

GENERAL NUTRITION GUIDELINES

4 Areas of Emphasis

1. **TIMING** – When and how often you eat is important for maintaining metabolic balance throughout the day. A state of balance will allow your body grow and develop muscle more efficiently and will allow you to avoid gaining unwanted body fat. Traditionally Americans eat 3 large meals per day. While you are training to be an ASC GRIZZLY, you should eat 6 smaller meals per day instead of the traditional 3. These meals should make up about the same amount of food, only broken into smaller portions.
2. **PROTEIN** – Under conditions of high stress, such as the training programs you will be performing at Adams State College, your body will need additional amounts of protein. About 1 to 1.2 grams per pound of bodyweight to be exact. Protein is the nutrient that supplies the raw materials for building new muscle. Under high stress, your body will seek to repair and build new muscle tissue. The best sources of protein are from meats (beef, chicken / eggs, fish), dairy products (milk, cheese, yogurt), and protein powders. Be sure to include protein in each of your 6 meals per day.
3. **VITAMINS & MINERALS** – All of the functions of the body require vitamins and minerals to catalyze. While training, your body will need adequate supply of these nutrients. You should be able to get all the vitamins and minerals you need from your foods, but you must be sure to eat a wide variety of fruits and vegetables. Each of your 6 meals per day should include at least one serving of fruit or vegetable. If you find that you have difficulty eating enough fruits and vegetables, then you may consider taking a multi-vitamin / multi-mineral supplement.
4. **WATER** – During training, your need for water will increase. You will be losing water through sweat and increased ventilation (breathing). This water will need to be replaced. Additionally, your muscle tissue will be increasing in size and density, thus demanding more water. A good rule of thumb is to drink enough water so that your urine is clear, not yellow. This will be more for some people and less for others. Generally, 1 to 2 gallons per day will do.