



Nutrition By Position Fact Sheet

Different positions call for different muscle development, for example a lineman needs to maintain weight and muscle mass for hard-hitting tackles and a wide receiver needs quick and long-term energy supplies for sprinting down the field. Sports nutritionist Lisa Dorfman, author of “Performance Nutrition for Football,” recommends different foods for football positions, as each one has a unique set of physical needs and goals. But no matter what position you play, eating nutrient-rich, whole foods is key.

For every athlete, proper post-game recovery is essential. “Pre-game nutrition often gets the attention, but post-game nutrition is equally important. I recommend that athletes follow the three R’s of recovery: replenish, repair and rebuild muscle tissue,” said Dorfman. “I recommend getting carbohydrates with a high-quality protein within a half hour to an hour of finishing a workout or game.”

Rockin’ Refuel™ is protein-fortified chocolate milk with a 2:1 carb to protein ratio, ideal for maximum muscle recovery after a tough workout. Dorfman offers her advice for nutrition goals by position for football.

Position/Physical Characteristics	Nutrition Goals
Quarterback <ul style="list-style-type: none"> - Strength - Bulk - Mental clarity 	<ul style="list-style-type: none"> - Wide variety of carbohydrates to fuel the brain. <ul style="list-style-type: none"> o <i>Rockin’ Refuel has 48g of simple carbohydrates per 12oz serving</i> - Adequate lean protein to build muscle mass and strength for throwing. <ul style="list-style-type: none"> o <i>Rockin’ Refuel has 20g of natural lean protein from real milk</i> - Essential fats (i.e. omega 3’s to keep the mind sharp) - B vitamins to keep energy levels high. <ul style="list-style-type: none"> o <i>Rockin’ Refuel naturally contains B Vitamins – Riboflavin, Thiamin and Phosphorous</i> - Electrolytes to replace mineral loss
Running Back <ul style="list-style-type: none"> - Speed, agility - Acceleration - Strength - Injury prone 	<ul style="list-style-type: none"> - Substantial blend of complex carbohydrates and quick sugars <ul style="list-style-type: none"> o <i>Rockin’ Refuel has a 2:1 carb to protein ratio and is full of the carbohydrates athletes need to recover after exercise</i> - Adequate protein, antioxidant vitamins and minerals to protect muscles <ul style="list-style-type: none"> o <i>Rockin’ Refuel is packed with 20g of protein per serving</i> - Fat to maintain long term stamina and weight <ul style="list-style-type: none"> o <i>Low-fat milk like Rockin’ Refuel provides just enough fat (4.5g per serving) to help maintain stamina and weight</i> - Additional electrolytes (especially sodium, potassium, magnesium) due to high sweat rates and tendency to cramp <ul style="list-style-type: none"> o <i>Rockin’ Refuel is an excellent source of Sodium, Potassium and Magnesium to help athletes recover from dehydration and prevent cramping</i>
Fullback <ul style="list-style-type: none"> - Strength - Good speed 	<ul style="list-style-type: none"> - Substantial lean protein <ul style="list-style-type: none"> o <i>Rockin’ Refuel is packed with 20g of protein per serving</i> - Moderate in carbohydrates - Lower in fat
Wide Receiver <ul style="list-style-type: none"> - Speed, agility - Flexibility - Quick recovery time 	<ul style="list-style-type: none"> - Nutrient-rich diet key to aiding in flexibility and decrease chance of injury <ul style="list-style-type: none"> o <i>Rockin’ Refuel is made with 100% real milk and therefore, contains nine essential nutrients and 20g of protein</i> - High volume of carbohydrates for quick & long term energy <ul style="list-style-type: none"> o <i>Rockin’ Refuel has 48g of simple carbohydrates per 12oz serving naturally found in real milk</i> - Moderate proteins - Fat high in omega 3’s for inflammation control
Tight End <ul style="list-style-type: none"> - Body mass - Strength 	<ul style="list-style-type: none"> - Require more calories, protein and fat - B vitamins from lean meats to maximize energy metabolism <ul style="list-style-type: none"> o <i>Rockin’ Refuel naturally contains B Vitamins – Riboflavin, Thiamin and</i>

Nutrition By Position Fact Sheet

	<p style="text-align: center;"><i>Phosphorous</i></p> <ul style="list-style-type: none"> - Antioxidants found in vitamins A and C to prevent muscle breakdown - Essential fats from omega 3's to manage inflammation
<p>Defensive Back</p> <ul style="list-style-type: none"> - Flexibility - Speed, agility - Strength to block and tackle - Mental focus 	<ul style="list-style-type: none"> - Hydration: tend to lose more fluid and experience cramping <ul style="list-style-type: none"> o <i>Rockin' Refuel is an excellent source of Sodium, Potassium and Magnesium to help athletes recover from dehydration and prevent cramping</i> - Position often requires a weight gain diet with additional protein to gain mass - Carbohydrates for quick energy, bursts and mental focus <ul style="list-style-type: none"> o <i>Rockin' Refuel has 48g of simple carbohydrates per 12oz serving</i> - High protein intake before, during and after game for overall body strength, core stability and power - Specific amino acids for repair and muscle recovery
<p>Linebacker</p> <ul style="list-style-type: none"> - Strength - Speed, agility - Mass development - Flexibility 	<ul style="list-style-type: none"> - Maintain mass with balance of carbohydrates, protein and fat <ul style="list-style-type: none"> o <i>Rockin' Refuel contains nine essential nutrients and the perfect 2:1 carb to protein ratio</i> - Consume game time sugars to provide quick energy and electrolytes to prevent cramping <ul style="list-style-type: none"> o <i>Rockin' Refuel is an excellent source of Sodium, Potassium and Magnesium to help athletes recover from dehydration and prevent cramping</i>
<p>Offensive, Defensive Linemen</p> <ul style="list-style-type: none"> - Tend to have poor flexibility and agility 	<ul style="list-style-type: none"> - Consume large quantities of food to maintain size <ul style="list-style-type: none"> o <i>Low-fat milk like Rockin' Refuel provides a high energy nutritious snack with just enough fat (4.5g per serving) to help maintain stamina and weight</i>
<p>Special Teams</p> <ul style="list-style-type: none"> - Short bursts of energy - Injury prevention 	<ul style="list-style-type: none"> - Keep energy levels high with substantial amounts of simple and complex carbohydrates in small meals and snacks <ul style="list-style-type: none"> o <i>Rockin' Refuel naturally contains B Vitamins – Riboflavin, Thiamin and Phosphorous</i> - Moderate protein to maintain mass for kicking, punting - Antioxidants help prevent cellular breakdown, B vitamins help keep energy levels high

High Carbohydrate Foods

Complex Carbohydrates:

- o Pasta
- o Whole wheat breads
- o Bagels
- o Tortillas
- o Garbanzo beans
- o Apple

Simple Carbohydrates:

- o Rockin Refuel
- o Fruits and fruit juices
- o Yogurt & pudding
- o Applesauce, canned fruit & fruit roll ups

High Protein Foods (deleted peanut butter)

- o Rockin Refuel
- o Skinless chicken breasts
- o Ground beef (85 percent lean)
- o Ground turkey (93 percent lean)
- o Canned salmon or tuna in water
- o Eggs

Nutrition By Position Fact Sheet

- Tofu

Essential Fats

- Avocado
- Salmon
- Walnuts
- Sardines
- Tofu

B Vitamins

- Whole grains
- Beans
- Green peas
- Low fat milk
- Broccoli
- Bananas

Antioxidants

- Berries—strawberries/blueberries
- Carrots
- Oranges
- Red peppers, spinach, broccoli
- Sweet potato