

Big Mac

Nutrition Guide



What are Whole Foods?

- A whole food is a food that is unprocessed, meaning it does not need to go through some sort of “man-made” or “lab” process to be consumed.
- Easiest way to remember what a whole food is... ”**If it was at one time living or if it grew” it’s a whole food.**
- When you think of it in this way it makes sense and you’ll realize it’s mostly all the food you heard is good for you when you were growing up.
- Examples: Chicken (Was living at one time), Apple (Grew off a tree), Fish (Was living at one time), Berries (Grew from a vine)
- Seems easy but some food can be confusing if you overthink it. A common one is bread...people like to say bread grew because it’s made of grain and grain grows. Again, don’t overthink this, you can’t go out in a field and pick a loaf of bread. Bread is processed.

Why Eat Whole Foods?

- Contain more than just the macronutrients (protein, carbohydrates, and fat) that we will discuss later.
- They contain micronutrients that we don’t get from processed foods. These micronutrients are all the vitamins that your parents have been telling you to eat your entire life.
- Give us long lasting energy throughout the day instead of peaks and valleys that processed foods give us. (Also known as a sugar crash)
- No bloating
- Reduces inflammation
- Reduces body fat
- Fuller longer (Reduces cravings)

What Are Macronutrients?

- Macronutrients are **Protein, Carbohydrates, and Fat**
- Food is made up of one, two, or all three of these macronutrients.
- It is important to eat a **Balanced Diet** that contains a sufficient amount of each of these macronutrients.
- Again, don’t overthink this and believe that you have to keep track of how much of each of these that you eat daily. If you eat a balanced diet of whole foods it will take care of itself.
- As an athlete it is important to eat a balanced diet and it is never wise to completely cut out an entire macronutrient (Carbohydrates for example).
- If, for some reason the topic of reducing carbohydrates comes up see Coach Bill for guidance on this topic.

Protein

What is a complete protein?

- A complete protein has all 9 essential amino acids
 - Our body needs 20 amino acids. It creates 11 of the 20 on its own. The other 9 we must get through our food. Not all foods that contain protein contain all 9 essential amino acids. These are called *incomplete proteins*.
 - Incomplete proteins are still healthy for our diets but must be combined with other foods to ensure we get all 9 amino acids.
 - Complete proteins make this more convenient for us and thus are some of the healthiest foods we can eat.

Foods that are complete proteins

- Red meat
- Poultry
- Fish
- Eggs
- Milk
- Cheese
- Yogurt
- Soybeans
- Quinoa
- Certain Whey Protein Products

Note: Incomplete protein sources will be provided later in the snack section of this packet.

How Much Protein to Eat

- Don't stress about trying to count the grams of protein you eat every day.
- Eat protein with EVERY meal.
- Eat it FIRST before everything else. So that you don't fill up on other stuff.
- At least a fistful of protein with every meal. This should be minimum and because we are athletes it really should be more than this.
- Snack on protein as much as possible. See "Snacks" section for ideas.
- Protein supplementation should be a last resort if protein through food is not readily available. See "Supplement" Section.

Carbohydrates

Note: This section is where you will have to be extra careful of processed foods.

- There are two type of carbs, **simple** (refined) and **complex** (whole).

Complex	Simple
Long lasting energy	Sugar rush followed by feeling lethargic
Contains micronutrients	Can produce inflammation
Makes you feel fuller longer	Slow down recovery
Stops Cravings	Promote storage of body fat
	Not fulfilling (Hungry again soon)

Examples of Each

Complex	Simple
Vegetables	Sugar-sweetened beverages
Fruit	Fruit Juices
Legumes	Pastries
Potatoes	White Bread
Whole Grains	White Pasta
	Cereal

Fats

- People see the word fat and freak out. I hope that most realize that eating fat does not mean it makes you gain fat.
- Some nutritionists refer to the macronutrient fat as “energy” instead to avoid this confusion.
- Fat is the most efficient form of energy there is.
- If we eat the correct fats it will provide us with energy without making us feel bloated.
- There are 3 types of fats (Unsaturated, Saturated, and Trans)
- We are keeping this simple so I will not go into detail about the difference between the three and which are good and which are bad.
 - Note: There is still much debate about “good fat” and “bad fat”
- *Remember this:* Too much of anything isn’t good but also don’t completely avoid any of the different kind of fats either. (Especially when you are an active athlete and not a couch potato)

Sources of Fat

- Avocados
- Cheese
- Eggs (The entire egg, not just the whites)
- Fish
- Nuts
- Oils (Not vegetable)
- Full-Fat Yogurt (Not “Low-In-Fat” choices, see note below)

Attention

- Low-Fat **DOES NOT** mean healthier!
 - What low-fat means is that they reduced the healthy fat so that they could label it “Low-Fat” and trap people into thinking it’s healthier.
 - They replace the fat with tons of sugar. Terrible for you!
 - More notes on traps and reading labels later in the packet.

What to Avoid

- We already talked about what to avoid. It’s the opposite of the whole foods section.
- Avoid the following:
 - Anything that didn’t live or that didn’t grow
 - Anything that comes in card-board boxes or packages
 - *Frankenstein Carbs*- Those created in a lab
 - Sugary Drinks- Sweet Tea, Lemonade, Gatorade, Pop, Energy Drinks, Fruit Juices
 - **Note:** Drinking fruit juice is not the same as eating fruit!

Reading Labels

- Be careful reading labels. Most are designed to trick you!

Tips:

- It’s usually a good idea to avoid foods with more than **5** ingredients.
- If a food has ingredients that seem impossible to pronounce it’s because it’s chemically altered AKA processed.
- Pay attention to serving size!
 - **Example:** This is a label for Gatorade. Looking directly at the amount of sugar you will see 21g which is quite a bit but you need to pay attention to **serving size** found near the top. There are about 2.5 servings per bottle meaning if you were to drink this entire bottle of Gatorade you would need to take that 21g of sugar and multiply it by 2.5 ($21 \times 2.5 = \mathbf{52.5g \text{ of sugar!}}$)

Nutrition Facts	
Serving Size 12 fl. oz (355 mL)	
Servings Per Container about 2.5	
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Sodium 160mg	7%
Potassium 45mg	1%
Total Carbohydrate 21g	7%
Sugars 21g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

- You can do the above example for plenty of food. Pay attention to serving size!

What to Drink

- Water, Water, and some more Water!
- We already mentioned that we want to stay away from sugary drinks!

Results of Not Drinking Enough Water

- Weaker
- Slower
- Hungrier
- Loss of Concentration
- Lack of Energy
- Headache
- Slower Reaction Time

How Much Water to Drink

- 99% of people do not drink enough water.
- 1 gallon is 128 ounces. This is very possible if you build up to it and work at it!
- Create a habit of carrying a water bottle, shaker cup full of water, etc. with you at all times.
- Create a habit of drinking a big glass of water first thing in the morning every morning!
 - ~16-24 ounces
- Big glass of water (12-18 ounces) with every meal.
- Flavored (non-sugar) water is okay to drink.
 - Even better if you flavor it naturally with lemons, lime, or other fruit.

Benefits of Being Properly Hydrated

- Lubricates Joints

- Prevent Headaches
- More Energy
- Stops Cravings
- Maximizes Strength
- Maximizes Speed
- Maximizes Reaction Time
- Reduces Body Fat

Gaining Weight

Note: When gaining weight we want to eat as healthy as possible (whole foods) but the very nature of whole foods is to satisfy our hunger. We will need to stray a bit and eat some foods that we normally would not eat (at least in certain amounts). However, this is okay because gaining weight is our goal and eating in this way is temporary. We are also athletes and can get away with this more than a couch potato eating unhealthy and being inactive.

- YOU NEED TO TREAT GAINING WEIGHT AS IMPORTANT AS TRAINING.
- To gain weight you must have an excess of calories.
- Everyone can gain weight. Some people find it more difficult but everyone can gain weight regardless of what they may think.
- Forget the saying “I eat all day and can’t gain weight.” EAT MORE. Easier said than done I know.
- It will most likely NOT be enjoyable. You will most likely be bloated, maybe a bit lethargic from being full all the time, and will have to consume calories even when not hungry.
- If you are a picky eater there will be some strategies below to try but if you are serious about gaining weight you will have to lose some of that pickiness.
- When you start gaining weight keep eating the same things in the same amount. When your gains slow down or stop, eat more, it’s really that simple.
- 2lbs a week is a very realistic goal. (Once you learn what it is going to take for you specifically)

Strategies

- DO NOT SKIP breakfast. You cannot be serious about gaining weight and then skip breakfast. Wake up 20 minutes earlier.
- Drink shakes POST-meal. Meaning drink a shake after breakfast/lunch/dinner.
 - It’s easier to consume calories in drink form rather than food form so eat food first followed by a shake.
- Drink shakes for a snack.
 - Easy, convenient, and usually more enjoyable than eating when already full
- Drink milk and tons of it!

- Try and drink a big glass of milk AFTER you eat. Same reason as above for shakes.
 - Whole milk is preferred because of more calories (Again more calories when gaining weight is key)
 - Even better is chocolate milk. (Even more calories)
- Put peanut butter on everything.
- Eat carbohydrates with every meal (after your protein). See carbohydrate section for choices.
- Something you normally eat one of, now eat two, and so on and so forth. Simple but effective.

Below is a list of foods and combination of foods that I have experienced helped myself and others gain weight.

Foods You Are Going to Want to Eat a Lot Of

*****Keep in mind these foods should always be eaten after protein source is eaten.**

- Whole Milk (Also chocolate)
- Oatmeal
- Whole Wheat Bread and Bagels
- Fruit (After Main Meal)
- Fruit w/ PB
- Greek Yogurt (Again, stay away from low-fat) w/ granola
- Rice Cakes w/ PB
- Cottage Cheese
- Whole Wheat Pasta
- Potatoes (W/ every meal works perfectly)
- Avocados (Not very filling but lots of calories)

Shakes

- As stated previously, these will help tremendously in weight gain.
- Should be used as a snack or post main meal.
- Also, great for a pre-bedtime snack.
- Put as many different things as you can in it! Try everything.
 - Whey Protein
 - Whole Milk
 - Ice cream
 - PB
 - Oatmeal
 - Honey
 - Frozen or Fresh Fruit
 - Honey
 - Spinach

Intermittent Fasting

Definition: A cycle between a period of fasting and non-fasting over a defined period.

In layman's terms it means that you have a set period of time when you can eat and then you avoid eating for a set period of time.

- The usual time period is 16 hours fasted (Not allowed to eat) and 8 hours non-fasted (Allowed to eat).
- These periods can vary and longer periods of fasting is common.
- Example: Eat lunch at Noon (12pm) and eat throughout the day until 8pm. You fast overnight, while you sleep, until Noon the next day.

- Drink tons of water while fasting!
- Intermittent fasting is NOT a diet.
- It is just a structured way of eating.
- Calories do not need to be reduced (Although they can be).
- You can continue to eat your normal foods.

Note: Fasting includes beverages. You cannot drink beverages with calories (aka sugary drinks during your fast).

- Water and black coffee (no sugar or cream) are allowed.

*****Attention*****

Because we are athletes and are active on the field, court, and weight-room it is extra important to ensure you are eating enough protein during the hours you can eat and also getting in enough calories. Again, calories do not need to be restricted and if they are at all it does not need to be a crazy amount!

Benefits

- Improved Fat Burning and Weight Loss (Would be our main reason for doing this!)
- Improved Concentration
- Lower sugar levels
- Consistent sugar levels (No sugar crash)
- Increased Energy
- Reduced Inflammation

Snacks

- Eating whole foods will help stop our cravings so that we snack less.

- However, snacks are a great time to get more protein in.
- Also, it is a great time for shakes and other food that will help with weight gain.
 - Reminder, if weight gain is the goal you will have to snack often!
- Biggest thing for snacks is preparation so that you can eat them while on the go!
 - Think ahead. Plan out your snacks so that you have them ready to go when needed.

Snack Ideas (This is not a complete list so if you like something that isn't on here by all means it eat!)

- Shakes
- Mixed Nuts
- Greek Yogurt w/ granola
- Fruit w/ or w/out PB
- Tuna cans/Packets
- Rice Cakes w/ or w/out PB
- Veggies w/ or w/out PB
 - Cut up bell peppers
 - Carrots
 - Celery
- Jerky
- Dried Fruit
- Hard Boiled Eggs

Supplements

- The only supplement we need to discuss is protein.
- Protein should only be supplemented when protein through food is not readily available.
 - Use it as a snack.
 - Use it immediately after a workout or competition.
 - Mix it with water or milk or within a shake.
- Reminder, protein powder will NEVER be as good as protein through food.