

# GABRIELE

## FITNESS & PERFORMANCE



### Young Athlete Nutrition: A GFP Case Study

by Tom Langton

This week, as we do once a month, we are collecting food journals from all the High School Athletes who train at GFP. Each athlete is required to write down everything they eat for 6 days. These journals will be analyzed by the GFP team so we can help our kids make better food choices.

I am not a parent and I do not pretend to have any idea what it is like to raise children. I wanted to make that clear before I share with you some of the info we obtained from our athletes. Let us just start out by taking a look at one day worth of food from one of our athletes.

This Athlete is a freshman in High School who plays a sport in the Fall and the Spring. He is training with us this Winter and his goals are to gain lean muscle mass, drop body fat and increase strength and speed. He is 15 years old and weighs about 170lbs.

#### **BREAKFAST**

Bowl of Rice Krispies w/skim milk  
Glass of Orange Juice

#### **LUNCH-**

6 chicken nuggets w/ Fries  
Orange Hi-C

#### **SNACK**

Diet Coke  
Small Bag of Popcorn

#### **DINNER**

2 Pieces of Chicken Parm  
Bowl of Pasta w/ Sauce  
Dinner Roll  
Glass of Milk

*Does this look familiar to you at all? Is this a normal day of nutrition for yourself or your child?*

*Lets break down the numbers.*

Total Calories-	2,712
Protein-	106g
Carbs-	360g
Fat	75g
Sugar	126g

The fact that this a 15 year old boy, who is active, the amount of calories are OK. At a body weight of 170 lbs, the Protein number is low, since gaining lean muscle mass is a goal. The two numbers that JUMP off the page at me are the amount of carbs and the amount of sugar. 360 grams of carbohydrates is very high, especially considering the fact that there were no vegetables listed at all and the only fruit came from juice.

The staggering number is the amount of sugar the athlete consumed. 126 grams is about 1/4 of a POUND. Think about that for a second.



*Do your kids have trouble falling asleep at night?  
Do they have trouble concentrating or sitting still?  
Do they have trouble waking up in the morning?  
Is diabetes a concern?*

This food journal is not one of a kind either. We have many, many days of our athletes food that resemble this very closely and a lot more which are much worse. No matter what the goals of our athletes are (increased muscle mass, decreased body fat, improved speed and agility) their nutrition plays an incredibly important role in their results.

*So what do we recommend? How do we fix the problem?*

I think adults need to step up and take charge of what their kids are putting in their bodies. I'm not calling out just parents, all adults need to step up. Teachers, Coaches, Counselors. The same way we provide our children with a safe environment to live, we need to make sure they are getting the best nutrition they can. We all want to make sure kids go to the best schools and have the best teachers and see the best doctors, so how does nutrition slip through the cracks?

Here is an idea, conduct your own study and see what happens. Have your kids keep a journal of everything they eat for one week, even one day. Do not try to change anything or tamper with what they eat or what they write down. Take those food journals and input them into a food database and see how the results turn out. I'm willing to bet they will shock you.

Click on one of the food database options below, they are free and very user friendly.

[Everydayhealth.com](http://Everydayhealth.com)

[Fitday.com](http://Fitday.com)

I am not suggesting that this is going to solve the countries nutrition problems and I certainly do not think that kids should be 100% compliant with a strict nutrition program. But I do think something needs to be done and we have the ability to change our kid's habits and have a positive effect on their health and well being.

Just do not expect your kids to care about what their eating if you don't.

**Gabriele Fitness and Performance**

20 Locust Avenue

Berkeley Heights NJ 07922

**908-464-4441**

[info@gabrielefitness.com](mailto:info@gabrielefitness.com)

[www.gabrielefitness.com](http://www.gabrielefitness.com)