

# EATING RIGHT: THE PLAN

by Rick Anderson  
Part III of a Series

## EATING RIGHT: THE PLAN

In my first nutrition article I emphasized that a proper diet is *absolutely* critical if an athlete is to reach his maximum strength and conditioning potential. In article two of this series, I stated that most athletes already know how to eat for good basic nutrition. What is needed now is to give the athlete a simple and easily applied plan to help him achieve his nutritional goals. This, in turn, makes him a better and healthier athlete.

The BFS nutritional plan has been in effect for several years with great results. We rate meals separately on a point scale of 0-10. The meals are Breakfast, Lunch, Dinner and Snacks. Therefore, 40 points is the maximum points which can be earned daily.

To define a great meal, points are established for individual food items in the basic food groups. Dairy products like milk, cheese and eggs are given 2 points. Meat products such as beef, poultry and fish are given 2 points. One point is given items in the bread and cereal group. Finally, fruits and vegetables are given 2 points. A large amount of any one item is given a bonus point (5 eggs receives 3 points). Non-nutritional items such as pop, candy, tea and alcoholic beverages are given 0 points. Foods which start out good but which are over-processed or deep fried such as french fries are given 1 point. A salad or sandwich which has everything can be given 5 points. The most points possible per meal or snack is 10.

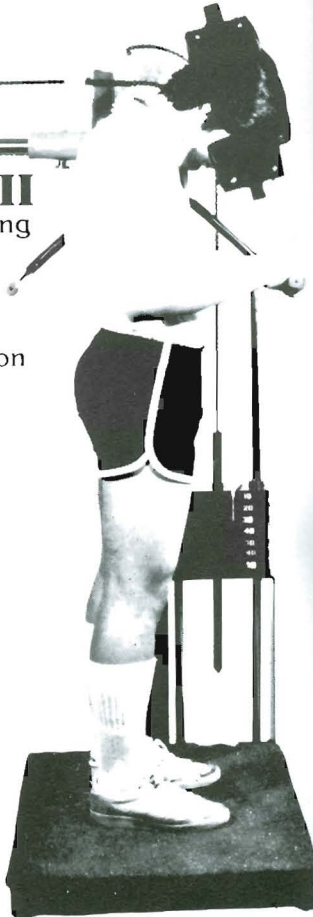

With the above point system, an athlete can easily add up the total number of nutritional points per day. The BFS Nutritional Rating Chart shown below will tell the athlete exactly how he is doing every day.

The national average for young athletes is 17 points with many in the 6-9 point range. Athletes training to become the *best* they can be *must* have at least 30 points per day. The goal of achieving 30 nutritional points per day needs to be just as important as the goal of achieving a new max on the bench or improving a 40-yard dash time.

Coaches can help the system tremendously by asking at least 5 athletes per day how they're doing with their 30 points. If a coaching staff will do this and make it an important goal for 30 days, I guarantee that you can establish a great habit. By using the BFS point system, coaches and athletes can have fun working together to achieve personal and athletic goals.

## BFS NUTRITIONAL RATING CHART

30-40 Points:	GREAT
25-29 Points:	GOOD
20-24 Points:	FAIR
15-19 Points:	POOR
10-14 Points:	VERY POOR
5- 9 Points:	DRASTIC
0- 4 Points:	DEATH



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