

Football

General Nutrition Guidelines

- Energy: Varies, therefore must be individualized.
- Carbohydrates: Depending on time of year needs are between 5 -12g/kg/d. Higher amounts are required during rigorous training.
- Protein: 1.4 – 1.7 g/kg/d depending on growth and development and intensity of training
- Fat: Remainder of calories should be consumed as fat, emphasis healthy fats.

Common Nutritional Concerns

- Energy Intake
 - Varies, but can be as high as 5000 kcal/day or more
- Off Season Weight Gain
 - Be aware of dangerous weight loss methods. Follow a nutrition and training plan during off-season to prevent unhealthy weight gain.
- High fat Intake
 - Restaurant meals and take out is common. Learn how to make healthy choices on the road.
- Fluid and Electrolyte Intake
 - Hot, Humid conditions early in the season before they become acclimated to the heat. Dehydration is a serious problem. These athletes must learn to drink according to schedule, learn and understand signs and symptoms of dehydration