

THE WHEN/WHAT AND WHY OF SPORTS NUTRITION

No one gets strong from a vending
machine

Don't bank on being the exception to the
rule

Championship
Meetings

WHY IS IT IMPORTANT

- **Were here to be GREAT!**

If you don't work at healthy eating, you are missing an opportunity to enhance and improve your performance.

BASIC PRINCIPALS

Be healthy

- Three key components of a healthy diet include:
 - - Variety – Choose variety of foods using the Food Guide Pyramid.
 - - Moderation – Balance high-fat foods and sweets with healthy food choices.
 - - Wholesomeness – Choose fresh, natural foods as often as possible.
- 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

TRY GRADUAL CHANGES

- Avoid frustration. Gradually change your food choices to improve your diet.
- Challenge yourself to make one nutrition change each week.

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.
- 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.

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

POST WORKOUT 15-30 MIN WINDOW

- After workouts you need to replace carbohydrates
- Usually a combination of carbs and protein are best

What's in it for me?

- You will recover faster after a workout.
- You will increase your energy stores.
- You may feel less tired and fatigued.
- Maximum carbohydrate stores may give you the winning edge.

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.
 - Plan to add special carbohydrate snacks after a workout to replace what you burned (remember the 15-30 minute window).

WHAT SHOULD I DO NOW?

- Avoid “empty” carbohydrates, which provide little nutrition.
 - Such as sugary foods such as candy, sodas, cakes, and cookies.

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.

PUMP UP YOUR 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.

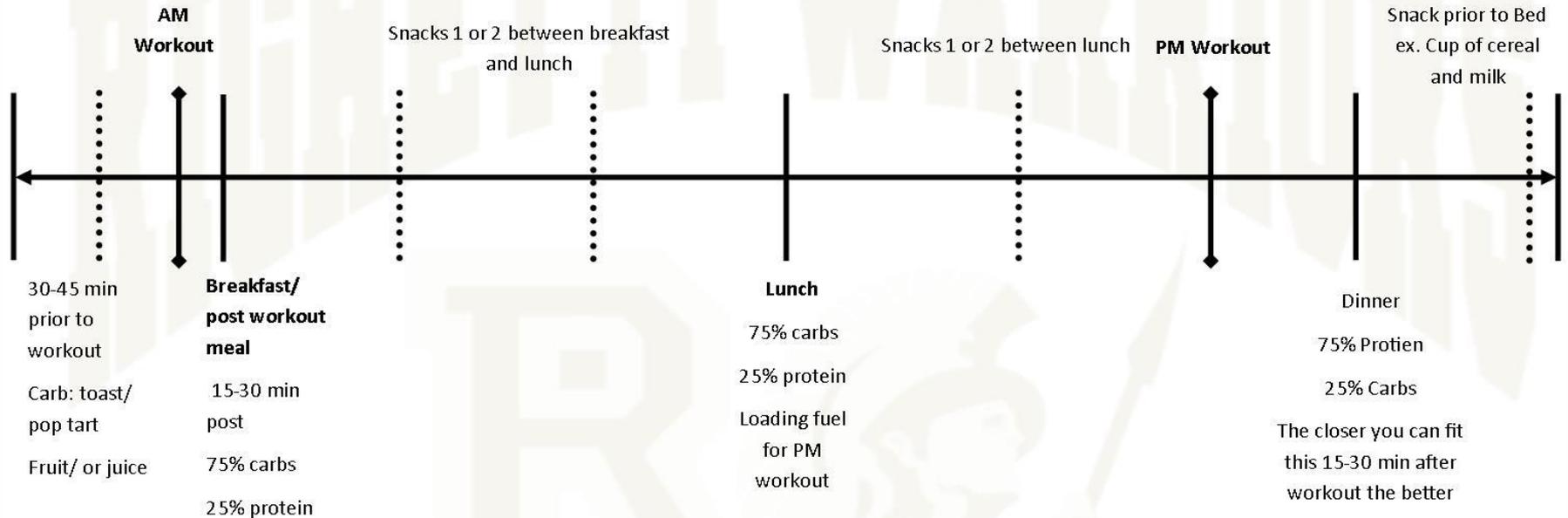
Sweets:

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

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)

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 + 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 + 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 + 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)
- 1/2 cup peanuts/almonds/cashews
- 1-6 pack peanut butter cookies or crackers
- 1 Tbsp peanut butter + 1 Chewy granola bar or 1/2 cup animal crackers
- 1 snack bag of Teddy grahams + 1/2 cup applesauce
- Luna Bar/Pria Bar/Power Bar
- 8 oz. Dannon Fusion (yogurt drink)