

Nutrition

Do You Eat Right?

More and more people do not. Many people think they eat well, but in reality, they eat very poorly. All the information on this page is part of the BFS Nutritional Poster. Four meals are each rated on a scale from 0-10 points. A great meal is worth 10 points; a very poor meal is worth nothing. A complete Nutritional Rating Chart is on the BFS Poster but basically, a good food item is given 2 points, while a food item which has at least some value is given 1 point. Candy, pop and coffee get 0 points. The four athletes listed before are actual examples. How do your athletes rate?

Rate Each Meal

Rate each meal from 0-10 points. Rate breakfast, lunch, dinner and snacks. 40 points is the maximum number per day and 10 points is the maximum per meal.

- 30-40 Pts. = Great** No Supplements needed.
- 25-29 Pts. = Good** May want to take some supplements.
- 20-24 Pts. = Fair** Probably necessary to take some supplements, especially if you are active in sports.

15-19 Pts. = Poor Need a better diet and supplements.

10-14 Pts. = Very Poor Set a goal to get at least 20 points and use supplements.

5-9 Pts. = Drastic: Do something immediately to change. Sickness and serious illness likely.

0-4 Pts. = Death See a coach, doctor or clergyman. You cannot live a normal life. Death could result.

Example of Point System

Meal	John		Mary		Bill		Nancy	
	Food	Points	Food	Points	Food	Points	Food	Points
B R E A K F A S T	2 eggs	3	Nothing	0	One Bowl Cereal	2	Juice	2
	3 milk	4	1 juice	2	Juice	2	Toast	1
	Total	10	Total	0	Total	4	Total	3
L U N C H	School Lunch	8	Pop	0	School Lunch	5	Carrots	2
	Extra Milk	2	Potato Chips	1			Orange	2
	Total	8	Total	1	Total	8	Total	8
D I N N E R	Casserole	2	Hamburger	2	Pizza	2	Corn	2
	Vegetable	2	Pop	0	Meat	2	Fruit Salad	2
	Apple	2	3 milk	4	Pop	0	Meat	2
Total	10 max.	Total	2	Total	4	Total	9	
S N A C K	Orange	2	Fritos	1	Ice Cream	2	Apple	2
	2 milk	4	Pop	0	Cookies	1	Celery	2
	2 sandwiches	4	Total	1	Total	3	Water	1
Total	10	Total	1	Total	3	Total	5	
Y O U T A L	About 10% of Jr. and Sr. high school students	38	About 10% of Jr. and Sr. high school students	4	Majority of students score under 20 pts.	17	This low calorie diet is a good nutritional diet	25
	30-40 pts.		0-4 pts.					

Concepts



Our society is changing rapidly. There are more mothers working (51%); more single parents (40%); more reliance on fast foods. For these reasons a large percentage of athletes do not eat properly. Many are left on their own to prepare and eat their meals. There is a tremendous need for food supplements and better eating habits.

Bigger Faster Stronger Milk and Egg Protein is the best food supplement around. Here's why: 90% complete protein (made from Milk and Egg not from inferior Soy Beans), low in carbohydrates, *No Sugar*, added vitamins and minerals, desiccated liver for recovery power and a special fluff process for easier mixing. Because of the extremely high potency, one can is a full 30 day supply. The ingredients are as follows: Calcium caseinate, lectalbumen, dried whole eggs, lecithin, primary grown yeast, desiccated liver, bromelain and papain, and natural flavors.

The *Bigger Faster Stronger Vitamin and Mineral Pak* comes in special plastic bags (30 to a pak). Each bag contains what every athlete needs for a super nutritional diet. It contains Vitamins A (25,000 units), B¹ (50 mg.), B² (50 mg.), B⁶ (50 mg.), B¹² (50 mcg.), C (500 mg.), D (1,000 iu.), E (20 iu.) and 1,200 mg. of Lecithin. The minerals are as follows: Calcium (300 mg.), Phosphorus (200 mg.), Magnesium (400 mg.), Iron (18 mg.), Zinc (15 mg.), Copper (2 mg.) and Iodine (.15 mg.). Vitamins B¹, B², B⁶, B¹² and C are time released.

Athletes getting 30 or more points on my point system should probably forget food supplements. However, those who do not, and that's most of your athletes, should have food supplements in order to progress to the fullest potential. It is either that or get more points through a regular diet.

Mixing Your Protein

With any protein, you just about have to use a blender. Even though the *BFS Protein* has a special fluff process, it's best to use a blender. Here are 3 ways to blend the *BFS Protein*:

1. One banana, 3 heaping tablespoons of *BFS Protein* and fill blender with milk.
2. One banana, 3 heaping tablespoons of *BFS Protein* and fill blender with fresh or frozen orange juice.
3. One banana, ½ carton of frozen strawberries, ice cream, 3 heaping tablespoons of *BFS Protein* and fill blender with milk.

These will give you a super nutritional drink. Be creative and add your own combinations of fruits, syrups and juices.



Protein

One Can	—	\$14.95
2-5 Cans	—	\$13.95 Ea.
6-12 Cans	—	\$12.75 Ea.
13-48 Cans	—	\$11.95 Ea.
Over	—	\$11.25 Ea.

Vitamin-Mineral Pak

One Pak	—	\$14.95 Ea.
2-5 Paks	—	\$13.95 Ea.
6-12 Paks	—	\$12.75 Ea.
13-48 Paks	—	\$11.95 Ea.
Over	—	\$11.25 Ea.

**You may add your Protein and Vitamin-Mineral orders together for quantity discounts. For example, 3 cans of Protein and 3 Vitamin-Mineral Paks = \$12.75 Each.*

All orders must be accompanied by Check, Credit Card # or Purchase Order

Or call TOLL FREE 1-800-521-4992 Ext. 70 and use Master Card or VISA.

Eat Well—Perform Well