



# CLC TIGER BOYS BASKETBALL

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## Nutritional Guide for Basketball Players Courtesy of Stronger Team, Inc.

In order to truly achieve your potential on the court, it is imperative that you develop healthy eating habits. The following info serves as a "nutritional guide" for putting you on the right path. This guide is very basic in nature. For an in depth look at your eating habits you should contact a Registered Dietician (RD). It is important to understand that there are no evil foods; any food can be incorporated into your diet in moderation. However, to maximize your performance you should try and drastically reduce your intake of refined sugars (cookies, candy, etc.) and saturated fat (butter, fried foods, etc.) and eat plenty of fruits, vegetables, and whole grains.

Optimum basketball performance requires sound nutritional habits. You can get your daily requirements of nutrients through whole food, so don't rely too heavily on the use of supplements (the only exception to that is the addition of a "weight gain" or protein shake for those of you trying to really increase bodyweight). Steer clear of "performance" enhancing supplements; Creatine, ephedrine, etc. because of the possible side effects.

### **Weight Gain the Healthy Way**

Most basketball players are tall and slender, and are looking to add muscular bodyweight. In order to gain weight, a player must consume more calories than they expend on a daily basis. This means that players looking to put on weight must eat, eat, and eat. Now for the select few looking to lose weight (i.e. reduce body fat), they must do the opposite – consume fewer calories than they expend. This is done by controlling their portion sizes.

To determine how many calories per day a player should consume, multiply their current bodyweight by 25. This will give them a very rough estimate of their daily caloric needs. For example, a 150 lb. basketball player trying to gain muscular body weight requires around 3750 calories a day ( $150 \times 25 = 3750$ ). Depending on a player's individual metabolism, as well as their daily energy expenditure through physical activity, this number may have to be slightly adjusted. For a more detailed formula for calculating how many calories a player should be consuming on a daily basis, I highly recommend [Nancy Clark's Sports Nutrition Guidebook](#) (Human Kinetics). A reasonable goal is to try and gain one pound per week for an 8-10 week stretch.

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 55-60% carbs, 15-20% fat and 15-20% 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. gain).
- Quality Food Choices:

**Protein:** fish, chicken, tuna, lean red meat, turkey, low fat dairy products

**Carbs:** oatmeal, brown rice, whole wheat pasta, sweet potatoes, beans, fruits, veggies

**Fat:** fish, nuts, peanut butter

### **Realistic Sample Menu:**

Breakfast: 4-6 scrambled eggs with low fat cheese, bowl of oatmeal, and a banana.

Snack: 1 cup of low fat plain yogurt and two whole grain granola bars.

Lunch: 2 turkey sandwiches, apple, milk, and 4 oatmeal cookies.

Snack: 2 peanut butter and jelly sandwiches, and glass of chocolate milk.



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Dinner: 2 chicken breasts, sweet potato, steamed vegetables, and a whole wheat roll.

Snack: Handful of almonds

## 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.

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

## Additional 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:

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

## Post-Game Rules:

1. Consume carbohydrate rich foods and beverages (Gatorade) as soon as possible after you play. This will replenish your muscle's energy stores.
2. Replace fluids that have been lost (see above for fluid requirements).
3. Replace any potassium or sodium that has been lost during competition or training. Fruits, vegetables, and salty foods are excellent for this.

## Recipe for a 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 packet of low sugar oatmeal
- 1 to 2 scoops of protein powder
- Blend and enjoy as a great post workout/practice meal!