

Participate in the Weight Watchers Community

- Start creating your profile
- Begin your blog
- Browse recipes from different community users
- Find Friends


[Register Now](#)
[Log In](#)

Explore our site

- [Our approach](#)
- [What you'll eat](#)
- [Meetings](#)
- [Online](#)
- [Science of weight loss](#)
- [Success Stories](#)

Ready to start?

Find a meeting

Weight Watchers Online

Free E-mail Newsletter

Our free e-mail newsletter highlights recipes, Success Stories, helpful tips and more!
[Sign up for free now](#)



Sports Stack

NFL's Newest Players To Learn Dietary Responsibilities

Written by [kylestack](#) on 5/3/2011 11:05 AM

The NFL Draft commenced this past Thursday night, and with it officially began the NFL journey of more than 220 players. Their professional success will hinge partly on how well they take care of their bodies. A healthy nutrition program is critical to that care; some may learn the hard way by continually eating unhealthily or not watching what ingredients exist in their supplements.

I spoke with seven prospective NFL players at a Draft party last Tuesday night, in which I inquired how their diet has changed since college. Each player had made an alteration, although none provided specific examples. A few dietitians who work regularly with NFLers have told me that many young players struggle with the dietary shift they must make from college to the pros.

A lack of money during college means diets which prioritize affordability over quality. Once in the NFL, players remain in their comfort zone by eating unhealthy, believing the rapid recovery periods from they experienced after practices and games in their late teens and early 20s will continue into their pro career. It's a dangerous way to think, as NFL job security is fleeting.

One area of potential concern for the players is in what supplements they consume. Four of the seven players said they had been taking supplements – they better scrutinize every ingredient in them. The NFL's Policy on Anabolic Steroids & Related Substances states the league "prohibits the use of anabolic/androgenic steroids (including exogenous testosterone), stimulants, human or animal growth hormones, whether natural or synthetic, and related or similar substances."

It's not specific, but team dietitians and trainers can notify players of red-flag ingredients in products they buy. To get caught taking a banned substance, which can easily occur if the player isn't thorough in perusing the substance's ingredient list, results in a four-game suspension with no pay. Those players not indenting to take illegal substances should simply consult the dietary and training professionals on their team's staff.

The NFL learning curve is tough; there's no reason players should make it harder on themselves by not doing everything they can to keep their bodies in optimal health. For their sake, I hope the players understand this.

Categories: [Food](#), [Health](#), [Sports](#)



Leave a comment:

You need to be logged in to post.

[Log In](#)
[Register Now](#)

[see all](#)

[Learn our Ground Rules](#)

ADVERTISEMENT