

PRACTICAL SPORTS NUTRITION

By Stacey Goss, M.A.

Computerized Bodyweight Management Systems

Editor's Note: The BFS 30-Point Nutrition System is very good and, if followed will bring an athlete or team to above average. However, if you want to refine your diet even more and take it to an even higher level give Stacey Goss a call at 1-800-743-9750

There's no question that a good diet can improve performance, but there's also no question that a poor diet can decrease performance. If you don't consume enough carbohydrates, you can become overtrained and experience weakness, hunger, nausea and dizziness. If you don't consume enough protein, your body will break down muscle tissue and sap your strength. A good diet is important, but if you're like most athletes you've probably neglected this part of your training.

If your diet is holding you back, don't take it personal. Although there are hundreds of excellent books on nutrition, most athletes don't have the time to educate themselves to the point of being able to plan menus. Planning and following a diet is hard work, so hard that an estimated ninety-five percent of Americans who lose weight on a diet eventually regain all those pounds.

Another problem with sports nutrition education is that we are often exposed to good nutritional information, but without a means to apply it. Let's look at carbohydrates.

Most experts would agree that the best diets for athletes should contain at least sixty percent carbohydrates. How do you determine your daily carbohydrate percentage? First, record your daily intake of calories and grams of carbohydrates, total the calories and carbohydrate grams, multiply the carbohydrate grams by four to get the carbohydrate calories, and then divide the carbohydrate calories by the total calories. Not too many athletes will keep up this meticulous, time-consuming procedure for long.

Let's look at protein. Many athletes believe that protein supplements can increase muscle size and improve performance. Protein is essential for tissue growth and repair, but is an inefficient energy source and is needed in limited amounts. Your body processes only the protein it needs, and any excess protein is

DAILY MENU SHEET

<MONDAY>

CUSTOMER NAME: John Smith WEEK: 1 DAY: 1

BREAKFAST	AMOUNT
Raisin bran cereal	3.0 ounces
Lowfat 2% milk	1.0 cup
Banana, raw	1.0 large
Bagel, any flavor	1.0
Margarine	3.0 teaspoons
Apple juice	10.0 ounces
Coffee, tea, or water (no added sugar).....	unlimited

MORNING SNACK	AMOUNT
Cantaloupe, raw	2.0 cups
Lowfat yogurt, fruit flavor	6.0 ounces

LUNCH	AMOUNT
Sandwich bread (any type).....	2.0 slices
Turkey breast meat	4.0 ounces
Lettuce and tomato	unlimited
Mustard or low-calorie mayonnaise	3.0 teaspoons
Apple, raw	1.0
Cheese wheat thins	1.0 ounce
Non-caloric beverage	1.0 serving

CARBS=431.70 gms PROT=118.00 gms FAT=61.40 gms TOTAL KCALS=2751
%CARBS=62.8 %PROT=17.2 %FAT=20.1

Throughout this program you will find a "diet tip" on each daily menu. These diet tips will help you learn more about good nutrition so you can achieve your weight management and sports specific goals.

Figure 1

(Afternoon Snacks and Dinner Choices Not Included)

excreted by the body or stored as fat. Athletes may benefit from a slightly higher protein intake, but the requirements are not much higher than for non-athletes.

Let's look at fat. Fats leave the stomach slowly, are a readily-stored (but not readily available) energy source, and are not an efficient energy source for strength-power athletes like football players. The typical American gets approximately thirty-seven percent of their daily calories from fat. The American Heart Association recommends less than thirty percent.

By simply replacing high-fat animal and dairy foods with high-carbohydrate plant foods, you can increase your energy level and reduce your calorie intake without feeling hungry. I recently designed a reducing diet for a national-caliber ice skater who weighed 132 pounds at five-feet seven inches. Although she was very lean at 18.2 percent bodyfat, her coach wanted her to reduce her bodyfat to present a more

IT'S WORTH IT!

SHOPPING LIST

CUSTOMER NAME: John Smith

WEEK: 1

FRUITS

___ Banana, raw	4.0 large
___ Blueberries, raw	1.5 cups
___ Cantaloupe, raw	2.0 cups
___ Grapefruit, raw	1.0 medium
___ Strawberries, raw	2.5 cups
___ Apple, raw	1.0
___ Grapes, raw	5.0 cups
___ Orange, raw	2.0 medium
___ Peach, raw	1.0 medium

VEGETABLES

___ Lettuce and tomato	unlimited
___ Raw vegetables (any type)	unlimited
___ Tossed salad (raw vegetables only)	2.0 large
___ Green beans, cooked	2.0 cups
___ Spinach, cooked	1.0 cup
___ Carrots, cooked	1.5 cups
___ Cauliflower, cooked	1.5 cups
___ Corn-on-the-cob, cooked	4.0 ears
___ Baked sweet potato	2.0
___ Brussel sprouts, cauliflower & carrots	4.0 cups

MEAT / FISH / POULTRY

___ Ham, lean only	4.0 ounces
___ Chicken, light / dark meat, without skin	3.0 ounces
___ Salmon broiled/baked	7.0 ounces
___ Chicken breast meat	4.0 ounces
___ Turkey breast meat	9.0 ounces

Figure 2
(Partial List Only)

"aesthetic" appearance on the ice.

The diet I designed for this athlete contain 1300 calories, with approximately fifteen percent protein and twenty percent fat. Within a two-month period she was able to reduce her bodyfat to 15.9 percent without starving or suffering a loss of energy or muscle tissue. She looked great, and she made the Olympic team.

Many athletes are concerned about supplements, and a few do have some benefits. Recent research supports the use of a dietary antioxidant supplement (vitamins C, E, beta-carotene and various trace minerals) for athletes to improve immune response. "Antioxidants can decrease free radical formation, thereby increasing cellular immunity," says Lisa Logan, RD., C.N.S.D. "This ultimately could lead to a decreased risk of infection and better athletic performance."

Computerized Bodyweight Management Systems (CBMS) has developed a revolutionary approach to

solving the nutrition problems of today's athletes. We have bridged the gap between the wealth of knowledge about nutrition and the practical application of this information.

A CBMS diet plan takes the guesswork out of good nutrition. To achieve peak performance you need a diet that fulfills your unique nutritional needs, but it's not realistic to expect you to plan a personal diet that considers all the various aspects of good sports nutrition. Our software program eliminates the need for planning menus and preparing shopping list. It generates an optimum sports nutrition plan by calculating calories and percentages of carbohydrates, protein and fat. It would take hours to duplicate what our program can do within minutes.

Bodyweight Manager enables us to generate meal-by-meal menu plans that prescribe the exact quantity of food to eat. The program is so advanced, it makes meal planning simple. Since many diets fail because they contain foods you simply refuse to eat, we designed the program so you can choose the foods you want. We can also incorporate supplements, like our antioxidant formula, into your diet. A NUTRITIONAL SUMMARY, along with an informative DIET TIP, is printed on each DAILY MENU. (Figure 1) The software program also generates a time-saving WEEKLY SHOPPING LIST that contains all the foods needed to follow the diet. (Figure 2) Our innovative approach provides a practical way to adopt good eating habits, and the flexibility of *Bodyweight Manager* allows us to design menus to meet any sports nutrition needs. Your nutrition needs.

Call or write us today!
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