



## Volleyball Tournament Food Facts

From Coach James Hart - Some ideas to expand upon on our food list, and what you as parents need to and should not bring. It is *not* necessary to read the “notes” section at the bottom of the page.

### Drinks:

- **Sports Drinks** (Gatorade/ PowerAde/ etc.). 99% of these products are garbage. It has, for the most part the same ingredients as pop (Coke, Pepsi, etc.). If you don't believe me compare the ingredients from several items of each. Sports drinks are just pop with a dash of man-made *cheap* sodium, potassium, etc., with small amounts of artificial color and flavor added to boot! \*See the notes below for a further explanation.
- **Juice** (not “juice drinks”). The fructose sugar in juice lasts 4 to 12 hours unlike the regular processed sugars (of all types). Just like breads and pasta, fructose is smart tournament food. \*See notes below.
- **Water** A quick note that bottled water is only slightly better, if at all than tap water. \*See notes below.
- **Milk** Although a weird “tournament” food, 1 serving of milk has plenty of naturally occurring lactose sugar, vitamin D, and 8-9 grams of protein, etc. It is just about the perfect food- just ask babies or calves ☺

### Dips:

Chip “dip” Please be extremely careful when buying this for your girl/ our girls. Often the dip is just loaded with saturated fats as well as copious amounts of processed sodium chemicals and artificial flavors and colors. Simply put for most brands of this- “bleckkh!” Ranch dressing is a good choice as a dip.

### “Snacks”

Please be careful about this category. Almost all of foods that you can buy in this “snack” category are very processed and will have excess sugar in them- even your granola bars. This is besides the fact that they often have processed chemicals (usually sodium- based mixtures) artificial flavors, colors and preservatives. However if you search there are smart choices out there.

### Peanut butter.

Simply put PB is half fat and low carbohydrate. It is also number 8 (1 being the best out of 10) on the list of oil quality- amount of saturated fats per serving. Hydrogenated fats take a long time to burn and are probably a very poor choice of a potential gram of energy for your daughter.



A smaller amount of PB is probably ok??? in an athletes diet. There are wiser foods to eat on a tournament day.

Slim Jims (+ pepperoni, summer sausage, & like products)

These are LOADED with *trans* and saturated fats, not to mention artificial this, that and the other. A better choice in the category would be any of the jerky meats that you could buy. Then you only have to worry about the nitrates that you're consuming- ha! Seriously though, jerky is a much better choice knowing that the girls need some good protein throughout the day.

### **SMART TOURNAMENT FOODS:**

1. Smart carbohydrate loading the night before. Some good ideas of course are:
  - pasta based meals
  - smart, non-greasy crust and/ or fat laden pizza – yes pizza can be a good food. Canadian bacon and chicken are the best of the pizza meats.
  - potato based meals- casseroles & the like or meat & potatoes + carb-rich vegetables (not fries).
2. A very good breakfast- including some protein (milk, eggs, lean bacon, etc.). Most cereal is loaded with sugar.
3. Bread Product Carbohydrates- Breads, Bagles (& low-fat cream cheese?), any kind of pasta (for lunch).
4. Veggies as snacks. Carrots, broccoli, etc. Full of long lasting carbs.
5. A lunch including protein!!! This is absolutely necessary. An athletes body often revolts without some protein in the mid day period. No protein can easily result in headaches, weakness, etc. Maybe properly chilled chicken or turkey sandwiches? Pasta with chicken? Some cheese for your choice of food (although, not the smartest food for carbohydrate synthesis).
6. Alternatively smart choices from Taco Bell, Subway, etc. Greasy beef or cheap fatty sandwich meats are obviously not a good menu item.

I spent weeks at our Olympic training facility in Colorado Springs CO, and without the fast food that IS how our Olympic athletes eat.

I experienced the “not so wise” diet when I was younger and know from experience what a poor tournament diet can do to an athlete. I actually lost tournaments for my teams because my body was not operating at optimal capacity.

Notes: (further reading)



### **Sports Drinks**

The ingredient we care about in these sports drinks is sugar. Specifically it is “high fructose corn syrup.” Firstly it used to be called corn syrup until the manufacturers deduced that some people were wising up and realizing that “fructose” (the sugars from various fruits) were a much smarter choice to consume. They now call it “high fructose corn syrup” simply to trick people into using it., piggy-backing off of the health conscious few. They were losing a portion of their sales market. Corn syrup (or high fructose corn syrup) is simply the PROCESSED sugar from corn. It is the processing of all sugars that produces the following effects.

1. A sugar low. This is the “crash” that you’ve seen in TV commercials. 45 minutes after consumption this terrible effect sets in. This is the main problem that concerns us for our athletes. Processed sugars go in and are digested in 15 minutes, then our energy level remains at a high level until 30 minutes, and declines to normal at 45 minutes. After that we are UNDERENERGIZED from that point on.
  2. Of course, tooth decay.
  3. A shock to the insulin producing pancreas (the islets of langerhans in particular).
  4. The shocking of the adrenal glands. Circulating adrenaline activates Beta2 receptors which promotes insulin production.
  5. Sugar makes you mean- from studies in England. William Dufty, 1975.
  6. Contributing to low blood sugar (hypoglycemia)- a result of the “sugar low” 45 minutes after consumption.
  7. Contributing to type 1 and type 2 Diabetes. My grandmother died because of this.
  8. Acne- the bodies rejection of a very poor substance excreted through our skin.
  9. Excess and absolutely nutritionally worthless calories.
- Etc...

If you want potassium, eat bananas during the tournament. I used to almost every time. Your child probably does not need excess sodium. Remember that they used to give salt tablets to young football players and such, but they stopped that unfounded process. We get PLENTY of sodium from all of our processed foods that we eat.

The only time that a sports drink might be acceptable is at your girls Jr. High or High School short match. These are about 1 & ½ to 2 & ½ hours long and the crashing effects of sugar are not so applicable. But why drink this stuff at all?

### **Juice**

Just be careful not to get “juice drinks.” This is yet another way the manufacturers try and trick unwary consumers. These products can be 10% juice and 90% SUGAR!!! A final friendly warning is that fruits like grapes and strawberries are among the most heavily sprayed (pesticides and herbicides) fruits or vegetables. Just spend more \$ and buy organic; this solves the problem. But that is another story...

### **Bottled Water**

Our FDA sets the standards for bottled water. It is practically the same as for tap water. Bottled water would be perhaps distilled or from a spring source at the very best. How do you know if the bottled water you’re drinking is any good? The answer is you don’t.



You can research the brands you buy on the net, but that will be mainly fruitless. Talk to me further for a deeper understanding of your tap water you drink, bottled water and the possibilities for you and your family.

**Fat rich foods**

All food can be broken down into units of energy that we (your daughters in particular) can use. This is often measured in amounts, as in the back of your food packages there is a FDA (food & drug administration) with the amounts being measured in grams (about the size of a raisin). Carbohydrates are the best/ easiest to break down into units of energy, then regular fat then proteins and hydrogenated fats. Your goal for your daughter should be to forever more provide them with foods that can be used quickly and efficiently as energy (broken down into glucose, ready for the body to burn).

Carbohydrates = quicker energy.

Fats = lots of energy that is difficult to break down.

Protein = A very needed substance, but a poor source of energy. Remember your body WILL feed its brain, organs first and our muscles last.

I care not only about your athlete's skill but her mental and physical well being. Please call me for any further thoughts on our valuable kids' diets.

Respectfully,

Coach James Hart