

# BUSY PARENT'S GUIDE TO EASY OPTIMAL NUTRITION

**SPECIAL BONUS  
INSIDE!**

**Pgs 19 & 20**



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## Dr. John Beradi, founder Precision Nutrition

Since 2000, our world-class, multidisciplinary team of counselors, doctors, exercise specialists, naturopaths, and nutritionists have coached and mentored more than 200,000 people in nearly 100 countries through our **research programs, professional education courses, and personal coaching groups**.

Specializing in exercise physiology and nutrient biochemistry, I received my PhD at the University of Western Ontario under renowned sport nutrition researcher Dr. Peter Lemon. I'm an assistant adjunct professor at the University of Texas and a course instructor at Eastern Michigan University. Over the years I've taught university courses in Exercise Science, Nutrient Metabolism, Fitness and Wellness, and Exercise Nutrition. These days, I teach primarily through our Precision Nutrition Certification Program.



# INTRODUCTION

If you are like most parents of child athletes, you are probably spending a great deal of time, money, and energy on your child's sports endeavors. However, if you are not investing in adequate nutrition and calories for performance and recovery, taking care of yourself, and helping your community of athletes and parents do the same, you are selling your athlete, yourself, and your team short.

What if I told you that optimal sports nutrition doesn't have to be complicated, time-consuming, or expensive? That you can be in the best shape of your life and have the energy to shuttle your kids around to their various activities? That you can increase the performance and behavior of the whole team by teaching parents how to cut the junk? And that it is super easy to do all of this, even if your life is already jam-packed with things to do?

The methods I will share in this book for supporting your athlete for optimal performance are probably far from what you'd imagine. It's not about perfection, counting calories, or never enjoying a little junk food. This is something normal, busy families can incorporate into their regular lifestyles and benefit from to create good habits that will support health over a lifetime. That's what I call a win-win!

## In this book, I will teach you

- Simple tips for feeding your child before, during, and after an athletic competition for optimal performance,
- Ways even picky eaters can have fun eating properly,
- How you and your family can enjoy optimal health for life, not just on the playing field,
- Tips for self-care so you have the energy to support your athlete's lifestyle and achieve your goals,
- And how to promote a culture of health for your whole team to support their performance as well.

You'll walk away empowered, with a simple game plan to start doing the things you know you should be doing for yourself and your athlete.

## Who Am I?

I'm Coach Duane Carlisle, MSc, MSCC and founder of Carlisle Performance Systems, an athlete training facility with programs for all levels and types of athletes, from preteen through adult. I have spent my career coaching professional and college sports teams, as well as high school athletes who went on to receive Division I scholarships, in strength and conditioning. Through my love for this work, I have earned the recognition of the Collegiate Strength and Conditioning Association as a Master Strength and Conditioning Coach, the highest honor that can be achieved as a strength and conditioning coach.

During my time as a coach, I have recognized one key element that holds many athletes at all levels back from reaching their full potential, and that is inadequate nutrition. The fact is, you can train as hard as you want, but unless you eat the right things, your body can't create the muscles, speed, and endurance you desire, because it doesn't have the right fuels to do so.

Now, my expertise is in helping your athlete excel in strength and conditioning, so when I talk about nutrition, I like to give information from the experts in that field—people who have the tried-and-true knowledge to help you excel in that area. I don't like to waste my time or money, or yours, guessing and testing. I like to go right to the source and get the right information from the start, so I can just run with it. That's why I've built a network of the best of the best in different areas of sports training and nutrition, so my clients at Carlisle Performance Systems always have access to what they need to reach the next level.

In the rest of this book, the information I will be sharing comes from one such expert, Dr. John Berardi, from one of my recent Pursuit of Excellence podcasts. When I say he is a nutrition nerd, I mean that only as a good thing, and he would agree. Since he was in high school, he has been researching nutrition, and he loved the subject so much, he dedicated his whole life's work to this field, getting his PhD in exercise and nutrition biochemistry.

During grad school, he founded Precision Nutrition, and for the last seventeen years, he has worked to provide accessible strategies and solutions to educate athletes in nutrition, all over the world. He and his staff have coached and mentored more than 200,000 people in nearly one hundred countries on sports nutrition.

As you read through, my hopes are that the information I provide you in this book will give you practical yet meaningful strategies that are very simple to implement, to help you give your child what every parent wants to give their child: the very best.

# 1: GETTING STARTED

Doing the best for your child nutritionally means focusing on three critical areas: supporting your child, supporting yourself, and supporting your community. By doing these three things, you will ensure that your child is getting adequate nutrition to have the energy to perform at their best, you are teaching healthy habits your child will carry throughout their lifetime to avoid chronic disease and to enjoy a good quality of life, you are maintaining your own fitness and use your valuable time efficiently, and you have the help and the backs of those in your athletic community, so you can all reach your goals.

Throughout the rest of this book, I am going to cover these three main areas and give you the simple nutrition tips we give our Carlisle Performance clients for fast results. These methods come straight from a sports nutritionist, so you don't have to research any further. All you have to do is spend about an hour and a half of your time reading this short book and then working consistently, day by day, little by little, to make small improvements in your daily life.

***\*\*Don't forget to read to the end to get our special bonus material to keep you on track and make your life even easier!\*\****



## 2: SUPPORTING YOUR CHILD

As parents of athletes, you're most likely always running and gunning to get your child where he or she needs to be. In the craziness of all of this, it's easy to forget that you are supporting your children's athletic performance directly with what you feed them, and maybe you shouldn't be giving them cookies and candy between games.

In the midst of all of this craziness, how can you do the right thing as a parent? How can you support your child nutritionally to make sure they are getting the best, so they can perform and then recover in between?

In this chapter, I'll show you what you should be feeding your child on a daily basis for optimal nutrition, as well as give you my thoughts on pre-workout meals and recovery.

### **Eating Better**

The first step to optimal nutrition is to eat well on a daily basis. Now, we all know those folks who are hyper-obsessed with eating cleanly and getting the best nutrition all the time. They are usually very judgmental of the folks who don't do this, and they put a lot of time and energy into having a "perfect" diet.

The fact is, though these people are probably eating better than a lot of us, they still have nutritional deficiencies because of their limited diets. The other thing to remember here is that even when you are on a better path nutritionally, you don't want to be one of those people who judge other people for their choices.

Our goal when working on better nutrition is to remember that we're all humans. We all have moments of weakness and times when we are too tired or stressed to make the best decisions. If you are the parent who currently gives your kids cookies and candy at the game or brings them for team snacks, I know you are doing your best with what you currently know or the time and resources you currently have. But when you know better, you can start to do better, and that is what we are working toward here.

Over time, as you start to practice better nutrition, you won't even have to think about the choices. They will become routine and really easy to implement into your life. So if you find that you are having trouble sticking with it in the beginning, just know that it will get easier as you go, so don't give up now!

Also remember that we are not aiming for perfection with this. Being perfect is usually an all-or-nothing proposition. If you are trying to be perfect, you believe there is no room for mistakes, and if you make one, you stop trying altogether. Instead, you want to see this as a journey toward better nutrition and health, with an end goal of having a healthier, better quality of life. We are aiming for slow and steady, better choices every day. We don't ban any foods for our Carlisle Performance clients, and we know junk food will make its way in there from time to time. Be forgiving with yourself and just keep moving forward.

## What to Eat Daily

Now that you understand how to make the changes in your life, slowly and gently, instead of striving for perfection, let's talk about some specific good choices in terms of food.

Let's just say, for example, it is your day to bring the snack to gymnastics practice. What do you bring? Some good choices are cut-up vegetables like cucumbers, carrots, and green, red, yellow, and orange peppers; cut up fruits like apples, oranges, pears, peaches, and bananas; some kind of protein, like beef pepperettes, salami, or jerky without the additives and preservatives; and water to drink. In fact, all of your child's meals can look like this, with fruits, vegetables, and a protein.

Now, you might be thinking this is a low-carb diet, but it really isn't. In my experience, kids are carb-seeking missiles. They will find carbs and eat them no matter where they are, generally all the time. My suggestion is to try to eat protein sources, vegetables, and fruits at the three main meals, because the kids will get the carbs some other way. You don't have to ban things like crackers, chips, and cookies; just don't serve them during meals, because kids are getting enough of them elsewhere. There's always a bake sale or a kid who brought cookies or crackers to gymnastics for snack, etc.

A typical dinner might be raw carrots, cucumbers, peppers, apples, and pears, and chicken thighs or drumsticks, hamburger patties, or pork chops. Then the rest of the day the kids can get whatever other kind of carbs they're going to get. Instead of prohibiting junk food altogether, you are just limiting the amount they can get by not serving it at home.

## What if My Child Won't Eat Their Veggies?

Now, you might be thinking, "But my kid is never going to eat that!" That is a common, and well-founded, concern for parents, and it may take some time to get your kids to eat this way. The earlier you start, the easier it will be.

One way you can get your kids to eat their veggies is make the whole experience enjoyable when they are young. Make funny-looking faces or characters on their plates with the food. For example, you could take a pepper slice and green beans and stick those in for arms and legs on a carrot body with a grape head.

Now, don't get me wrong: you may still have challenges with certain aspects of eating as a family, but you will find, for the most part, that you will start to see improvements in their eating habits if you are consistent yet flexible with your approach.

That's pretty simply, right? The best part about this is that there is a lot of food autonomy for the kids by doing it this way. You can very easily cut up a bunch of fruits and vegetables, or they can do it themselves by a pretty young age, and they can choose what they want to eat.

This way of eating is sort of a dance. As the parent, you know what your child needs, but they are the experts on themselves and know what they need. If your child likes four kinds of vegetables and four kinds of fruits and none others, feed him or her those eight foods all the time, and he or she will eat them enthusiastically.

## Dealing with Picky Eaters

Now, what if your child just refuses to eat what you offer them? The thing I would recommend is viewing this as a long-term project, not a short-term project. This will give you a little perspective about how to react in this situation. You don't want to force them to eat something they don't want to eat or make this a struggle. You want to make it enjoyable, because you want your child to eat vegetables for the rest of his or her life, not just today or this month. Patience is necessary.

If you have a child who resists eating this way and says, "No, I'm not eating this. Make me something different," I suggest saying, "Well, you can make something else if you like." You can have some other food choices in the house, so they can eat something else, or they can even skip their meal if they prefer and try again at the next meal. There may be some tears, and sometimes there is defiance, but ultimately, if you give them choices and you let them make their own choices, after skipping enough meals, they'll eat. With consistency, eventually, the problem will go away altogether.

Sometimes, especially in the beginning, it may seem like your child isn't hardly eating anything, and you may start to wonder if you are doing the right thing. You just have to trust that your child's hunger and appetite will lead the way. If you continue to just give love and support, and it's not a battle in any way and your child is free to eat something else, things will eventually get better.

## Partner with Your Child

Another thing you can do to help with pickiness is involve the kids in this way of eating by teaching them how to use knives and chop their own food. Four-year-olds can chop vegetables with the same knife you chop vegetables with if you teach them how to do it safely. They feel empowered by being able to take part in preparing their food. For a lot of kids this equals more agreeableness when it comes to eating certain foods.

It is also helpful to eat together as a family when you can.

For picky and non-picky eaters alike, ultimately, the most important part is to support your child through this process so they know you are on their side and working with them to find something that works for you both. When you legitimately partner with your child about the eating process, it becomes easier and more enjoyable for you both, and you are working to build a lifelong love of healthy food in your child.

Food and meals are one of those areas where dictatorship rarely works. Kids have a couple of slices of autonomy in their lives where they can exert their will, and the food arena is one of them. You could tape their mouth open and stuff some food in, but even then they don't have to chew. Ultimately, they make the decision on what they will eat. The sooner you as a parent relinquish that power and give it back to the child, the easier it will be for you both. Then just provide a blanket of support, encouragement, optionality, and autonomy for them, like you would for another adult, or you would for a student if you were a professor.

Now, this is not being soft as a parent, but it may be a little bit different than what you are used to doing. The idea is that the child is the governor of their own life. They're the biggest expert on themselves, so we have to accept their expertise, and use it to inform our recommendations.



We use a similar approach in our coaching at Carlisle Performance, and it works so well. Oftentimes we don't even have to recommend anything at all. We just have to bring forth the client's expertise through questions and listening and acceptance. When we take into account who the client is and what they want, integrate what we think is the next step for them, and then let them choose to do that, rather than tell them to do it, they're ten times more likely to do it. This works with autonomous adult clients, and it works with children as well.

## **Pre-Workout & Recovery**

As your children get into a more elite level of play or they get into high school and early college, there is a lot of pressure to perform better. There are a lot of supplements and products out there promise to make you leaner and stronger and help you recover faster after intense exercise. Because they make such grand promises and many pro athletes represent them, you and your athlete may be tempted to take a shortcut and use some of these things to enhance performance.

These things absolutely can be used, with caution, as I will talk about at the end of this section, but the most important thing to focus on daily is good nutrition and getting enough calories and protein. If you don't do those two things, there's no shake, pill, massage, or manual therapist who can fix it. A perfect example of this is if you look at young female athletes who are undereating and start experiencing issues like fatigue and hormonal problems, which come from an imbalance of energy. They are expending more than they're taking in, which manifests as a shutdown of the reproductive system and energy and oxygenation systems in the body and is bad for recovery.

You've seen this happen, unfortunately, in young women who had amazing athletic potential and then all of the sudden it was gone. Or where in one year to the next, an athlete goes from being really strong to being unable to compete. This is an energy imbalance. It means the athlete is taking in too few calories for what they're expending. So number one is finding that right caloric balance and then getting enough protein.

I know this sounds so basic, but I can look around a room of athletes and tell you three quarters of them are not doing the job in terms of getting enough protein and calories, even at the highest levels. My guest Dr. Berardi talks about this in our interview on my podcast. For years he coached George St-Pierre, the UFC II division champion, on nutrition. When he first started working with George, he was so massively undereating that all it took was a bump up in good food calories, and all of the sudden he put on eight pounds of lean mass. People thought it was drugs, but the truth was, he was just chronically underfed. When he got enough calories, his training went great, he put on lean mass, and he lost fat—and it all happened very quickly.

Now, more calories on top of those needed calories do nothing except add body fat. So it is important to get just to that minimum level of necessary calories, protein, and nutrients. This means getting in enough vegetables and nuts and nutrient-dense foods. This is where most people are lacking.

Now, let's say you are really conscientious about your eating and what your children are eating already. You watch what you eat, or maybe you follow a specific diet like paleo or keto. You may think, "No, no, no. I'm good." Well, I'm here to tell you that most people following specific diets without some sense of how many calories they're getting are taking in too few.

In fact, there was a really popular study done not too long ago where they looked at four or five of the hot diets, like South Beach and Adkins, and they tracked all the people following them. They found that not a single one of the people, out of one or two hundred, was sufficient in nutrients like vitamin A, vitamin C, etc.

There was also a wave of studies looking at schoolchildren who were given a multivitamin and a fish oil supplement. These studies showed there was a massive reduction in antisocial behavior for the kids who got the supplements and an increase in cognitive test performance. They decided to do this same research in prisons, and the exact same thing happened.

That's not to say vitamins and fish oil are magic. But two essentially institutionally fed populations, school children and prison inmates, who are fed nutritionally inferior foods daily, are seeing improvements in behavior when their nutrition intake is increased.

Once they discovered the impact these supplements were having on people, they took this research out to people following popular diets, so they could get adequate nutrition. Why would people on diets be so lacking in nutrition? Well, I think a lot of people who are really conscientious about what they eat start to develop superstitions about certain foods, so they don't get enough calories, and they don't eat enough of the right foods. They don't understand why they aren't feeling or functioning well, because they are eating "healthily." The problem lies in the fact that they are still underfed calories, and underfed protein in some cases. This is why they have low energy, recovery problems, and mood problems, assuming there's no other clinical situation.

Then there are the people who are on the tip of the spear, who are eating perfectly. Here we're talking about the elite athlete who has a nutritionist, who's working with a chef who's providing the meals for them. This is the level where we might start looking at fancier things in terms of joint and muscle recovery, like essential amino acid supplements at key intervals throughout the day, creatine or beta-alanine, or turmeric or anti-inflammatories.

However, if you and your family are like most people reading this book, there is no reason for you to explore this level of supplementation. Most likely, you need to work on the base of the pyramid, which is feeding your family enough calories for the activity level you have, getting enough protein, and making sure the nutrients—all the vitamins, minerals, and phytonutrients—are present in your calories.

Now, I know there are high school and college athletes, and maybe even just casual athletes, who are using supplements like turmeric, beta-alanine, and creatine now. I don't have any problem with that. It's when they use those supplements instead of doing the things that would actually make a difference for them that I have a problem with. They might think, "I've got this covered; I'm on my creatine," and really the best thing they could do is eat an extra two peanut butter sandwiches a day and have a simple protein shake.

<sup>1</sup> Jayson B. "Prevalence of Micronutrient Deficiency in Popular Diet Plans." *J Int Soc Sports Nutr.* 2010; 7: 24. Jun 10, 2010. Accessed Jan. 8, 2019. DOI: 10.1186/1550-2783-7-24.

<sup>2</sup> S. J. Schoenthaler, "The Effect of Vitamin-Mineral Supplementation on Juvenile Delinquency Among American Schoolchildren: a Randomized, Double-Blind Placebo-Controlled Trial." *J Altern Complement Med.* 2000 Feb;6(1):7-17.

This is the best recommendation for young male athletes who want to gain muscle and are in the age demographic of high school and early college. These types of athletes can eat whatever they want at breakfast, lunch, and dinner. Sure, making better choices is preferred, but if they want to get enough calories and protein to increase their performance and gain strength and muscle size, peanut butter sandwiches and protein shakes are a great way to do that.

All they need is some whole-grain bread, some all-natural almond or peanut or cashew butter, and some kind of low-sugar jam to whip up a couple sandwiches a day. Then they can have a protein shake in between each meal. People who were on creatine for two years and then did the peanut butter sandwich trick have gained fifteen pounds of lean mass in a year from this simple switch.

### **A Cautionary Word on Supplements**

If you are giving your child great nutrition and then you decide to go with supplements like creatine and beta-alanine, you have to worry about contamination with banned substances. If your child is being tested for banned substances, it is imperative that you're sure they're taking stuff that's tested and doesn't contain these substances.

Eight years ago that would have been really hard. Today it's really easy. NSF.org has a list of all the products they certify as clean for sport. This means if your child is tested as an athlete, they're not going to test positive if they take one of these things.

I am 100% serious when I say this is a big thing to be aware of and concerned about. There are many Olympians and professional athletes out there who just take a supplement because a friend recommended it or because they got it for free in the mail. Tons of these athletes have tested positive at the Olympic level because when they ran out of the clean brand, they ran out to GNC and picked up a replacement that wasn't tested. The next thing they knew, bam, they were popped for a really low level of a banned substance, and their career was over.

In fact, there was a study done years ago that showed that if you go to any nutritional supplement store and pick products up at random, 25 percent of them have banned substances in them. That's one in four! Now, there are probably not enough of these substances present to hurt your or your child's health if you are just using them as a consumer. But there are enough for you to test positive for banned substances.

### **Key Points**

1. Support your child athlete with better nutrition by feeding them a diet of vegetables, fruits, and proteins.
2. Don't worry about the carbs; your child will find them.
3. Work as a partner with your child to find things that they like to eat and that you know are good for them.
4. Make sure your child is getting plenty of calories for their age, weight, and activity level. For high school- and college-level athletes, a couple of peanut butter and jelly sandwiches and a protein shake between meals are a good start.
5. Only use supplements that have tested as clean for banned substances, from the NSF website.

<sup>3</sup> USADA, "Vitamins, Minerals, and Other Substances."  
USADA.com. Accessed 1/8/2019

## 3: SUPPORTING YOURSELF

Doing the best for your child of course means supporting your child directly, but also, and maybe most importantly, supporting yourself. One of the common challenges many parents who are supporting their athletic children face is that their own health and nutrition gets put on the back burner, especially if they are also trying to juggle their own career or interests. But in your quest to support your athlete, you also have to support yourself, so you have the energy to run from activity to activity, as well as keep good food on the table.

If you are like most parents when the new sports season starts, you have to have a flow chart to keep up with everybody's schedules. But have you ever counted up how many hours you'd be sitting at your child's practices, games, tournaments, competitions, and so on? Some parents, especially those with multiple children, spend upwards of twenty or more hours a week at their children's activities. That is like having a part-time job.

Instead of wasting all those hours just sitting there watching your kids practice and play, try to participate as much as you can. While your child is at practice, walk, run the stairs, or do some other type of workout while they are practicing. This way for you to stay in shape, use your time efficiently, and show your kids that keeping in shape is a lifelong pursuit.

Nutrition can also go on the back burner when we are busy, as well as other forms of self-care. The key here is that even though it is on the back burner, that doesn't mean you have to turn the burner off. You don't have to strive for perfect nutrition if you're a parent of four kids and you have all these programs and things to run to, but don't opt for no nutrition.

I always think about life as a series of dials. There's your sleep dial, your stress-management dial, your food dial, and your exercise dial. During your child's sports seasons, for example, there may be days when you don't do as well with some of your dials, so they may turn down a little, but you can still do something, and then when the season is over, turn the dial all the way back up again.

There is a concept out there that can also help, called the minimum effective dose. This means you are doing something less than what you might usually do, but it is still effective and helping you progress toward your goals. This means you don't have to spend hours a day training, like you would for a competition, and without turning the dials down to zero. Instead you do a smaller amount of time that is still effective.

### Tips for Getting the Minimum Effective Dose

Getting the minimum effective dose can be simple if you implement a solid strategy. Here are my three best tips for getting an effective dose of nutrition and exercise in, no matter how busy your life is:

1. **Plan ahead and be prepared.** It's not a surprise when your kid has soccer or track or football on Tuesday night. You don't think, "Wow, where did that come from?" You knew that was coming, so think about it early in the week or early in the day.



If you're that cookie or candy bar parent, and you pick those up for a snack because you didn't have time to cook, you should be aware that there are other things at the store where you got the candy bar. You can get vegetables, fruit, mixed nuts, and a protein bar—which is a slight improvement over a candy bar—almost anywhere.

2. **Think in terms of a food continuum.** Don't think of food in terms of just good foods and bad foods. Don't think that if you don't get the best food, you should just give up entirely and get the junk. It's a continuum. On one end there's an organic, lovingly grown pear along with a free-range piece of chicken, and on the other there's a hot dog on the bathroom floor at the airport. Then, of course, there are all kinds of options in between.

If you take a second to think, you can even make healthier choices if you are in a hurry and have to stop at a gas station or convenience store. The key is to make better choices. You don't have to slave over the kitchen stove and cook up twenty-three meals in advance, put them in well-organized Tupperware, and stack it in the fridge to be doing a good job for yourself and your children when it comes to food choices. There are lots of good, healthy, and easy alternatives available.

I would suggest that you look for the alternatives that work for you and your family instead of erring on the side of perfection. I've often noticed that when people default to perfection—all or nothing—they usually end up with the nothing, not the all.

3. **Strive for doing better.** Ask yourself, "How can I do a little bit better today than I did before?" If you brought a candy bar last week, what's a little better than a candy bar this week? It doesn't have to take lots of extra time. You don't have to do it perfectly. Just try to do better than you have. The same goes for bringing snacks for the other kids too.

This isn't about being perfect, or all or nothing. Just think about how you can show up a little better for your community, yourself, and your child. Make the commitment to yourself to do better, and remember that doing something is better than taking the all-or-nothing approach.

## What to Eat in a Typical Day

I consider myself a bit of a fitness buff, but unlike many fitness enthusiasts out there, my diet philosophy is to eat the minimum effective dose. I eat three times a day: breakfast, lunch, and dinner, with a protein, some vegetables, and some healthy carbs.

A good meal for breakfast might be a big vegetable omelet—mostly egg whites, but also a whole egg or two, along with loads of onions, peppers, and greens—coffee or water, and a piece of sourdough bread. Lunch might be the same thing you had for breakfast or an extra-lean beef hamburger with a huge salad and maybe a potato or sweet potato. Then dinner will be like lunch, but I'll add in a bunch of extra carbs. During your workout, you might want to have a drink with essential amino acids and creatine in it. That's really it: just three meals a day, a good amount of protein, and loads of vegetables.

All you need to do as a parent is the bare minimum required for food and fitness. Don't make it hard on yourself! The focus as a parent with so many responsibilities is just on keeping your kids alive, showing them love, getting them to their things, and working on what you have to work on.

The simpler things are, the more likely you are to maintain them. You don't have to pay a lot of attention to what you're doing or experiment with it. Find a basic workout you can do over and over, find some basic healthy foods you can eat over and over, and just be consistent with it. By doing it this way, you can maintain this routine this for ten, twenty, or thirty years, and it will be like second nature.

### **Pre- and Post-Workout Meal**

Like we talked about in the chapter about supporting your child athlete, as a parent, you probably don't need anything special before a workout. If you work out really early in the morning, you might have your coffee or some water, and then bring a liter of water with you for during the workout.

Of course, this is just general advice for most people. If you are a competitive athlete, it's a different story. But if you're exercising for health and longevity and small incremental performance increases as an adult, you don't need sports nutrition. I'm not minimizing whatever goals you may have, but the key is consistency more than anything.

I might add a protein shake, a scoop of protein in water, or essential amino acids in water and sip that while I'm working out. Then I'd have a great breakfast afterward. I really think that when you're eating the right foods and exercising regularly, your body is able to unlock the food that's stored on it. You can go for a whole day without eating, and then have a hard work out and be fine if your physiology is working right.

The reason I say you don't need to eat a full meal before working out is that when you're healthy, when you move, and when you make good food choices when you are eating, your body is able to unlock the food that's stored on it. And most of us have at least a few meals stored on us.

If you were going to work out really early in the morning, I think working out fasted is the way to go, because you can just have a drink and go out. You don't have to worry about cooking or eating, or eating the right things so you don't feel too full. The key to that is making sure you have a regular routine of good eating choices after you work out and until the next workout.

If, however, you have hypoglycemic episodes or some sort of medical issue that requires you to eat, I'd probably just recommend something fast, like an apple, some mixed nuts, and a piece of venison jerky. Then, again, have a good meal after. Keeping it simple is the way to go for sustainability.

### **Design Your Plan for Your Worst Day**

Another thing I have found useful for parents and busy people over decades of working with clients is, it's best to design your workout and nutrition plan with your worst day in mind. When you do this, the day when everything goes wrong, you can still do your workout and get your nutrition in. The reason I say to do this is because if we are honest, there are lots of those bad days. If you design with your best day in mind, on the worst day you won't be able to get what you want to get done, done. Then on the best day, if you have a little extra time or energy or a little less stress, you can do a little more than your plan says.

It's way worse to plan the big thing, the big workout, the big nutrition day, and have it derailed, than to plan the little workout, the little nutrition day and always be able to do it and ramp it up when you can. Planning this way makes things easier and way more sustainable for you.

## Key Points

1. You can only help your child be their best if you are at your best.
2. As an adult with lots of responsibilities, try to keep things as simple as possible.
3. Multitask and get in workouts when your kids are working out.
4. Dial down your efforts to get the minimum effective dose of nutrition and fitness.
5. Design your plan for the worst day, and when things go well, kick it up a notch or two.



## 4: SUPPORTING YOUR COMMUNITY

If your child is part of an athletic program, whether you like it or not, you are part of that community. It is just as important that you support that community to do better nutritionally as it is for you to support your own child and yourself.

Why? First, when you support other families to be healthier, when it is their turn to bring snacks for the team, they will bring better snacks, so your kids will be getting less junk and less pressure from outside sources to eat it. Second, when you help other parents make better choices, the behavior, attention, and physical performance of the entire team is improved, thus helping you have a better team. And third, but certainly not last, you can positively impact the lifelong health of a family by sharing these simple methods.

So what are some practical ways you can show up for others in your community and support them in making better nutritional choices?

1. **Be compassionate.** The first way is to show up with empathy, compassion, and understanding. No one likes a know-it-all who shows up and judges everyone for their nutritional choices. Instead, think about showing up as an advocate for better choices. Maybe this is a place where you can help educate people and help them move slowly toward better choices.

This can include the people who bring the snacks for the kids, and the coaches. Are you showing up in a way that expresses compassion and empathy for who they are and how they are and helping them move in a better direction? A lot of people aren't, especially people who are passionate about health and fitness. They show up judging others. What you should aim to be is a good community member, an empathetic, compassionate person. In that way, people are more likely to want to follow you.

2. **Model and show what good nutrition looks like.** When you talk to people in your community about the new choices you are making, make sure your actions speak louder than your words. Be the one who brings vegetables, healthy proteins, fruits, and water as snacks, and show them pictures of what your family meals look like.
3. **Help them work through their doubts.** As people express their worries about being able to get their kids to eat better, tell them about the struggles your family went through and how you worked through them. Be sure to outline the things we talked about in chapter 2 in terms of giving your child choices and autonomy and partnering with them to make it work. Also stress that it is a process and it doesn't have to be perfect, as long as they are working on making better choices daily.

Just like we talked about in the other chapters, you aren't going to be the best at this at first, but just keep trying. Be aware of how you are showing up for you community now, and work to do something a little better each day.



## Key Points

1. As a parent of an athlete, you are part of a community, and it is up to you to help others do better nutritionally.
2. Helping others do better will positively affect you, your child, and their families.
3. Remember to be compassionate and not judgmental when parents in your community don't make the best decisions.
4. Show other parents what nutritious meals looks like and tell them how your family worked through obstacles.



# NEXT STEPS

Thank you for reading this book all the way through. Now that you know how to eat and feed your athlete optimally, as well as help your community become healthier, you are well on your way to helping your child perform at the next level in whatever sport they love. We at Carlisle Performance are thankful you have allowed us to be a small part in that journey!

If you are ready to take the next steps, we are also here for all of your training and conditioning needs. We offer world-class programs for youth athletes from 5th grade and up, to help them gain strength, agility, endurance that can be used in a variety of sports. For the parents, we also offer personal training in our facility or at your home.

As your trusted partner in your quest for the best for your child, Carlisle Performance is always here if you need us. Come see the difference Carlisle Performance Systems can make in your child's game.

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# THE FUELING GAME PLAN

GOAL:

FUELING SCHEDULE

SUPPLEMENTATION SCHEDULE

**FUELING GAME PLAN FOR:**

- VEGETABLES (PREVENT)
- PROTEIN/ DAIRY (BUILD)
- GRAINS (FUEL)
- FRUIT (FUEL)
- FAT (PROTECT)

BREAKFAST (SERVING)	SNACK (SERVING)	LUNCH (SERVING)	SNACK (SERVING)	DINNER (SERVING)	SNACK (SERVING)

SUPPLEMENTS	NSF CERTIFIED FOR SPORT	TRAINING COMPETITION SCHEDULE #1			TRAINING COMPETITION SCHEDULE #2			TRAINING COMPETITION SCHEDULE #3		
		PRE	DURING	POST	PRE	DURING	POST	PRE	DURING	POST
MULTI-VITAMIN										
VITAMIN D										
CREATINE										
PROTEIN										
BETA ALANINE										
GLUCOSAMINE										
CREATINE										
OMEGA 3										
HYDRATION/ ELECTROLYTES										
IRON, CALCIUM, VITAMIN B-12										

**VEGETABLES (PREVENT)**

Foods listed below equal 1 serving in each category

TYPICAL SERVING	GREEN	RED & PURPLE	ORANGE & YELLOW	WHITE
1 c Raw ½ c cooked 6oz juice <b>Tip:</b> Strive for 3 colors on your plate	Arugula Asparagus Broccoli Brussels Sprouts Cucumber (raw) Cabbage Collards Green Beans Kale Spinach Zucchini Green Salad	Beets Cabbage Eggplant Fadocchio Radishes Red Bell Pepper Red Chillies Red Onion Rhubarb Salsa Tomato Tomato Sauce	Carrots Pumpkin Rutabagas Yellow Beets Yellow Squash	Cabbage Cauliflower Mushrooms Onions Turnips

**PROTEIN/DAIRY (BUILD)**

Foods listed below equal 1 serving in each category

TYPICAL SERVING	FISH	POULTRY	BEEF/PORK	DAIRY/EGGS	BEANS
3 oz Meat 2 Eggs 6 oz Yogurt ½ c Beans/ Legumes <b>Tip:</b> Choose a lean protein source at each fueling	3 oz Cod 3 oz Flounder 3 oz Halibut 3 oz Salmon 3 oz Scallops 3 oz Shrimp 3 oz Tuna	3 oz Sliced Chicken 3 oz Chicken Breast 3 oz Ground Turkey (cooked) 3 oz Turkey Breast 1.5 oz Turkey Jerky	3 oz Beef (96% lean chuck) 1.5 oz Beef Jerky 3 oz Beef Tenderloin 3 oz London Broil 3 oz Pork 3 oz Deli Roast Beef	8 oz 1% or Non-Fat Milk ½ c Non-Fat Cottage Cheese ½ c Non-Fat Frozen Yogurt ½ c Non-Fat Greek Yogurt 2 eggs 4 egg whites ¼ c Egg Substitute	½ c Beans (black, pinto, lima) ½ c Edamame ½ c Lentils ½ c Soy Milk 1 Tbs Nut Butter 1/8 c Tofu

**GRAIN/STARCHES (FUEL)**

Foods listed below equal 1 serving in each category

TYPICAL SERVING	PASTA RICE	BREADS/ TORTILLAS	COLD/ HOT CEREAL	PLANT	SNACKS
1 Slice Bread ½ c Cooked Pasta ½ Sweet Potato ½-¾ c Cold Cereal <b>Tip:</b> Look for at least 3g Fiber per serving	½ c Quinoa 1/3 c Brown Rice (cooked) 1/3 c Cous Cous (cooked) ½ c Whole Wheat Pasta (cooked)	1 Slice Whole Wheat Bread 1 Slice Sourdough Bread ½ Pita Bread (6" diameter) ½ Whole Wheat Bagel ½ Whole Wheat English Muffin ½ Sub Bread (6") 1 Small Whole Wheat Roll 2 corn Tortillas (4")	½ c All Bran ½ c Frosted Mini Wheats ¼ c Grape Nuts ½ c Kashi Go Lean ¾ c Rice or Corn Chex ½ c Raisin Bran Cereal ½ c or 1 packet Oatmeal 1 Instant Grits	1 c Squash ½ c Peas (cooked) ½ c Beans (pinto, black, lima) ½ Small Baked Potato ½ c Black eyes Peas ½ c Corn ½ c Sweet Potato ½ c Mashed Potatoes	½ c Beans (black, pinto, lima) ½ c Edamame ½ c Lentils ½ c Soy Milk ½ c Split Peas 1 Tbs Nut Butter 1/8 c Tofu

**FRUIT (FUEL)**

Foods listed below equal 1 serving in each category

TYPICAL SERVING	RED	ORANGE/ YELLOW	BLUE/ PURPLE	WHITE/ GREEN	MIXED COLOR
1 Medium Whole Fruit 1 c Berries/ Mixed Fruit 2 Tbs Dried Fruit <b>Tip:</b> Strive for 3 colors on your plate	Blood Oranges Cherries Cranberries Grapefruit Papaya Pomegranate Strawberries (whole) Raspberries	Apricots Cantaloupe Mango Nectarine Orange Papaya Pineapple	Blackberries Blueberries Grapes Plums Purple Figs	Bananas Apples Honeydew Melon (cubed) Kiwi	Dried Fruit Fruit Salad Fruit Cocktail Fruit Juice Mixed Berries

**FATS (PROTECT)**

Foods listed below equal 1 serving in each category

TYPICAL SERVING	FATS TO CHOOSE MORE OFTEN	FATS TO CHOOSE LESS OFTEN
1 Tbs Nut Butter 10 to 15 Raw Nuts 2 Tbs Seeds 1.5 tsp Oil <b>Tip:</b> Strive for nuts, seeds, avocado, olive oil daily	1 Tbs Nut Butter 10 to 15 Nuts (almonds, pecans, walnuts) ¼ Medium Avocado 12 Large Olives 1.5 tsp Plant Oil (olive, canola, flax) 2 Tbs Flax Seeds 2 Tbs Hummus 2 Tbs Seeds (pumpkin, sesame, sunflower) 2 Tbs Guacamole 2 tsp Smart Balance	2 tsp Butter (stick) 1 oz Cheese 1 Slice Cheese 2 Tbs Cream Cheese 4 Tbs Half & Half 2 tsp Mayonnaise 3 Tbs Reduced Fat Cream Cheese 4 Tbs Reduced Fat Sour Cream 2 Slices Turkey Bacon 1 Turkey Sausage Link 1 Tbs Salad Dressing

**Hydration**

All fluids count towards hydration (water, milk, tea, coffee, etc.) Choose water primarily during the day. Sports drinks are suitable for exercise (>60 minutes) in the heat/humidity. For every 1lb lost during exercise, replace with 2 cups of fluid.

**Instructions**

The top graph provides example target servings in each food group for daily meals and snacks. Your individual needs may deviate from these numbers based on height, weight, body composition, age, activity level, and nutrition-related goals.

# AM I GIVING MY CHILD MY BEST?

**Instructions:** Print this checklist now and put a checkmark next to each thing you are currently doing to give your child the best in terms of nutrition and support. At the end of each month during the sports season, print the checklist again and see what you still need to work on or focus on more. This exercise is especially useful at the beginning of the new sports season, to get yourself, your child, and your new teammates on board for a successful season.

## Am I Supporting My Child?

- 🍏 I am feeding my child well, serving fruits, vegetables, and protein at every meal.
- 🍏 I am partnering with them to make mealtime enjoyable.
- 🍏 If they are older athletes, I am supporting their increased caloric needs with PB&J sandwiches and a protein shake between meals.
- 🍏 I am taking care of myself, so I have the energy to get my kids where they need to be.
- 🍏 I am taking care of my community by teaching them about proper nutrition, so the unhealthy snacks my child is exposed to are limited.

## Am I Supporting Myself?

- 🍏 I am feeding myself well, getting plenty of protein and vegetables in my diet.
- 🍏 I am working out to keep myself in shape and set a good example of health for my child.
- 🍏 I am using the time at my child's practices to get a workout in.
- 🍏 I have a plan for getting in the minimum effective dose of nutrition and exercise, so I can maintain my plan, even on my worst/busiest days.

## Am I Supporting My Community?

- 🍏 I am being empathetic and compassionate about where the parents and coaches in my community currently are when it comes to providing good nutrition.
- 🍏 I am showing my community what a healthy snack or meal might look like.
- 🍏 I am giving the people in my community advice about what to do if their kids don't want to change the way they eat or refuse to eat vegetables.
- 🍏 I am being a good example by bringing healthy snack.
- 🍏 I am supporting the people in my community in lifelong health by modeling progress, not perfection.

Remember, giving your child the best is a work in progress, too! If you aren't getting a checkmark on each item, think of ways you can do better, and try to do a little better every day. Challenge yourself to see how many checkmarks you can get by the end of the season!



# ABOUT THE AUTHOR

Coach Duane Carlisle, MSc, MSCC is recognized by the Collegiate Strength and Conditioning Association as a Master Strength and Conditioning Coach. It is the highest honor that can be achieved as a strength and conditioning coach—representing professionalism, knowledge, experience, expertise, and longevity in the field.

He was the former Head Strength and Conditioning Coach for the SF 49ers, Director of Sports Performance at Purdue University overseeing 18 Sports, and Director of Strength and Conditioning at the Lawrenceville School in Princeton, New Jersey, overseeing 22 sports. Coach Carlisle has also trained over 1,000 high school athletes who have received Division 1 scholarships in over 14 different sports.

In his spare time, he enjoys playing a game of chess, loves grilling, and occasionally dabbles in photography and videography.

