

**NCAA Banned-Drug Classes
2005-2006**

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their institution’s team physician or athletic trainer for further information.

Bylaw 31.2.3. Banned Drugs

The following is a list of banned-drug classes, with examples of substances under each class:

(a) Stimulants:

amiphenazole	methylenedioxyamphetamine
amphetamine	(MDMA, ecstasy)
bemigride	methylphenidate
benzphetamine	nikethamide
bromantan	pemoline
caffeine ¹ (guarana)	pentetrazol
chlorphentermine	phendimetrazine
cocaine	phenmetrazine
cropropamide	phentermine
crothetamide	phenylephrine
diethylpropion	phenylpropanolamine (ppa)
dimethylamphetamine	picrotoxine
doxapram	pipradol
ephedrine	prolintane
(ephedra, ma huang)	strychnine
ethamivan	synephrine
ethylamphetamine	(citrus aurantium, zhi shi, bitter orange)
fencamfamine	
meclofenoxate	and related compounds
methamphetamine	

(b) Anabolic Agents:

<u>anabolic steroids</u>	
androstenediol	methyltestosterone
androstenedione	nandrolone
boldenone	norandrostenediol
clostebol	norandrostenedione
dehydrochlormethyltestosterone	norethandrolone
dehydroepiandrosterone (DHEA)	oxandrolone
dihydrotestosterone (DHT)	oxymesterone
dromostanolone	oxymetholone
epitrenbolone	stanozolol
fluoxymesterone	testosterone ²
gestrinone	tetrahydrogestrinone (THG)
mesterolone	trenbolone
methandienone	and related compounds
methenolone	<u>other anabolic agents</u>
	clenbuterol

(c) Substances Banned for Specific Sports:

Rifle:	
alcohol	pindolol
atenolol	propranolol
metoprolol	timolol
nadolol	and related compounds

(d) Diuretics:

acetazolamide	hydrochlorothiazide
bendroflumethiazide	hydroflumethiazide
benziazide	methylclothiazide
bumetanide	metolazone
chlorothiazide	polythiazide
chlorthalidone	quinethazone
ethacrynic acid	spironolactone
flumethiazide	triamterene
furosemide	trichlormethiazide
	and related compounds

(e) Street Drugs:

heroin	tetrahydrocannabinol
marijuana ³	(THC) ³

(f) Peptide Hormones and Analogues:

- corticotrophin (ACTH)
- human chorionic gonadotrophin (hCG)
- leutenizing hormone (LH)
- growth hormone(HGH, somatotrophin)
- insulin like growth hormone (IGF-1)

All the respective releasing factors of the above-mentioned substances also are banned:

- erythropoietin (EPO)
- sermorelin
- darbypoetin

(g) Definitions of positive depends on the following:

- ¹for caffeine—if the concentration in urine exceeds 15 micrograms/ml.
- ²for testosterone—if the administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.
- ³for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

FREQUENTLY ASKED QUESTIONS ABOUT BANNED SUBSTANCES

THE MEMBERSHIP SERVICES STAFF IS PREPARED TO ASSIST MEMBER INSTITUTIONS IN INTERPRETING THIS LEGISLATION. IF AN INSTITUTION CANNOT DISCERN WHETHER A NUTRITIONAL SUPPLEMENT FALLS INTO ONE OF THE FOUR CLASSES OF PERMISSIBLE SUPPLEMENTS, ONE OF THE INSTITUTION'S DESIGNATED CALLERS (CHIEF EXECUTIVE OFFICER, ATHLETICS DIRECTOR, SENIOR WOMAN ADMINISTRATOR, FACULTY ATHLETICS REPRESENTATIVE OR COMPLIANCE COORDINATOR) SHOULD CONTACT MEMBERSHIP SERVICES FOR FURTHER CLARIFICATION.

THE CALLER NEEDS TO PROVIDE THE MEMBERSHIP SERVICES REPRESENTATIVE ALL THE LABELING AND INGREDIENT INFORMATION ABOUT THE SUPPLEMENT IN QUESTION.

AS THE NCAA MOVES FORWARD ON THIS ISSUE, THE COMMITTEE ON COMPETITIVE SAFEGUARDS AND MEDICAL ASPECTS OF SPORTS WILL PROVIDE ADDITIONAL CONSULTATION AS NEEDED. THE MISSION OF THIS COMMITTEE AND OF THE NCAA IS TO MAKE EVERY EFFORT TO PROVIDE EQUITABLE AND SAFE COMPETITION FOR NCAA STUDENT-ATHLETES.

BRYAN W. SMITH, M.D., IS CHAIR OF THE NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS AND MEDICAL ASPECTS OF SPORTS.

Q & A SUPPLEMENT REVIEW REGARDING PROPOSAL 99-72

THE FOLLOWING INFORMATION WAS WRITTEN BY AARON SHELLEY, MSS, PSN, SSC, SFT, WHO SERVES ON THE CSCCA CERTIFICATION EXECUTIVE BOARD OF DIRECTORS-NUTRITION, AND WHO IS ALSO A SPORTS NUTRITIONIST AT TEXAS TECH UNIVERSITY. IT WILL APPEAR IN THE NCAA NEWS.

AARON SHELLEY, MSS, SPN, SSC, CFT
DIRECTOR OF SPORTS NUTRITION, TEXAS TECH UNIVERSITY
CSCCA BOARD OF DIRECTORS-NUTRITION

Q. WHAT IS THE NCAA TRYING TO ACCOMPLISH WITH 99-72?

A. THE INTENT OF THE PROPOSAL WAS TO IDENTIFY PERMISSIBLE CATEGORIES OF NUTRITIONAL SUPPLEMENTS, REFLECTING A PHILOSOPHY THAT PROPER NUTRITION BASED ON SOUND SCIENTIFIC PRINCIPLES IS ONE OF THE TENETS TO OPTIMAL PERFORMANCE.

Q. IS 99-72 JUST A BAN ON CREATINE?

A. NO. 99-72 IS A BAN ON THE DISTRIBUTION OF A MULTITUDE OF SUPPLEMENTS. CREATINE AND CREATINE CONTAINING PRODUCTS ARE JUST SOME OF THE MANY PRODUCTS WE CAN NO LONGER DISTRIBUTE TO OUR STUDENT-ATHLETES. (SEE LIST BELOW)

Q. CAN WE STILL PROVIDE SUPPLEMENTS TO OUR STUDENT-ATHLETES?

A. YES. WE CAN NOW PROVIDE NON-MUSCLE BUILDING, NON-ERGOGENIC SUPPLEMENTS TO ALL OF OUR STUDENT-ATHLETES YEAR ROUND. THIS IS A POSITIVE CHANGE IN NCAA RULES. NOW SUPPLEMENTS (PERMISSIBLE SUPPLEMENTS) MAY BE DISTRIBUTED DURING THE SUMMER AS WELL.

Q. WHAT SPECIFIC SUPPLEMENTS OR TYPES OF HAVE BEEN PLACED ON THE LIST OF NON-DISTRIBUTION?

A. AMINO ACIDS, CHRYSIN, CONDROITIN, CREATINE (AND CREATINE CONTAINING COMPOUNDS AND MIXTURES), CONDROITIN CONTAINING PRODUCTS, GINSENG CONTAINING PRODUCTS, GLUCOSAMINE CONTAINING PRODUCTS, GLYCEROL CONTAINING PRODUCTS, HMB CONTAINING PRODUCTS, L-CARINTINE CONTAINING PRODUCTS, MELATONIN CONTAINING PRODUCTS, POS PRODUCTS (ADVOCARE), PROTEIN POWDERS (POWDERS WITH MORE THAN 30% TOTAL KCALS FROM PROTEIN), TRIBULUS CONTAINING PRODUCTS.

Q. SINCE GLUTAMINE IS NOT A MUSCLE BUILDER, BUT AN ANTI-CATABOLIC SUPPLEMENT, IS IT PERMISSIBLE? DOES IT FALL UNDER THE CATEGORY OF AMINO ACID?

A. EVEN THOUGH GLUTAMINE IS NOT LISTED ON THE NON-PERMISSIBLE LIST BY THE NCAA COMPETITIVE SAFEGUARDS COMMITTEE, IT DOES NOT MEAN THAT IT IS PERMISSIBLE. THE NCAA MEMBERSHIP

SERVICES STAFF BELIEVES THAT GLUTAMINE IS CONSIDERED AN AMINO ACID OR HAS SIMILAR QUALITIES AND THEREFORE WOULD NOT BE A PERMISSIBLE SUPPLEMENT.

Meal Components

1. Protein

- a. Eat every meal
- b. Preserves muscle mass, helps recuperation
- c. __ - __ gram for each pound of bodyweight (220 g for a 220 lb. athlete)

Best Sources: Egg Whites, Lean Meats, beans and rice (combo), Low Fat Dairy, Peanut butter and Wheat Bread, Protein Powder (whey, soy)

2. Carbohydrates

- a. Eat every meal
- b. Energy for exercise and life
- c. Low Carbs = Low energy/Fatigue
- d. 2 grams - 4 grams for each pound of bodyweight
(440 g - 550 g for a 220 lb. athlete) minimum

Best Sources: Rice, Grains, Cereal, Pasta, Potatoes, Beans, Fruits, Veggies

3. Fruits

- a. 3 Pieces each day minimum
- b. Quick energy, Sugars, Vitamins, Minerals, Fiber

Best Sources: Fresh, Dried

4. Veggies

- a. 3 each day minimum
- b. 1 cup raw / 1/2 cup cooked
- c. FIBER, Carbohydrates, Vitamins, Minerals

Best Sources: Steamed, Fresh, Frozen

5. Dairy

- a. 3 servings each day, 1 cup per serving
- b. Calcium, Protein, some carbohydrates

Best Sources: Low fat Milk, Yogurt, Low fat Cheese

10 Guidelines for Optimum Nutrition

1. 5 - 6 Meals, 2-3 hours apart, EVERYDAY containing:
 - **LOW FAT** protein sources
 - high carbohydrate **LOW SUGAR** sources
 - **LOW FAT** Dairy source
 - Fruit and/or Vegetable, **EVERY** meal.

2. **Always EAT BREAKFAST!!**

3. Fried Foods are horrible!
90% Unhealthy / 10% Healthy!!

4. **Avoid HIGH SUGAR** foods and drinks.

5. **Always consume fluids, carbs, and protein within at least 1 hour of completing any exercise, workouts, or training.**

6. Eat for energy and performance **BEFORE** taste.

7. Eat a PROTEIN source at EVERY meal.

8. The **MORE** vegetables the **BETTER!**

9. WATER, WATER, WATER!
to 1 gallon/day is MANDATORY!!

10. Pre-Prepared Ready-to-Eat Foods are USUALLY Bad. (Fast Food, Frozen Meals, Frozen pizza, Packaged sandwiches)

Hydration: "Sweat the small stuff"

Hydration: “Sweat the small stuff”

Hydration is probably the most overlooked element in sports performance. However, it's a very crucial factor because, **Dehydration can have significant impacts on performance during competition.** These impacts include overheating, disruption of chemical balance, fatigue, cramping, decreased speed and quickness, headaches, and dizziness.

- *Dehydration causes your body to burn more of its muscular energy stores.*
- *Thirst sensors are inhibited during strenuous exercise.*
- *The thirst mechanism generally doesn't work well enough to prevent dehydration*
- *During performance a 2% or greater loss in body weight from dehydration can seriously impair performance.*

Strategies to Avoid Dehydration

- **Drink WATER BEFORE you get Thirsty!!!!!!**
- **Monitor body weight before and after all training sessions and competitions.**
- **Replace lost body weight by drinking 2 cups for every pound.**
- **Consume 1/2 – 1 gallon of drinking water every day.**
- **Load carbohydrates 3-4 days before competition and maintain carbohydrate intake during training.** Your body must store water when it stores carbohydrates. Carbohydrate-rich foods generally have a high water content (rice, oatmeal, grits, pasta, vegetables, and fruits). By doubling your carbohydrate intake 3-4 days before a competition, you not only increase energy levels, but you maximize your fluid levels.
- **Prehydrate:** Drink extra water 2 days before the event. At least 2 hours before training, or competition. Drink 1 pint of water every hour up to 30 minutes before exercise.
- **Replace fluids and electrolytes during activities.** Drink 8-10 fl. Oz. of water or sports drink every 10-15 minutes. Drink all the plain cold water that you can during any exercise event. Drink until you are comfortable. Slowly increase the amount of fluid intake you can tolerate.

- **Fluid needs for athletes are approx.** 1ml for every 1 calorie expended. Therefore, as physical activity and exercise increase, fluid needs increase as well. Based on this; it is recommended that an athlete who expends 2500 kcals per day consume 2.5 liters of water per day. Likewise an athlete who expends 4000 calories per day needs to drink 4 Liters per day.

FOOD LISTS

Mix and Match the foods on the lists to create a meal suitable to your requirements, tastes, limitations. Each list contains foods of the same size, specific to the major nutrient of that list. The foods provided are low in fat, unless indicated, and provide a well-balanced diet when used to build meals with the meal worksheet.

1. Protein

Every protein source on the list contains 10 g of protein (give or take 2 g).

- 4 oz. of meat is about the size of a hamburger.
- 1 chicken breast is about 6 oz. usually.
- Dairy has excellent protein and calcium. Watch out for fat.
- Egg whites and Canned tuna are EASY to measure.
- Eat every meal.

****Complimentary Proteins- Vegetable sources that when combined contain the same protein as animal sources. They have all the essential Amino Acids. Great for Vegetarians!****

2. Beans

Beans are listed according to 1/2 cup amounts

- Beans have good protein, but usually more carbs than protein
- Bean protein is incomplete but when combined with rice becomes complete
- High in fiber and complex carbohydrates

3. Carbohydrates

The foods listed contain 42 g of carbs (give or take about 5 g).

- Cook your carbs in large amounts and store in the refrigerator
- Measure out carbs in a measuring cup
- Try to eat at least 2 carb sources per meal
- Eat throughout morning up to early evening and then slow down.

4. Fruits

The fruit choices contain 10 g of Carbs.

- Apples and Oranges are great for extended energy
- Bananas, Grapes good for after workouts (high sugar)
- Eat 2-4 per day

5. Vegetables

The vegetable choices contain 5 g of carbs and high fiber.

- 1/2 cup cooked = 1 cup raw
- Vegetables fill your stomach and don't overload calories
- Eat later in the day with protein to avoid excess carbs due to hunger
- Eat 3-5 per day

PROTEIN SOURCES

10 g of protein per Food choice amount

LOW FAT (1-6 g/ serving)

Canned Tuna	1/4 can
Boneless/ Skinless Chicken Breast (roasted)	1.25 oz
Lean Sirloin Steak	1.25 oz
Halibut (cooked)	1.5 oz
Orange Roughy	2 oz
Sole/ Flounder fillet (baked/broiled)	1.5 oz
Ground Beef (9% fat) raw	2 oz
Canadian Bacon	4 pieces
Turkey Breast lunchmeat slices	4 slices
Lean Ham (5% fat) slices	2 pieces
Egg whites (cooked)	3 each
Tofu	1/2 cup

Medium-High Fat (6-15 g/ serving)

Ham (11% fat) slice	2 pieces
Pork Bacon	5 1/2 pieces
Smoked Turkey Sausage	2.5 oz
Ground Turkey (13% fat)- cooked 4 oz patty	1/2 patty
Scrambled Eggs	1 1/2 eggs
Peanuts (all types) roasted	1/4 cup

BEAN LIST

1/2 cup servings

<u>NAME</u>	<u>Protein g</u>	<u>Carbohydrate g</u>
Green beans	1	5
Baby Lima Beans	6	18
Kidney Beans	9	20
Black-eyed Peas (beans)	2	17
Pinto Beans	7	22
Garbanzo Beans	7	22
Small White Beans	8	23
Black Beans	7	20
Baked Beans	7	27
Great Northern Beans	7	18
Navy Beans	7	24

COMPLIMENTARY PROTEINS

(VEGETABLE SOURCES THAT ARE COMPLETE PROTEINS)

GRAINS LEGUMES

wheat, rice, barley, Dried beans(pinto, navy, oats, cornmeal, kidney, black, etc.) millet, cracked wheat, dried peas, lentils, chick bulgur, rye peas, soybeans, tofu, peanuts, peanut butter

Examples: Peanut butter sandwich; meatless bean chili and cornbread; split pea or lentil soup and bread; rice-bean casserole; beans and tortillas; hummus and whole wheat pita bread; middle eastern white bean and bulgur salad; carrot-chickpea soup with whole wheat pistachio bread

LEGUMES NUTS AND SEEDS

dried beans, chick peas pumpkin, sunflower and lentils, dried peas, peanuts, sesame soybeans and soybean products

Examples: Lentil salad sprinkled with sesame seeds; pea soup with pumpkin seed topping; curried pumpkin-peanut soup with sunflower seeds

GRAINS MILK PRODUCTS

barley, buckwheat, rice, cheese, milk, yogurt cornmeal, oats, wheat, rye

Examples: cereal and milk; macaroni and cheese; rice pudding; seared polenta with summer vegetables; barley salad with bread-cheese kebabs

NUTS AND SEEDS GRAINS

sunflower, sesame, pumpkin rice, wheat, oats, barley cornmeal, buckwheat

Examples: bread with sesame seeds; rice with sesame seeds; breadsticks rolled in sesame seeds; soba noodle salad rolled in sesame seeds

NUTS AND SEEDS MILK PRODUCTS

sunflower, sesame, pumpkin cheese, milk, yogurt

Examples: cheese balls rolled in sesame seeds; milk with sunflower or pumpkin seeds; yogurt cheese flavored with sunflower seeds and dill

MILK PRODUCTS LEGUMES

cheese, milk, yogurt dried beans, chick peas, lentils, dried peas, peanuts, peanut butter

Examples: peanut butter sandwich and milk, bean burrito with yogurt and cheddar; vegetarian chili with jalapeno cheddar; split-pea soup with mint yogurt

DAIRY LIST - (Low Fat)

<u>NAME</u>	<u>Serving</u>	<u>Protein g</u>	<u>Carbohydrate g</u>	<u>Fat g</u>
Skim Milk	1 cup	8	11	1/2
1% Fat Milk	1 cup	8	11	3
2% Fat Milk	1 cup	8	11	5

Cottage Cheese (small curd)	1/2 cup	13	3	5
Low fat Cottage cheese	1/4 cup	7	2	3/4
Fat Free Cream Cheese	1/2 cup	11	1	3
Fat Free Sharp Cheddar Cheese Slices	4 pieces	10	4	0

CARBOHYDRATES

42 g of Carbs per Food choice amount

RICE, GRAINS, PASTA

Brown Rice (cooked)	1 cup
White Rice (cooked)	1 cup
Medium Sweet Potato (baked/peeled)	1 1/2 potatoes
Large Baked Potato (whole)	1 potato
Couscous (cooked)	1 1/4 cup
Macaroni (cooked)	1 cup
Rotini pasta (cooked)	1 cup
Spaghetti pasta (cooked)	1 cup
Whole Wheat Spaghetti pasta (cooked)	1 cup
Vermicelli pasta (cooked)	1 cup
Lentils (boiled)	1 cup
Instant Oatmeal (packet)	1 1/4 packet
White Corn Grits (cooked)	1 1/4 cup
Wheat Germ	3.5 oz
Plain Pancakes (4 inch diameter)	3 pancakes

BREAD

Whole Wheat Bread	3 slices
White Pita Pocket Bread (6 1/2 inch diameter)	1 1/4 each
Whole Wheat Roll	3 each
English Muffin	1 1/2 muffins
Hamburger Bun	2 buns
Taco Shells	7 shells
Flour Tortilla (10 inch)	1 each
Oat Bran Muffin (2 1/2 inch diameter)	1.5 each
Cinnamon Raisin Bagel (3 1/2 inch diameter)	1 each

Waffles (4 inch square) 3 each

CEREALS

POST Grape Nuts 1/2 cup

KELLOG'S All Bran 3/4 cup

Low Fat Granola 1/2 cup

FRUIT LIST

10 g Carbohydrates per Food choice amount

Medium Apple (w/ peel)	1 apple
Applesauce	1/3 cup
Dried Apple Rings	2 1/2 rings
Apricots (raw and whole)	2 1/2 each
Banana (small)	1/2 banana
Fresh Blackberries	1/2 cup
Fresh Blueberries	1/2 cup
Cantaloupe Wedge	2 wedges
Fresh Sweet Cherries	8 1/2 cherries
Medium Grapefruit (pink, red, white)	1/2 grapefruit
Thompson Seedless Grapes	1/3 cup
Honeydew Melon (1/8 slices)	3/4 piece
Kiwi, medium (raw)	3/4 kiwi
Whole Mango	1/4 mango
Fresh Nectarine	2/3 nectarine
Orange (medium)	2/3 orange
Fresh Papaya (medium)	1/3 papaya
Fresh Peach (medium)	1 peach
Bartlett Pear (medium)	1/3 pear
Fresh Pineapple Chunks	1/2 cup
Fresh Plums (medium)	1 1/4 plum
Seedless Raisins	24 raisins
Fresh Large Strawberries	8 strawberries
Watermelon Slice (1/16 slice)	1/2 slice

JUICES

Apple Juice	3 fl oz
Cranberry Juice	2.5 fl oz
Grape Juice	2 fl oz
Grapefruit Juice	4 fl oz
Pineapple Juice	2.5 fl oz
Orange Juice	3 fl oz

VEGETABLE LIST

5 g Carbohydrates per Food choice amount
1 choice = _ cup (cooked) 1 cup (raw)

Artichoke	Pea pods
Asparagus	Peppers (all varieties)
Bean Sprouts	Radishes
Beets	Salad Greens
Broccoli	Sauerkraut
Brussels Sprouts	Spinach
Cabbage	Summer Squash
Carrots	Tomato
Cauliflower	Turnips
Celery	Water Chestnuts
Cucumber	Watercress
Eggplant	Zucchini
Green onions/ scallions	
Greens (collard, kale, mustard, turnip)	
Mushrooms	
Okra	
Onions (red, white, yellow)	

Sample Meal Solutions

The Sample Meal Solutions are examples of different **meals and snacks**. These sample meals are merely the framework needed to help you choose a healthy diet. Each meal is based on the principle of a complete diet (see the Food Pyramid, pg. 2). No amounts are given with the sample meals, as they're meant to be personalized, to meet your

needs. Use the sample meals as a reference guide to help you build meals that are complete and nutritious.

Remember that often it's not the food that is bad, but what you add to it that makes it unhealthy. For example, many salads are ruined by the addition of cheese, bacon, and fat-laden dressings. Many Mexican dishes are made unhealthy by the addition of guacamole, sour cream, and cheese. Omelets are great sources of protein. However, egg yolks contain tons of fat and cholesterol and are unhealthy. Therefore, egg white omelets are much healthier, however, it's OK to add 1 or 2 yolks. Make good meal choices and use **discipline** when adding all the **tasty additions**.

DAY 1

-Breakfast

Egg White Omelet
Cereal (Mini-wheat's)
Wheat Toast
Milk
2 pcs. Fruit w/
Cottage cheese

DAY 2 -Breakfast

Turkey Bacon/ Turkey Sausage
Pancakes
Milk
1 pc. Fruit w/ Cottage cheese

DAY 3 -Breakfast

Egg White Omelet
Grits
Wheat toast
Yogurt
2 pcs. Fruit

DAY 1 - 1st

Snack

Meal Replacement
Whole Wheat Bagel

DAY 2 - 1st Snack

_ Meal Replacement
Turkey Sandwich
(Wheat/tomatoes/
Lettuce)

DAY 3 - 1st Snack

Cottage Cheese
Apple
Handful of Trail Mix/
Cereal

DAY 1 - Lunch

Chicken Quarters

Rice
Carrots
Corn

DAY 2 - Lunch

Baked fish

Pasta w/ Red Sauce
Spinach
Black-eyed peas
Orange

DAY 3 - Lunch

Chicken Parmesan
(Baked/Little
Cheese)
Pasta w/Red Sauce
Bread (no Butter)
Mixed Veggies

DAY 1 - 2nd

Snack

DAY 2 - 2nd Snack

DAY 3 - 2nd Snack

Meal Replacement
Banana
Vanilla Wafers

_ Meal Replacement
Oat Bran Muffin/ dried fruit
Milk

Low-Fat Peanut
Butter-Sandwich
Pint of Milk

**DAY 1 – Early
night Meal**

Burritos (Chicken)
Spanish Rice
Refried Beans
Salad
Milk

DAY 2 – Early night Meal

Chicken Enchiladas
(Very little cheese/ sour cream/
guacamole)
Spanish Rice
Refried Beans
Salad
Milk

**DAY 3 – Early night
Meal**

*Jim and Milt's
All-You-Can-Eat-
Chicken NIGHT
(Mondays)*
Smoked Chicken
Baked Beans
Coleslaw

**DAY 1 – Late
Night Meal/**

Meal Replacement
Salad

DAY 2 – Late Night Meal/

Meal Replacement
Veggies

**DAY 3 – Late Night
Meal/**

*Doggie Bag of
chicken from
Jim and Milt's*

DAY 4 –Breakfast

Egg White Omelet
Pancakes
Milk
Orange Juice
Apple

DAY 5 – Breakfast

Meal Replacement
Grits
Milk
1 pc. Fruit w/ Cottage cheese

**DAY 6 –
Breakfast**

Leftovers
Beef Stroganoff over pasta
Steamed Carrots
Steamed Squash
Mashed potatoes
Milk

DAY 4 – 1st Snack

Tupperware
Tuna Helper (made
with double the Tuna)

DAY 5 – 1st Snack

_ Meal Replacement
Tuna Sandwich (Wheat)

**DAY 6 – 1st
Snack**

Chicken Chow Mien
Steamed Rice
Sautéed Broccoli and
Mushrooms
Cantaloupe slices

DAY 4 – Lunch

Chicken Breasts
Red Beans and Rice
Steamed Broccoli/
Cauliflower

DAY 5 – Lunch

Turkey Sandwich (Wheat)
Small Baked Potato
Large Salad
Honeydew Melon Slices

DAY 6 – Lunch

Philly Cheese Steak
sandwich
Red beans and Rice
Apple juice

DAY 4 – 2nd Snack

Tupperware
Tuna
Couscous
Apple

DAY 4 – Early night Meal

Baked Chicken
Brown Rice
Lima Beans
Salad
Milk

DAY 7 – Late Night Meal/

Can of Tuna

DAY 7 – Breakfast

Egg White Omelet
Oatmeal
Cottage cheese
Kiwi Fruit

DAY 7 – 1st Snack

Meal Replacement
Red Beans and Rice
Milk
Orange

DAY 7 – Lunch

Chicken Breasts
Pasta w/ red Sauce
Large Salad
Milk

DAY 5 – 2nd Snack

_ Meal Replacement
Wheat Ritz Crackers
Milk
Pear

DAY 5 – Early night Meal

Beef Stroganoff over pasta
Steamed Carrots
Steamed Squash
Mashed potatoes
Milk

DAY 7 – Late Night Meal/

Meal Replacement

DAY 8 – Breakfast

Meal Replacement
Mini Wheats
Banana

DAY 8 – 1st Snack

Tuna Sandwich (Wheat)
Cantaloupe
Cottage Cheese

DAY 8 – Lunch

Chicken Fajitas
(Bell peppers, onions)
Spanish Rice
Baked Tortilla Chips
Chunky Salsa

DAY 6 – 2nd**Snack**

Chicken Salad Sandwich
(Wheat / Tomato / lettuce)
Celery
Milk

DAY 6 – Early night Meal

Sushi rolls
(Including, Salmon, Snapper,
Tuna, Crab, Shrimp)

DAY 7 – Late**Night Meal/
Frozen yogurt****DAY 9 – Breakfast**

Egg white Omelet
Cream of Wheat
Kiwi/Strawberry w/ Cottage
cheese

DAY 9 – 1st**Snack**

6" Chicken Breast sub
w/ extra bell pepper, tomato
and lettuce
Milk

DAY 9 – Lunch

Gordo's Restaurant
Chicken Breasts
Black Beans and Rice
Bread

DAY 7 – 2nd Snack

Meal Replacement
Couscous
Apple

DAY 7 – Early night Meal

Baked Chicken Breasts
Brown Rice
Black-eyed peas
Steamed Zucchini
and Squash

DAY 7 – Late Night Meal/

Meal Replacement

DAY 8 – 2nd Snack

Tuna Sandwich
Baked Potato
Milk
Pear

DAY 8 – Early night Meal

Lean steak
Corn
Navy Beans
Steamed Broccoli
Milk

DAY 8 – Late Night Meal/

Can of Tuna
Veggies

DAY 9 – 2nd Snack

Po' Boys
Blackened Grouper Sandwich
Salad

DAY 8 – Early night Meal

Barnacle Bill's
Sushi Appetizer
Orange Roughy
Potato
Veggies

DAY 9 – Late Night Meal/

Egg white omelet
Oatmeal
Apple slices

Supplements

Supplements are merely meant to be additions to a healthy diet. Before you consider using any supplements, you should have a solid eating/fueling regimen. There are numerous supplements on the market. However, the FDA does not regulate the production or quality of supplements. Therefore, supplements are **MOST OFTEN A WASTE OF MONEY**. Generally, most supplements produce **VERY EXPENSIVE URINE**.

I only recommend that you add 3 supplements to your diet/fueling regimen. These 3 supplements are:

1. Meal Replacements

- Used to increase the protein and caloric content of your diet.
- Easily digestible, easy to prepare

- Best used as snacks or small meals 2-3 times a day
- Best if consumed with complex carbs, fruits, and vegetables

2. Creatine

- Used to increase power and explosiveness
- Used to increase lean muscle mass
- Used to preserve lean muscle mass during
- Best if consumed within 30 minutes after a workout
- Best if consumed with simple sugars and protein (i.e. carb/protein shake)

3. Multi-Vitamin/Mineral

- Helps to add vital nutrients to the body
- NOT a replacement for eating fruits and vegetables
- Best if taken at night before bed
- Best if consumed with a meal

Protein and Carbohydrate Fuels

This section entails very basic cooking instructions. These instructions include several protein sources, such as, chicken, turkey, and eggs. The carbohydrate sources include rice, grits, oatmeal, pasta, and couscous.

These instructions are not for gourmet food. However, by using these instructions you will keep food and your belly and avoid being hungry. **It is in your best interest to learn how to cook food.**

By creating your own meals, you can cook a bunch of food at once and freeze it, or keep it in the refrigerator. By making a lot of food ahead of time you can help yourself have food ready when you need to eat it. The more the food you have available to eat the more

convenient it is for you to maintain a structured regimen of high quality nutrition. Additionally, by cooking your own food it is easier to have *good tasting food that is healthy.*

Protein Fuels

A. Boneless Skinless Chicken Breasts

Serving Size = 1 chicken breast (4 oz.)

Calories 196

Carbohydrates 0 g

Protein 35 g

Fat 5 g

Stovetop Method

- Cut chicken breast into small cubes
- Sprinkle on desired seasonings
- Use a fork to tenderize the chicken
- Spray a pan with no-stick cooking oil
- Turn burner on Med. - Med. Hi
- Place chicken into pan
- Cook thoroughly, leave no piece uncooked

Microwave Method

- Add desired seasonings to chicken breast
- Tenderize the chicken with a fork
- place in microwaveable dish and cover dish with plastic wrap
- Cook on 50% power for 15 minutes
- Inspect chicken, cook longer if needed

B. Ground Round / Ground Turkey Breast

Round Serving Size = 4 oz.

Turkey Serving Size = 4 oz.

Calories 280

Calories 178

Protein 30 g

Protein 34 g

Carbohydrates 0 g

Carbohydrates 0 g

Fat 17 g

Fat 4 g

Stovetop Method

- Break the meat into small pieces
- Add any desired seasonings
- Place pan on stove and put burner on Med.-Med. Hi
- Place meat into pan

- Cook for 10 minutes or until thoroughly done

Microwave Method

- Break the meat into small pieces
- Add any desired seasonings
- Place in microwaveable dish and cover dish with plastic wrap
- Cook on 50% power for 15 minutes
- Inspect meat, cook longer if needed

C. Egg Whites

Serving Size = 1 large white

Calories 16

Protein 4 g

Carbohydrates 0 g

Fat 0 g

Stovetop Method

- Break open eggs and drain out the whites into a mixing bowl
- Add any desired seasonings and 1/2 cup of milk
- Mix well with a fork
- Spray a pan with no-stick cooking oil
- Turn burner on Med. - Med. Hi
- Place egg whites into pan
- Cook thoroughly

Microwave method

- Drain egg whites into Microwaveable bowl
- Add seasonings and mix well
- Cover bowl with plastic wrap
- Cook on 70% power for 5 minutes - Cook longer if needed

D. Canned Tuna (in water)

Serving Size = 1 can

Calories 180

Protein 36 g

Carbohydrates 0 g

Fat 1 g

Tuna Apple Onion

1 can tuna

1/4 apple

1 tbsp. diced onions

1/2 tbsp. Low-fat Mayo

- Mix ingredients well with a spoon, eat with whole wheat crackers

Sloppy Joe

- 2 tbsp. barbecue sauce
- 1 can tuna
- 2 pieces wheat bread
- Mix BBQ sauce and tuna
- Toast bread
- Make sandwich and enjoy hot or cold

Carbohydrate Fuels

A. Rice

Serving Size = 1/4 cup dry = 3/4 cup cooked

Calories 150

Carbohydrates 32 g

Protein 3 g

Fat 1 g

Stovetop Method

4 servings

1. Ingredients:

1 cup of rice (White or Brown), 2 cups of water

2. Instructions:

Put Water and Rice in Pot, Place Stove on High, Put Pot on Stove

Allow Rice/Water to reach boiling point

Immediately reduce heat to Med or Med. Low

Stir Rice and Water for 30 sec. and cover the Pot with a lid

Allow Rice and Water to boil lightly for about 35-45 minutes

When rice is fluffy and ready to eat, remove from stove

Microwave Method

4 servings

1. Ingredients

1 cup rice, 2 cups Water

2. Instructions

Put Rice/Water in bowl

Cover Bowl with lid (use a plate if no lid is available)

Microwave on high for 6 minutes

Next, move lid (plate) to allow a small opening between the Bowl

Microwave at 50% power for 15 minutes and check

Stir rice (it will be sticky) Cook longer if Not done

B. Pasta

Serving Size = 3/4 cup dry = 1 1/4 cup cooked

Calories 210

Carbohydrates 41 g

Protein 7 g

Fat 1 g

Stovetop Method

4 servings

1. Ingredients

4 cups of Water, 3 cups of any Pasta

2. Instructions

Fill Pot with Water, cover with lid and place on stove at High setting

When Water begins boiling add Pasta and stir

Reduce heat a little and boil for about 15 minutes

Check pasta, if ready then strain noodles and let cool

C. Rolled Oats (Oatmeal)

Serving Size = 1/2 cup dry = 1 cup cooked

Calories 140

Carbohydrates 26 g

Protein 5 g

Fat 3 g

Stovetop Method

4 servings

1. Ingredients

1 1/2 cups rolled oats, 3 cups Water

2. Instructions

Put Oats and Water into pot

Turn stove on high

Bring Oats / Water to a boil

Reduce heat to Med. high

Stir until Oatmeal is ready to eat

Microwave Method

1 serving

1. Ingredients

1 cup Water

1/2 cup rolled oats

2. Instructions

Put water and oats into a microwaveable bowl

Microwave on high for 1 1/2 - 2 minutes

Stir well and cook longer if needed

D. Grits

Serving Size = 1/4 cup dry = 1/2 cup cooked

Calories 130

Carbohydrates 29 g

Protein 3 g

Fat 1/2 g

Stovetop Method

3 servings

1. Ingredients

3 cups of Water

3/4 cup grits

2. Instructions

Bring Water to a boil
Stir in Grits
Reduce Heat to Low / Med. Low
Cook for 5 to 7 minutes; Stir occasionally
Remove when grits are thick enough

E. Couscous

Serving Size = 1/2 cup dry

Calories

Carbohydrates g

Protein g

Fat g

Stovetop Method

2 servings

1. Ingredients

1 1/2 cups Water
1 cup of Couscous

2. Instructions

Bring Water to a boil
Stir in Couscous
Remove immediately from heat and cover
Let couscous sit for 5 minutes
Stir and Eat

F. Frozen Vegetables

(Carrots, Broccoli, Corn, Peas, Mixed Vegetables, etc.)

Serving Size = 1 cup raw = 1/2 cup cooked

Carbohydrates 5 g

Protein 1/2 - 2 g

Fat 0 - 1/2 g

Stovetop Method

2 servings

1. Ingredients

2 cups vegetables
2 cups Water

2. Instructions

Put Veggies and Water in Pot
Turn Stove on High
Bring to a boil
Reduce heat to Med;. Stir often
Cook until Veggies are tender

Microwave Method

1 serving

1. Ingredients

2 tbsp. Water
1 cup veggies

2. Instructions
 - Microwave for 2 1/2 minutes on high
 - Stir vegetables
 - Microwave again for 2 1/2 minutes
 - Stir and cook until tender

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