

Freshman Football Parents and Athletes,

Studies have shown that every athlete should eat as soon as possible following a training or competition session to jump start the recovery process and get your body prepared for the next practice or competition. With the start of Football Season our athletes will be participating in two-a-day practices and we want them to be as well nutritional as possible so they can stride for maximum results on the field. This meal should contain some carbohydrate and protein. To help in planning your post training meal, the Football Coaching Staff has put together some suggestions that will meet our athletes' nutritional needs and optimize their health and performance. Please keep in mind these are not an end all of what our players should be eating, but some examples of possible post practice/game meals for our boys.



		Protein (grams)	Carbohydrates (grams)
Milk- vitamin A	1 cup	8.26	12.15
GENERAL MILLS, TOTAL Raisin Bran	1 cup	4.00	42.00
Grapefruit juice, pink, raw	1 cup	1.24	22.72
Dates, Deglet noor	5 dates	<u>1.02</u>	<u>31.14</u>
		14.52 grams	108.01 grams

		Protein(grams)	Carbohydrates(grams)
Tropical trail mix	1 cup	8.82	91.84
Apples raw, with skin	1 apple	0.36	19.06
Peanut butter, smooth style	1 tbsp	<u>4.01</u>	<u>3.13</u>
		13.19 grams	114.03 grams

		Protein(grams)	Carbohydrates(grams)
Orange juice, raw	1 cup	1.76	25.79
1 Cinnamon-raisin Bagel	4" bagel	8.72	49.13
Banana, raw	2 bananas	<u>2.58</u>	<u>53.90</u>
		13.06 grams	128.82 grams

		Protein(grams)	Carbohydrates(grams)
1 Yogurt, fruit, low fat	8-oz container	9.92	43.24
Roasted chestnuts,	1 cup	<u>4.53</u>	<u>75.73</u>
		14.45 grams	118.97 grams

		Protein(grams)	Carbohydrates(grams)
<u>Peanut Butter and Jelly Sandwich</u>			
White Bread	2 slices	6.88	25.24
Jams and preserves	2 tbsp	0.14	27.54
Peanut butter, smooth style	1 tbsp	4.01	3.13
Apples, raw, with skin	1 apple	0.36	19.06
Raisins, seedless	1/2 cup	<u>2.23</u>	<u>57.40</u>
		13.62 grams	132.37 grams

We understand that there will be times where our athletes do not have prepared food after a game or practice and we understand there may be times they have another obligation to attend soon after football and there is not enough time to sit down and eat. For those reasons many times we turn to fast food. Obviously this is not what we want our athletes eating all the time BUT if the occasion arises where it is necessary, here are two options.

		Protein(grams)	Carbohydrates(grams)
Fast foods- taco	1 small	20.66	26.73
Candies, gummy worms	11 worms	<u>0.00</u>	<u>80.50</u>
		20.66 grams	107.23 grams

		Protein(grams)	Carbohydrates(grams)
Fast food fish sandwich with			
-tartar sauce and cheese	1 sandwich	20.61	47.61
Chocolate Shake	16 fl oz	<u>11.32</u>	<u>68.27</u>
		31.93 grams	115.88 grams

Again, these are just suggestions of post practice and game meals that could be consumed by our athletes. The most important thing for their bodies and for a quicker recovery is for them to eat as soon as possible after completing a game or practice.

If you have any questions, please feel free to call one of our coaching staff

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