

## **NUTRITION PLAN FOR THE SERIOUS BASKETBALL PLAYER**

It is very important not to overlook the role nutrition plays in acquiring maximum physical development. What you eat on a daily basis helps determine your body fat levels as well as how much energy you have for intense, rigorous workouts, practices and games. Whether you are trying to gain muscle, reduce body fat, or maintain your current stature - it is very important you follow these basic dietary recommendations:

- A balanced diet consists of approximately 60-65% carbohydrates, 15-20% fat and 10-15% protein.
- Eat a variety of healthy foods (fruits, vegetables, whole grains, etc.).
- LIMIT your intake of fat, sugar, and sodium.
- Drink plenty of WATER!
- Eat 5-7 "smaller" meals throughout the day (size of meal depends on actual goal: weight loss vs. weight gain).

### **Food Choices**

- Protein: fish, chicken, tuna, lean beef, turkey, low fat dairy products, Muscle Milk
- Carbs: oatmeal, brown rice, whole wheat pasta and breads, sweet potatoes, beans, fruits and veggies
- Fat: fish, nuts, peanut butter

### **Sample Menu:**

- Breakfast: Orange juice, large bowl of Raisin Bran, and a banana.
- Snack: 1 cup of yogurt, and two granola bars.
- Lunch: 2 turkey sandwiches, apple, milk, and 4 oatmeal cookies.
- Snack: 2 peanut butter and jelly sandwiches, and milk.
- Dinner: 2 chicken breasts, potatoes, steamed vegetables, and a roll.
- Snack: 2 English muffins with peanut butter.

### **Fluid Goals**

It is extremely important to be well hydrated, especially during the summer heat. Your performance on the court can decrease dramatically when your body is low on water. You should aim to drink water all day long, don't wait until you are thirsty.

- Drink 16 oz. of fluid 2 hours before a workout, practice, or game.
- Drink 8 oz. 15 minutes prior to a workout, practice, or game.
- Drink during the workout, practice, or game.
- Drink 24 oz. per pound of bodyweight lost.

## **Nutritional Tips**

- Consume enough calories to add 1lb. of bodyweight per week. If you aren't gaining weight with what you are currently eating... EAT MORE!
- Try and get most of your calories from regular food and don't look for supplements as a cure all.
- Adopt health eating habits that will last you a lifetime. Don't bother with a quick fix or a temporary diet. If you are on a diet temporarily, you will lose the results once you stop.
- Plan your day, pack snacks, wake up early enough to eat breakfast, etc.
- Eat a diet rich in complex carbohydrates to provide the energy source to fuel your intense training, practices, and games.

## **Pre-Game Rules:**

- Eat lightly before you play. You don't want a full stomach to weigh you down.
- Limit eating fatty foods before you play.
- Drink sufficient amounts of water (see above for fluid requirements).

## **Post-Game Rules:**

- Consume carbohydrate rich foods and beverages (Gatorade) as soon as possible after you play. This will replenish your muscle's energy stores.
- Replace fluids that have been lost (see above for fluid requirements).
- Replace any potassium or sodium that has been lost during competition or training. Fruits, vegetables, and salty foods are excellent for this.
- Super Shake:
  - 1 cup of frozen fruit (strawberries and/or blueberries work well)
  - 1 cup of either low fat milk or orange/apple juice
  - 1 cup of low fat yogurt
  - 1 to 2 scoops of Muscle Milk