

## WHO IS MINDY BLACK?

Mindy Black is an experienced registered dietitian and exercise physiologist located in Jacksonville, Florida. She specializes in sports nutrition, weight management, and medical nutrition therapy.

Mindy graduated from the University of Florida with a B.S. in Food Science and Human Nutrition and a Masters in Exercise Physiology. Past experience includes serving as a Sports Nutritionist for the University of Florida Athletic Association, independent work with many professional and elite athletes, and weight loss counseling at Gracor Fitness. She also has experience in clinical nutrition and currently works closely with The Kyle Clinic in Ponte Vedra Beach.

### **Mindy Black, MS, RD, LD/N**

Dietitian/ Sports Nutritionist

[mindyblackrd@yahoo.com](mailto:mindyblackrd@yahoo.com)

(904) 673-8329

Nease Football

# Nutrition For Football

**Based on a presentation by:**  
**Mindy Black, MS, RD, LD/N**  
Dietitian/ Sports Nutritionist  
[mindyblackrd@yahoo.com](mailto:mindyblackrd@yahoo.com)  
(904) 673-8329

Andrea C Heeter, MS, ATC  
[acheeter@hotmail.com](mailto:acheeter@hotmail.com)

## WHAT CAN GOOD NUTRITION DO?

Enhance TRAINING & PERFORMANCE  
Speed RECOVERY & HEALING  
Prevent INJURY  
Promote improved HEALTH  
Improve BODY COMPOSITION

## WHAT TYPE OF FUEL SHOULD I USE?

### Carbohydrates

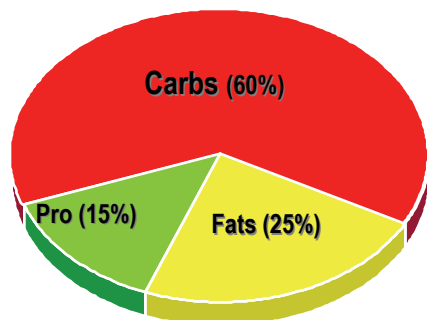
Primary energy source for muscles  
During exercise:  
Reach muscles quickly to replenish stores  
Delay fatigue and boost performance  
Lower rating of perceived exertion  
Enhance mental skills  
Complex Carbs: rice, pasta, potatoes, bread, cereal, fruit, vegetables, etc.

### Fats

Stored fat helps power long activity  
Unsaturated: oils, nuts, olives, fish, avocado  
Saturated: meats, dairy, butter, creamy dressings  
**Trans:** snack foods, fried foods, margarines  
Avoid fat extremes

### Proteins

Protein builds and repairs muscles and helps muscles contract BUT...large amounts do not help performance  
Examples: meat, poultry, fish, eggs, dairy, nuts, dry beans, soy foods  
Teenage athletes need about 2/3 g of protein of their weight in lbs daily  
There are 10g of protein=1oz of meat, 1c of milk, one slice of cheese, 1 sports bar, 1/4c of nuts  
The recovery period after exercise to take in protein, is only 30 minutes



## YEAR ROUND FOOTBALL NEEDS

### Daily Eating

Best to eat every 3-4 hours whether you are trying to gain or lose weight  
However, eat smart

### Breakfast

Eat within 1 hour of waking up  
Increases metabolism  
Increases daily energy level  
Improves academic performance

### Post-Workout

30-minute window  
Replaces energy stores  
Builds muscle

### Snacks (Backpack)

Dry, whole grain based cereal  
Low Fat Yogurt  
Fruit (Can be Dried Fruit)  
String Cheese  
Beef Jerky  
Animal Crackers  
Granola Bars  
Gatorade

## GAME DAY GUIDELINES

About 3-4 hours Pre-Game  
Eat COMPLEX carbohydrates  
Avoid fatty foods  
Include salty foods (especially if prone to cramping)  
Eat ONE serving of lean meat  
Drink PLENTY of water  
About 30-40 minutes Pre-Game  
Have one of the snacks listed above  
If solid foods don't sit in stomach well, have Gatorade

### Post-Game

Replace lost energy (carbohydrates)  
Replace fluid loss  
Replace electrolytes (salts)  
Replace protein stores

