

CAB gains gridiron fans

Brawny beef at the Washington Redskins training camp is evident everywhere. The average lineman for the defending Super Bowl Champions weighs nearly 300 pounds.

But the real "eatin' " beef is at the team's dining table at the Dickinson College, Carlisle, Pa., training camp site. That's where the Redskins serve Certified Angus Beef.

"Our training table operation is as good as any in the National Football League," said Washington Head Coach Joe Gibbs. "The use of only Certified Angus Beef reflects the quality we seek."

Redskin trainer Bubba Tyer strongly urged the introduction of Certified Angus Beef at the team's training table this year for two reasons - taste and nutrition.

Tyer reported that the response from the players was extremely positive.

"Beef is a natural food that provides the protein necessary for the demanding schedule of the players during training camp," said Tyer. "Also, beef is low in cholesterol in comparison to many other meats."

The use of only Certified Angus Beef because of the demanding training camp schedule left no margin for nutritional error.

"Our players were usually on the practice field under intense conditions for nearly four hours each day," said Tyer. "Any conditioning edge we may provide is ultimately to our advantage. Fatigue

affects concentration, and sound nourishment protects against fatigue."

The Certified Angus Beef provided the quality. The Redskins provided the quantity. During a regular training camp meal, the players in the Redskins training camp consumed an average of 150 pounds of beef in one sitting.

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