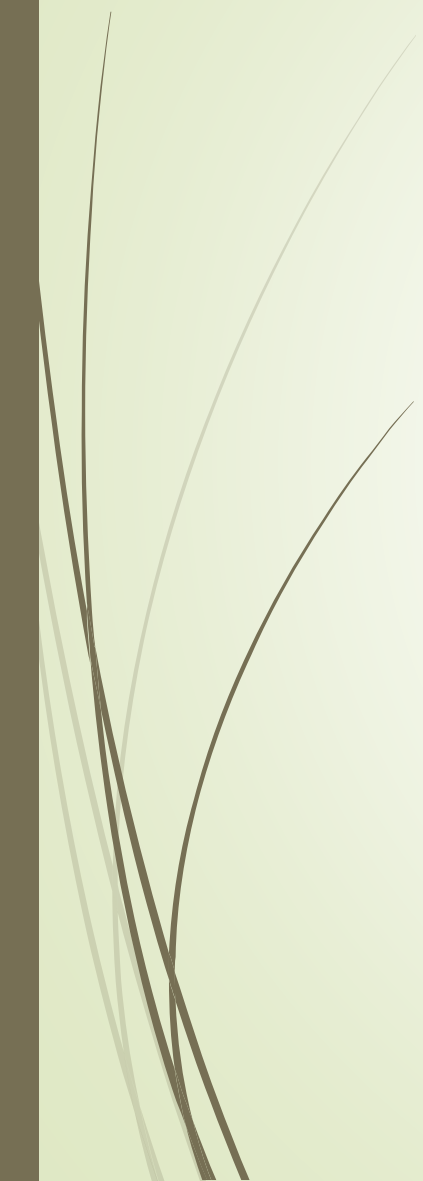


Sports Nutrition & Weight Management

- No one gets strong from a vending machine
- You must eat to perform
- Don't bank on being the exception to the rule



Why is it important

- ▶ Were here to be GREAT!
 - ▶ We train smart and hard
 - ▶ Why undo that work by not fueling your machine correctly
 - ▶ Maximize your potential
- 

Improve athletic performance

- Don't take two steps forward when you workout, then take one step back with poor eating habits.
- Eating right will maximize your work-out efforts.
- Proper nutrition prevents fatigue and injury
- Maximize performance/ eliminate poor matches due to poor weight management



Basic Principals

Be healthy

- Three key components of a healthy diet include:
- **Variety** – Choose variety of foods (not salad everyday)
- **Moderation** – Limit high-fat foods and sweets with healthy food choices. (if you eliminate eventually there will be a break)
- **Wholesomeness** – Choose fresh, natural foods as often as possible.



What is meant by cutting weight

- ▶ The goal is to maximize the strength to weight ratio
 - ▶ Be the strongest you can be pound for pound
 - ▶ For some that will occur when your competing at a lighter weight
- ▶ Who should cut weight
 - ▶ Varsity athletes that coaches have talked to
 - ▶ Everyone else should lean this info, and focus on becoming the best athlete they can be
- ▶ Wilson vs Ibarra weight cutting



Carbohydrates: The Primary Fuel Source

What's the point?

- ▶ Carbohydrate is the main fuel that powers your body.
- ▶ Carbohydrates are found in a variety of foods
 - ▶ bread, cereals, grains, rice, pasta, milk, fruit, cookies, and other desserts
- ▶ Not eating enough carbohydrates may result in muscles “hitting the wall” or “crashing.”
 - ▶ Eating carbohydrates after a workout speeds up your muscles recovery time.
 - ▶ Avoid “empty” carbohydrates, which provide little nutrition.



Protein

A Building Block for the Body

What's the Point?

- Protein plays an important part in all cell growth and repair.
- Protein helps your body recover from injury and sports related stress.

What's in it for me?

- Protein helps maintain your muscle mass, builds and repairs tissue, and provides some energy. If you don't eat enough protein it will limit your ability to build muscle.



Protein intake



Animal sources of protein

- ▶ Hardboiled eggs make a fast breakfast. You may eat up to 4 egg yolks per week
- ▶ Use egg whites on salads
- ▶ Deli sandwiches or subs make a great lunch
- ▶ Try grilled, broiled, boiled, and baked cuts of meat, poultry, and fish for dinner
- ▶ 1 oz hard cheese counts as 1 oz meat

Plant sources of protein

- ▶ Beans such as: garbanzo or black beans
- ▶ Nuts: cashews, peanuts, almonds
- ▶ Order bean burritos or tacos
- ▶ Mix up a 3, 4, or 5 bean salsa
- ▶ Peanut butter
- ▶ Spread apple slices with peanut butter



Consume limited amounts

Fats:


Concentrated Energy Source

- ▶ Fat is something that the body needs, though our bodies don't require large amounts.
- ▶ An extremely low fat diet is very unhealthy and will harm your performance.
- ▶ Athletes actually burn fat as a fuel during exercise.

Sweets:

Concentrated Energy Source

- ▶ Sweets can provide extra calories if you are meeting your other nutrient needs for the day.
- ▶ Sugar is a carbohydrate, but provides mostly calories with few vitamins or minerals.
- ▶ Many low fat and fat free foods are high in calories, because they have large amounts of sugar



How to gain/ loose good weight

To gain weight

- ▶ we want to create a calorie surplus
 - ▶ Healthy weight gain is a slow gradual process

To loose weight

- ▶ we want to create a calorie deficit (feast/famine)
 - ▶ A pound of Fat which is what we want to loose is 3,500 calories
- ▶ Boost metabolism
 - ▶ How do you boost it
 - ▶ Works at all times, even when sleeping



What is metabolism

- The process of our body burning food to perform work
- Your body is like a machine
 - Think about a car
 - Engine size and fuel usage
 - What types of fuel and how much you put in at a time
 - Santa Maria BBQ



Time to Eat

What's the point?

- Eating at regular intervals throughout the day will help you perform better...at everything.

What's in it for me?

- Your body needs calories every 4-5 hours.
- You will feel better during the day.
- You will perform better in class.
- You have a better chance of getting the calories you need each day.
- You will have the energy to practice and perform better.



Time to eat continued

What should I do now?

- ▶ Start the day with breakfast – get the day started right.
 - ▶ AM workout for those really watching weight
- ▶ Eat every 4-5 hours throughout the day
- ▶ Healthy snacks can be a part of your plan.
- ▶ Schedule your eating accordingly to meet your class/workout schedule
- ▶ Plan ahead and take food with you if necessary
- ▶ Buy portable, prepackaged foods like granola bars and snack pack fruits.
- ▶ Avoid fasting until the “pre-game meal” on game days.

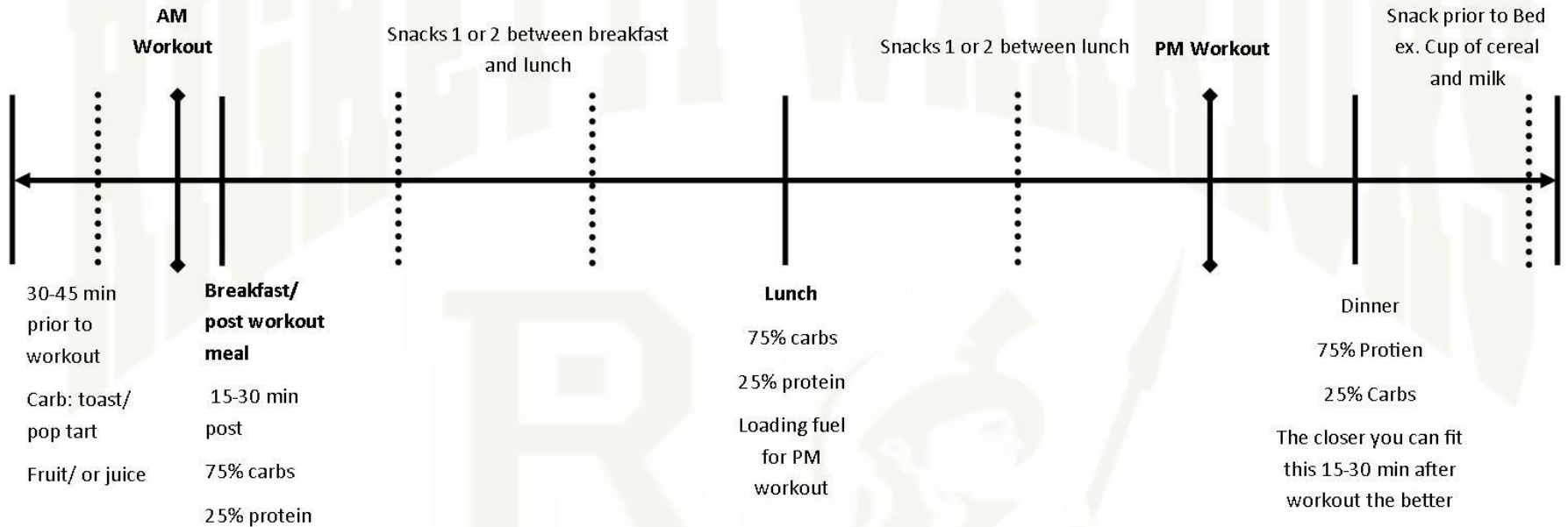
** Be sure to eat meals and snacks throughout the day before going to practice or a game rather than eating one large meal afterwards.

** Don't skip meals – this can lead to overeating at the following meal. Try eating a

- ▶ variety of foods throughout the day to help promote a more well-balance meal plan.

Fueling your Machine

It's an all day process



- Raise your metabolism by eating all day long
- Fuel your body like it's a race car/ no junk
- Eat a variety of foods
- **Never** skip breakfast!
- Eat many meals throughout day versus 2 or 3 big meals a day
- Eliminate soda and limit empty calories (chips/ over abundance of sweets)



How many calories to I need Fuel your machine!!!

23 calories per pound of body weight
(based on 90 min of vigorous work a day)

Body Weight	Calories @ 23 per lb
100	2,300
130	2,990
150	3,450
170	3,910
190	4,370
210	4,830
230	5,290
250+	5,750

Eating

On campus

- ▶ Pasta (brown or white)
- ▶ Fruit (fresh, frozen, canned – in own juice, packed in water or light syrup)
- ▶ Starchy vegetables (corn, peas, potatoes)
- ▶ Whole grain bread, rolls, or crackers
- ▶ Low fat yogurt or milk
- ▶ Juice

Bring from home

- ▶ Make individual serving sizes of nuts, pretzels, popcorn, dry cereals (ex. Chex)
- ▶ 1 regular pudding cup (1/2 cup) + 1 banana
- ▶ 1 Nature's Valley Granola Bar + $\frac{1}{2}$ cup applesauce
- ▶ 1 Tbsp Peanut Butter + 1 Rice Krispie Treat Bar
- ▶ 1 pack Fig Newtons (2 cookies) + 4 oz yogurt
- ▶ 1 Nature's Valley Granola Bar/Trail Mix bars
- ▶ 1 Tbsp Peanut Butter + 4 graham cracker squares
- ▶ 1 Nutrigrain bar + $\frac{1}{2}$ cup dried fruit (examples: raisins, apricots, or banana chips)
- ▶ 1 medium apple + 2 Tbsp peanut butter
- ▶ 1 cup celery sticks + 2 Tbsp peanut butter + $\frac{1}{2}$ cup raisins
- ▶ 1 cup trail mix/Chex mix (or try making your own: try including pretzels, dry cereal such as Chex or Cheerios, nuts, dried fruit)
- ▶ $\frac{1}{2}$ cup peanuts/almonds/cashews
- ▶ 1-6 pack peanut butter cookies or crackers
- ▶ 1 Tbsp peanut butter + 1 Chewy granola bar or $\frac{1}{2}$ cup animal crackers
- ▶ 1 snack bag of Teddy grahams + $\frac{1}{2}$ cup applesauce
- ▶ Luna Bar/Pria Bar/Power Bar
- ▶ 8 oz. Dannon Fusion (yogurt drink)



Action steps

- ▶ Talk to your coaches and ask questions we are experienced
- ▶ As you get closer to weighing in you will reduce fluid intake
 - ▶ Wait 1-2 hours after practice before drinking fluids
- ▶ Eat small frequent meals through out the day
 - ▶ Shift from carb heavy meals to protein heavy meals
- ▶ Jumpstart your metabolism by being active in the morning and on rest days (Sundays)
- ▶ Stretch workouts to burn fat (15-20 min on a bike or jog at end of workout)