

# 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.

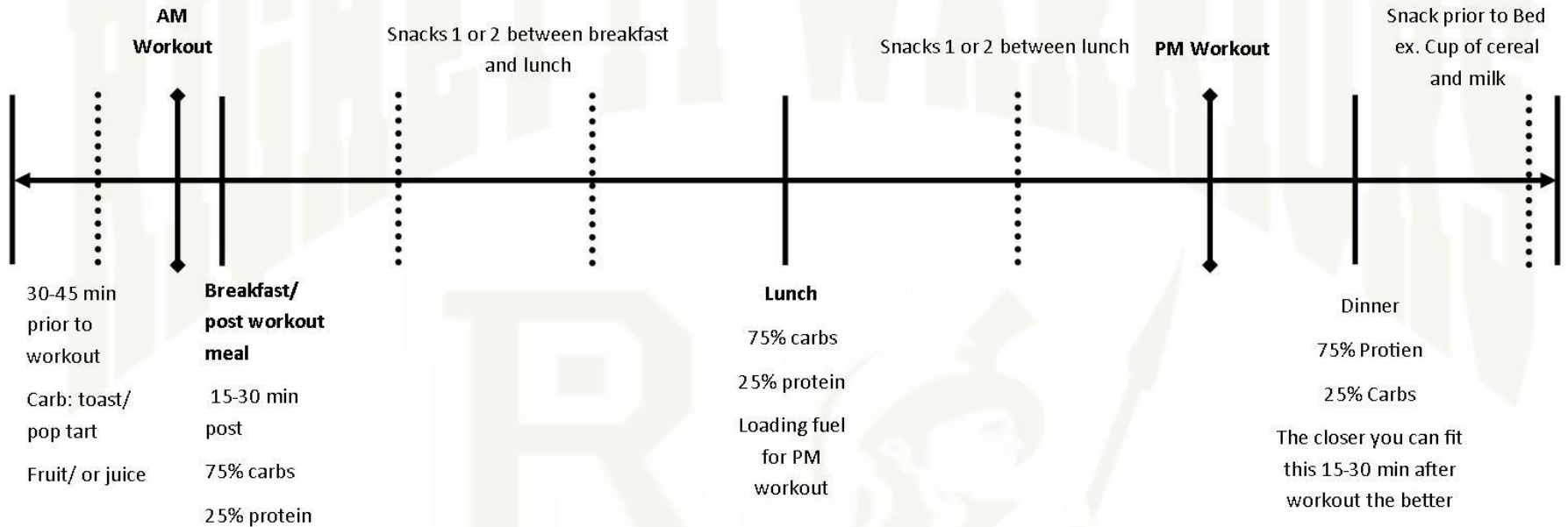
## Sweets:

### 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)