStrength athletes experience progress and success. Finding and defining the best message to reiterate at home and in the gym will produce desirable results and will set our young athletes on the right path. Feeding young athletes is difficult. This manual will help explain and communicate our message on developing eating habits for performance, health, and recovery. You may be reading this information explained for the first time or it may serve as a reminder for you. Take what is applicable and educate your athlete whenever possible. We are here to help with any additional guidance or insight. Remember, you (the parents) are the coaches in the home!

Nutritional Guidelines

In order to best serve our athletes we must speak the same language, share an understanding of basic nutrition, and encourage foundational habits. This is what we'll start off with. Your athlete will be given something very similar. Please note that the following is written as if it is being told to an athlete straight from the parent or coach's mouth.

A dedicated athlete is constantly active. If your goal is to gain weight you must take in more calories than you burn. If you want to lose weight you must burn more calories than you take in. By establishing good nutritional habits, an athlete is able to build muscle and boost their athleticism through our program. It is easy to eat a candy bar, potato chips, and a soft drink, but “easy” is not found in the foundation of a champion.

We understand that life is hectic, schedules are full, and time is often limited. Healthy options aren't always easily available. This makes preparation and planning ahead even more vital. Choosing to consume the proper foods to fuel your body is a choice, it is a commitment. Athletes put their bodies through more intensity than the average person, they need to eat differently (smarter) because of this as well. This doesn't mean that perfection must be attained, but it does mean that good choices should always outweigh the bad ones.

Learning how to balance meals and snacks with the right amount of Carbohydrates, Proteins, and Fats is essential. The timing in when to consume these is also very important.

Carbohydrates - Carbohydrates are the primary source of immediate fuel for muscles. Make sure to consume plenty of these pre-workout and post-workout. (The end of the packet has a sample carbohydrate list). Carbohydrates provide the body with the energy it needs to perform quality work. When carb levels are low in the muscle and blood, so are your body's energy stores (glycogen). This will cause your muscles to fatigue faster. The vast majority of injuries occur when athletes are fatigued, so ensuring your body has the proper nutrients will almost definitely improve your performance and longevity.

Post-workout, you want fast-acting (higher glycemic index) carbohydrates to replenish your blood and muscle sugar stores. Flooding your bloodstream with glucose post-workout causes a spike in release of insulin, which kickstarts your recovery. On non-training days, the need for carbohydrates is diminished. Minimize or eliminate fast acting carbs and eat controlled portions of slow digesting ones. Non-training days are a great opportunity to eat more protein, fat, and vegetables to keep your calories up.

**See Carbohydrate List under Food Sources for help on which are slow (low glycemic) versus fast (high glycemic).

Actionable Goal – aim to consume most of your fast (high glycemic) carbs around your workout and mostly slow (low glycemic) carbs the rest of the day.

Proteins - Proteins have the primary responsibility of tissue growth and repair. They break down into amino acids, which are the building blocks of muscle. Eat protein at every meal, especially when going through intense training. Protein is a must for pre- and post-workout meals. A good protein guideline is for every pound of bodyweight, consume 1-1.5 grams of protein.

Protein will help you recover from your workouts faster and reduce muscle soreness. Your rate of protein synthesis is at its peak within one hour post activity. This is why it's important to get quality protein following your training.

Actionable Goal - aim to consume 1-1.5g of protein per pound of bodyweight.

Fats - Fats act as a primary source of energy for the body when demands are low (i.e. not training). Fats also provide protection for internal organs and increase tissue flexibility. There are 'good' fats and 'bad' fats. It is necessary for the body to consume good fats (avocado, fish oil, and almonds just to name a few) to maintain proper function. Try to minimize bad fats like those abundant in fried foods. Good fats are generally unsaturated, while bad fats are usually saturated or polyunsaturated. The fat content of each food is broken into these groups, so assessing a choice as having bad fats or good fats is very simple – read the nutritional information on the package.

Actionable Goal – aim to consume good fats with every meal other than your pre/post-workout meals.

Water and Fluids - Water is often the most forgotten of all the nutrients. Your muscles are made up of about 70% water, so neglecting water is a “red flag” within your training. Remember, once you're thirsty, you're already dehydrated so don't wait. Athletes should consume half their bodyweight, in ounces, of water a day. Example: 160lb athlete divided by 2 = 80 ounces. This is a minimum guideline and you should consume more before, during, and after workouts. During intense training (especially when it's hot and you're sweating a lot) it's also important to replace electrolytes that were lost. Gatorade is the best-known source for doing this but other fluids like coconut water offer a greater number of electrolytes than Gatorade. These drinks contain a lot of sugar, so should be used in the pre/during/post workout time block, unless you are extremely dehydrated.

Actionable Goal – aim to consume 1/2 bodyweight in ounces of water per day.

Food Sources

Protein Sources

Meat, Eggs, and Dairy *should mainly be from pasture-raised, grass-fed animals

Whole Eggs

Whey Protein Powder

Whey Protein Bars

Lean Meats - lean ground beef, lean ground turkey, chicken, pork

Low-fat Lunch Meats

Fish, Tuna, Shrimp and other Seafood

Low/Non-Fat Cottage Cheese, Greek Yogurt, Cottage Cheese, Whole Milk

All Natural Peanut Butter

Cheese and other Dairy Products (for some individuals)

*Little to none - Soy-based protein bars/foods/milk

Carbohydrate Sources

Slow, Low Glycemic Carbohydrate Sources - For non-workout meals, in order of quality

Oats and Oatmeal - Rolled/steel cut (not instant oatmeal packets full of sugar)

Rice - Brown, whole grain, wild

Potatoes - Brown, red, sweet potatoes

Whole Wheat Pastas

Whole Wheat Bread/Wraps

Beans - All (aim for low sodium)

Most Vegetables - Corn, soy and peas being the exceptions

Fast, High Glycemic Carbohydrate Sources - For pre/post/during-workout meals

All Fruits - Fresh, frozen, or dried

Dairy - Greek yogurt, milk, regular yogurt

Jelly/Jam

Gatorade/Sports Drinks

Bagels

Fruit Juices

Fat Sources

Oils - Extra Virgin Olive Oil, Coconut Oil, Fish Oil

Coconut

Avocado (Guacamole)

Nuts - Peanuts, Almonds, Walnuts, Pecans, Cashews

Seeds - Flax, Hemp, Sunflower

Whole Omega-3 Eggs

All Natural Peanut/Almond Butter

*Little to none - Trans Fats, Hydrogenated Oils

Sample Meal Schedule

**Regular school day with either training or practice*

**Use as suggestions, not set in stone*

Breakfast:

- (2-4) Eggs
- Whole wheat toast with all natural peanut butter
- Protein Shake
- Omelette with cheese, spinach, and/or other veggies
- Greek yogurt with berries
- Eliminate or Limit - sugary cereal and pop tarts

Snack:

- Trail mix (limit m & m's)
- Apple or other fruit
- Protein or granola bar
- Veggies
- Sandwich on whole wheat bread
- Eliminate or Limit - high-sugar candy or protein bars

Lunch:

- Sandwich(es) on whole wheat bread
- Fruit
- Veggies
- Nuts
- Cottage cheese or greek yogurt with berries
- Dark chocolate or small treat
- Eliminate or Limit - chips and cheese only lunch, pizza only lunch, the high sugar line, and the carb-only lunches

After-school Snack: *(see "Snack" above)*

Post-Workout or Post-Practice Snack: **in the car ride home*

- Gatorade or fruit juice
- Chocolate milk
- Protein shake or protein bar
- Sandwich on white bread
- Eliminate or Limit - "nothing", anything that will spoil dinner

Dinner: **whatever is on the menu that night*

- Meat - various options
- Carbs - rice/pasta/beans
- Veggies or salad
- Eliminate or Limit - regular drive-thru trips

**A daily multi-vitamin and quality fish oil should be consumed*

A Dozen Tips & Tricks for Healthy Family Eating

A lot of this refers to grocery store strategy/cooking throughout the week. Everyone has different routines and schedules so apply accordingly. We encourage all our athletes to pick up on these tricks as they get older, and they should know them for those family grocery store trips! We will provide your athlete with similar tips and tricks as well.

1. Buy your nuts raw or lightly salted. Make your own mix. Use a gallon Ziploc bag or glass container, and mix your cashews, walnuts, almonds, pecans, etc. This will last a long time and is an easy snack. Be careful not to overeat on these, however!
2. Have snacks ready that aren't filled with empty calories. (Think 'bags', not 'barcodes').
3. Set aside a couple hours a day, one or two days each week for preparing meals. Grill all of your meats, cut your veggies, mix your salads, make your potatoes, etc. Buy plenty of food storage containers. This is a HUGE time saver and will help create consistency in your family's healthy eating lifestyle.
4. Aim to consume as many unprocessed, high-quality foods as possible. Grass-fed beef and steak, cage-free eggs, fresh-water fish, fresh fruits and vegetables that haven't been drenched with chemicals and pesticides.
5. Use coconut oil to cook with & swap natural almond or other nut butters for processed peanut butter.
6. Have more carbs on training days and limit them on non-training days. *See PSTS Nutritional Food Table* for quality carb options.
7. **Aim to Limit- baked goods, pop, fast food, candy, and chips.**
8. Push for more water! One way to start the day is to drink 16-24oz immediately after waking up each morning. Aim for 100oz minimum each day.
9. Add more greens. Eat a salad every day. Spinach, kale, broccoli, green beans, green peppers, etc. Try a greens supplement with your protein shake every day or add one (we have Dr. Greens for purchase!). You can also add frozen spinach to your shakes. You can't taste the difference!
10. Watch out for sneaky, garbage calories in beverages, condiments, and cooking sprays!
11. Before heading to the grocery store, plan out a food calendar. Even if you just consistently track one or two meals per day. This will help you stay accountable and you can use it to see what is working and what needs improvement.
12. Sleep! It's vital for a healthy and active lifestyle. The quality of your sleep is just as important. Darken the room, limit electronics before bed, practice proper breathing, and/or write down your thoughts before bed to clear your mind. The quality and quantity of your sleep will play a large role with your results in the gym!

'Stop Doing' Six for Serious Youth Athletes

**Your athlete received this list in their nutrition manual as well*

1. Serious athletes don't eat all their meals out of a package or wrapper - they eat real, whole foods whenever possible.
2. Serious athletes don't end up empty-handed - they plan ahead and take responsibility for their food, especially, breakfast, snacks, and food to eat around their workouts.
3. Serious athletes don't drink pop/soda - they drink plenty of water throughout the day.
4. Serious athletes don't eat 'carb-only' meals - they aim to eat protein at every meal, including breakfast.
5. Serious athletes don't go longer than 3-4 hours without eating a meal or snack - they know they must eat frequently to have energy
6. Serious athletes don't bite the hands that feed them - they're grateful for the food on the table!

Supplements

With the abuse that athletes put themselves through, it is sometimes recommended they use a few proven supplements to aid not only in growth, but also in repair and recovery. Tomorrow's success is only as good as today's recovery. It is sometimes recommended to use a few proven supplements to aid not only in growth, but also in repair and recovery. Before we go further, please note that THERE ARE NO SUPPLEMENTS FOR A GOOD WORK ETHIC, SMART TRAINING, and A HEALTHY EATING HABITS. This has always been true and will continue to be so. *When dealing with youth athletes it is imperative to practice healthy nutrition before exploring (or worse, relying on) supplements. Just like in training, the basics work.

Despite this fact, there are more and more nutritional supplements being created. The reality is that only a few nutritional supplements have actually been proven to work and their effects are mostly modest. In short, taking nutritional supplements is optional and will not make or break your athletic career. There are only a few that we recommended: Protein powders, creatine, fish oil, vitamin D, turmeric, and a multivitamin.

Our PSTS Family has had to deal with manipulative marketing and inferior supplements for far too long, so we decided to get it done ourselves. We are proud to bring you our own PowerStrength line of high-grade supplements. We've done this in order to provide the highest quality supplements we could find and deliver them at a price we wouldn't be able to get otherwise. By putting our name on it you can be sure we've done the research and sought out the most effective and safe supplements possible. All of our supplements are GMP Certified and we have toured the production/labeling facility in person. You won't hear any confusing marketing or mile-long chemical names from us – we can explain exactly how they are formulated because we designed them ourselves.

**Please inquire about which PowerStrength supplements may be best for your athletes improved health & performance*

5 Foods and Drinks That Will Help Performance

These foods/drinks are high in nutritional value and are dense with high quality vitamins and minerals. Consuming items like these will help you recover faster from practice and games and will give you energy boosts to help you play longer without getting tired, aid with mental focus, and make you feel better throughout the day.



Eggs - Eggs are a complete source of protein. Hard boil a dozen eggs a week and eat as a snack with a piece of fruit. Muscles love protein. It helps them stay strong, recover from intense exercise and build more muscle over time. The yolk is good for you too and contains high quality fat. Eat up!

Greek Yogurt - Greek yogurt is full of protein and contains probiotics to aid and improve digestive health. Throw in smoothies, pack in your lunch and enjoy as a snack.



Fruit - Essential carbohydrates for natural energy, but loaded with antioxidants, vitamins and minerals. Apples, bananas, berries, oranges, melon, kiwi, grapes are just a few examples and are all great as a pre-game or post-game snack.

Water - You should be constantly sipping on water all day. A great goal to shoot for is AT LEAST half your bodyweight in ounces of water per day, more on days of intense practice and games. It is important to stay hydrated to avoid cramps and lethargy. Note: Save the sports drinks for an energy boost only during intense exercise lasting more than an hour and dilute with water, otherwise they should be avoided.



Oatmeal - Carbohydrates are our body's preferred source of energy and are found in whole grains, fruits, vegetables, and legumes (beans). Oatmeal digests slowly and provides long lasting energy. Throw in some fruit and peanut butter and you've got yourself a great meal!

5 Foods and Drinks That Will Hurt Performance

These foods are extremely processed and do not provide your body optimal nutrients that will improve the way your body performs and functions. If anything, when consumed overtime, they will lead to excess fat storage, low energy, muscle loss and increased risk of illness and disease.



Chips - Chips cause more weight gain than candy! Why? Because we all know how easy it is to keep eating chips and before we know it, the whole bag is gone. And what is normally the best buddy of chips? Soda. The worst possible combo. Plus, chips are full of artificial ingredients and preservatives and are low in vitamins and minerals.

Soda - Extremely high in sugar which gives you a quick rush of energy, followed by a major crash. Also does nothing to aid with hydration and can cause feelings of nausea during practice/games.



Fast Food - Although quick and convenient, it is expensive and extremely processed. Most all fast food choices are nutrient deprived and high in “empty calories.” Eating this type of food on a regular basis can lead to excessive weight gain and will contribute to long-term negative effects on the body such as heart disease and type 2 diabetes. Have a fun family outing and visit the farmer's market for some fresh produce instead.

Breakfast Cereal - Some of the most commonly consumed processed food, especially at breakfast. Almost all breakfast cereals are loaded with sugar. A bowl of some cereal is almost comparable to eating a handful of cookies. Skip the lucky charms.



Candy - While everyone gets a sweet tooth here and there and there's nothing wrong with a piece of chocolate every so often, it's eating candy often and in large quantities that can be damaging. Cavities, hyperactivity/decreased attention span, weight gain, and decreased intake of fruit or vegetables. Have balance – you can have the occasional piece of candy but don't get in the habit of making it your main food of choice.