

# RALPHIE'S HOT TOPIC

March 2012



Nutritional Supplements

*PROTECT*  
**YOUR  TEAM**

# Nutritional Supplements

## Permissible Supplements

Vitamins and Minerals

Energy bars

Calorie replacement drinks (e.g., Ensure, Boost)

Electrolyte replacement drinks (e.g., Gatorade, Powerade)

## Nonpermissible Supplements

Amino Acids

Chrysin

Chondroitin

Creatine/creatine-containing compounds

Ginseng

Glucosamine

Glycerol

HMB

I-carnitin

Melatonin

Pos-2

Protein powders

Tribulus

# Nutritional Supplements

No more than 30% of calories from protein.

One gram of protein equals 4 calories.

Grams of protein \* 4 / # of calories per serving  
= \_\_\_\_\_ % of calories from protein.

# Nutritional Supplements

## Nutrition Facts

Serving Size: 1 cup (250g)

### Amount Per Serving

**Calories** 158      **Calories from Fat** 22

### % Daily Value\*

**Total Fat** 2.5 g      **4%**

Saturated Fat 1.54 g      **8%**

Trans Fat

**Cholesterol** 7.5 mg      **2%**

**Sodium** 152.5 mg      **6%**

**Potassium** 425 mg      **12%**

**Total Carbohydrate** 26.1 g      **9%**

Dietary Fiber 1.25 g      **5%**

Sugars 24.85 g

Sugar Alcohols

**Protein** 8.1 g

**Vitamin A** 490 IU      10%

**Vitamin C** 2.25 mg      4%

**Calcium** 287.5 mg      29%

**Iron** 0.6 mg      3%

Low fat skim chocolate milk.

$$8.1 \text{ g protein} * 4 = 32.4$$

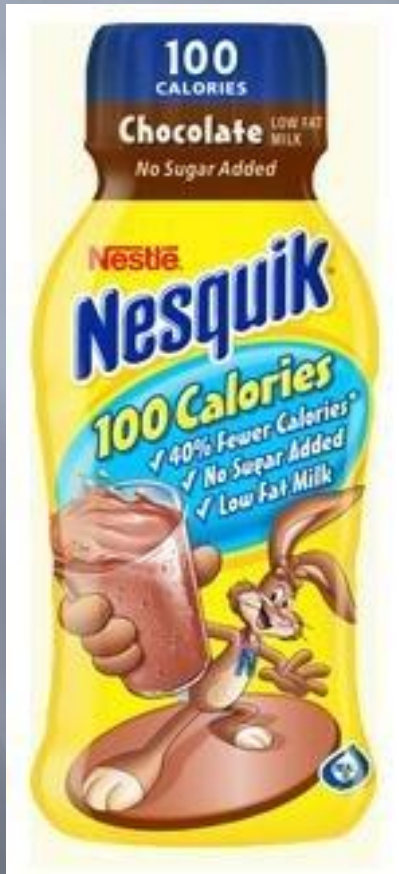
$$32.4 / 158 \text{ cals per serving} = .205$$

20.5% of calories from protein

PERMISSIBLE!

# Nutritional Supplements

Nesquik 100 calorie chocolate milk.



$$8 \text{ g protein} * 4 = 32$$

$$32 / 100 \text{ cals per serving} = .32$$

32% of calories from protein

**IMPERMISSIBLE!**

# Nutritional Supplements



Muscle Milk Collegiate Chocolate Milk

$$18 \text{ g protein} * 4 = 72$$

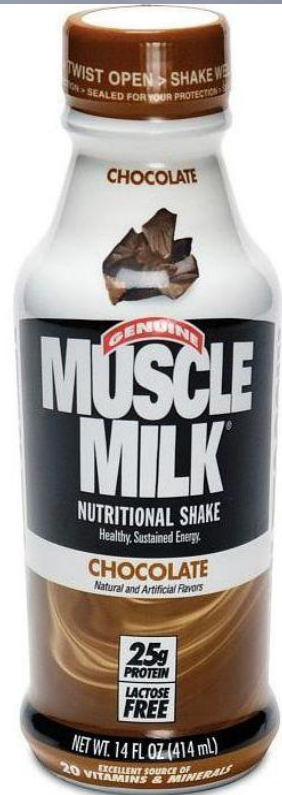
$$72 / 250 \text{ cals per serving} = .288$$

28.8% of calories from protein

PERMISSIBLE!

# Nutritional Supplements

Muscle Milk Ready to drink  
chocolate milk.



$$22 \text{ g protein} * 4 = 88$$

$$88 / 230 \text{ cals per serving} = .382$$

38.2% of calories from protein

**IMPERMISSIBLE!**

# Nutritional Supplements

100 % Real Fruit Juice



PERMISSIBLE!

The Other Stuff



IMPERMISSIBLE