

Healthy Living



Nutrition Tips for the Athlete

Focus on a Well Balanced Diet

- No quick fixes or miracle drugs!
- You have to work to make small changes
- Are you ready to do it right?

Body's Response to Dieting/Starving

- True or False:
 - “the less I eat, the more fat I’ll burn”
- **FALSE**
- Eating *too few* calories, your body will store fat easily, even if you’re losing “weight”
- Enzymes cause more fat to be stored and less to be released in a time of “famine”

...then why does weight decrease?

- Your body digests muscle tissue for energy
- You lose 3# water for every 1# muscle loss
- This 4# loss looks great on the scale, but you are simply a smaller fat person.
- Losing weight too fast, causes more muscle loss than fat loss

More muscle = more calories!

- Men can usually eat more because they have more muscle
- If you start losing muscle, by not eating *enough*, you'll need even less calories to lose weight
- This starts a vicious cycle!

Calories

- Depends on muscle, activity level, and age
 - Women at least 1,200-1,500 calories/day
 - Men at least 1,500-1,800 calories/day
- Food Guide Pyramid
 - Grains = 80 cal/serv (1/2c or 1 oz)
 - Fruit = 60 cal/serv (1/2c or 1 small)
 - Vegetables = 25 cal/serv (1/2c, 1 c raw)
 - Milk, yogurt = 100 cal/serv (1 c or 8 oz)
 - Meat, protein = 55-75 cal/oz (lean-mod fat)

Plan 3 meals day minimum!!

5-6 small meals/day preferred

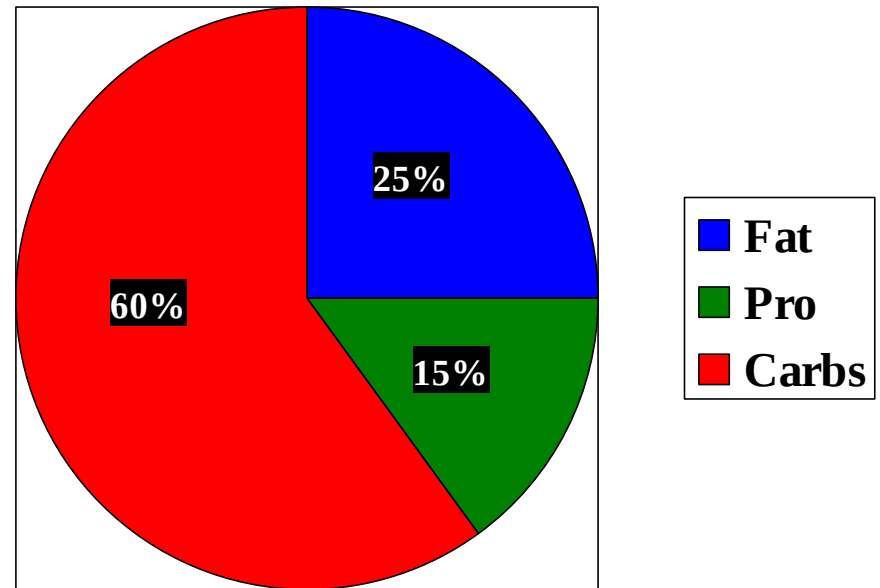
- Increases your metabolic rate
- Helps you stay more in control of your eating
- Regulates your blood Glucose levels
- Less hungry throughout the day

Meal Timing

- **EAT OFTEN!** Eat most of your calories during the busiest hours of the day!
 - Your body burns calories during digestion
 - Prevents overeating later
 - Too much food at once can be stored as fat
 - Eat between meals if your next meal will be more than 4-5 hours away

Essential Calorie Bearing Nutrients

- Carbohydrates
- Protein
- Fat



CARBOHYDRATES

(Breads & Cereals)

*Major source of B vitamins, iron, zinc and fiber
(80 calories....trace fat)*

- 1 slice: Whole grain or enriched bread
- One-half: Bagel, English muffin, burger bun
- 1 oz: Dry cereal (check label for serving size)
- 1/2 cup: Cooked oatmeal, grits, cream of wheat, rice or pasta, peas, potatoes

Veggies>> pack'em in !!!

Major source Vit A & C, folic acid & fiber
(25 calories...0 fat!!!!)

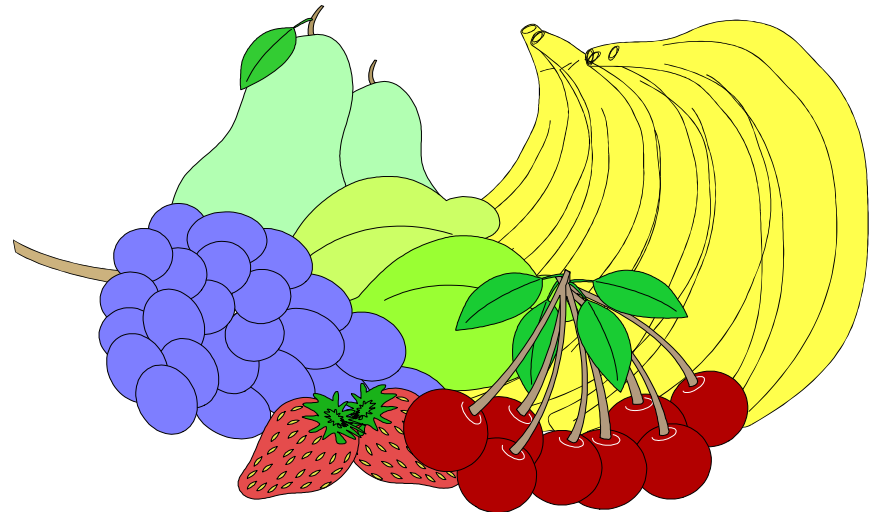
- The more the better!!!
- 1 cup raw: Cabbage, lettuce, spinach
- 1/2 cup cooked: Brussels sprouts, broccoli, carrots, green beans, cauliflower



Fruits!!!!

*Major source of Vit A & C, folic acid & fiber!
(60 calories....0 fat)*

- 1 piece fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice
- Watch portion sizes of juice



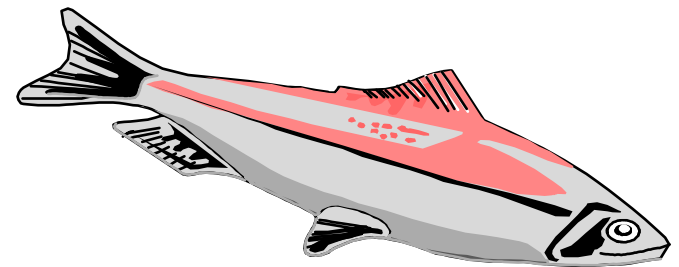
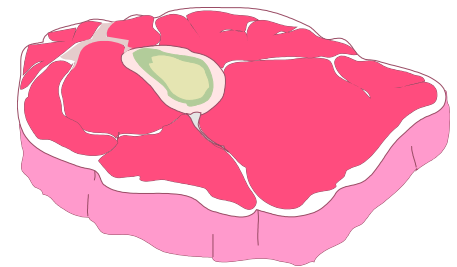
Carbohydrate Deprivation!

- Sugar Cravings may occur...
 - The more sugar you eat, the more you want!
 - –You may need more carbohydrates, calories, water, and/or more frequent meals
 - Decrease sugar intake slowly...Don't go "Cold Turkey"
 - Recognize different types of sugars:
 - honey, molasses, corn syrup, fructose, sorbitol...

Protein = Meat & Meat Alternatives

*Major source of protein, iron, B vitamins & zinc
(Lean 55 cal / Mod fat 75 cal / Fatty 100 cal)
3 gms fat / 5 gms fat / 7 gms fat*

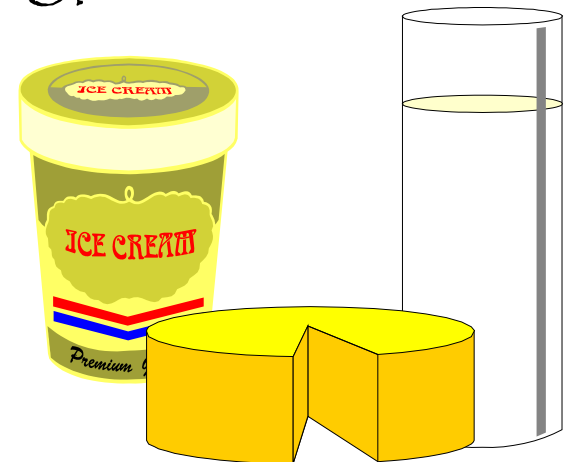
- 1 oz: Fish, lean beef or pork, skinless poultry, veal
- 1 oz cheese
- 1 cup: Dried beans or peas
- 1 Egg



Non Fat Milk & Milk Products

Major source of Pro, calcium & Vit D
(90 calories / 0-2 g fat)

- 1 cup nonfat milk
- 1 cup nonfat yogurt
- 1 oz cheese: mozzarella cheese or other low fat cheese



FATS!!

- Saturated Fats - 99% from Animal sources
bacon, sausage, ham hocks, whole milk, butter,
lard
- Unsaturated Fats - 99% from plant foods
Vegetable oils- canola, olive, peanut oil,
sunflower
peanuts, avocados, all nuts

Where's fat hiding in your diet?

- Baked goods: Muffin, biscuit, croissant, crackers, cookie, cake...
- Whole dairy products: cream soup, whole milk, ice cream bar, cheddar cheese...
- Fatty meats: Sausage, bacon, ribs, salami, hot dogs, bologna...
- Fried foods: french fries, taco shells, chips, donuts, onion rings, breaded frozen meats...
- Sauces: gravy, alfredo sauce, salad dressing ...

Critical Analysis

Too many empty calorie beverages

- Soda
- Cocktails/Alcohol

Ex. Drinking 3 sodas a day = 450 calories!!!

Meat portion sizes

Snack choices . . . etc



Critical Analysis

Too many empty calorie snacks

- French Fries
- Desserts



Ex. Whopper with Cheese = 730 cal.

Med. Chocolate Shake = 440 cal.

Lg. Fries = 450 cal.

Combination Foods/Beverages

- Casseroles 1 cup 310 cal
- Cheese pizza (1/4 of 10") 380 cal
- Whopper with cheese 730 cal
- Croissan'wich (sausage, egg and cheese) 600 cal
- Beer or soda (12 oz) 150 cal
- Hard liquor (1 oz) 100 cal
- Wine (4 oz) 80 cal

How Much Should I Eat Each Day?

- $\text{Weight} \times 10 = \text{Cal to maintain weight}$
- If you exercise
 - 3 x wk add 300 to 400 cal./day
- If you desire weight loss
 - Subtract 500 cal/day $\times$ 7 days = 1 # Fat/wk

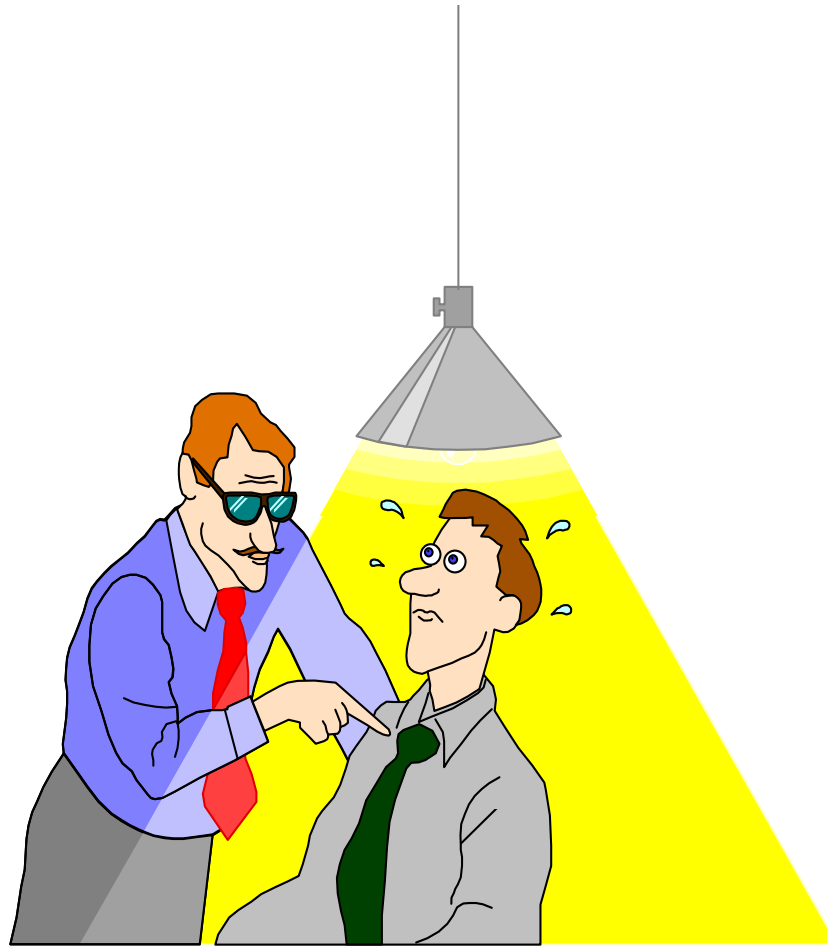
Water...H₂O!!

- Increase your fluid intake GRADUALLY:
- Goal: 1/2 of your body's weight in ounces
- Ex: 200# person = 100oz water/day minimum
- Anything without caffeine is a good choice
- EX: Milk, Juice, Koolaid, Crystal Light, Water, Gatorade.
- **ALCOHOL DOESN'T COUNT!!!**

Caffeine

- A stimulant- Artificially increases your heart rate
- Decreases your fluid volume/diuretic effect
 - Goal: 250mg/day or less
- Ex: 12oz regular brewed coffee = 250mg
- 12oz can Mountain Dew = 56mg
- Also found in chocolate, cocoa, herbal tea, and some medications

Questions?





Behind the Locker Room Door:

*What Athletes Say About Sports
Nutrition When They Think Nobody's
Listening*

What's behind the door?

- This presentation covers:
 - Common sports nutrition questions from athletes like you
 - Menu ideas to help you reach your performance goals
 - The facts behind common sports nutrition myths



What will make me bigger, stronger faster and better?

- All athletes are looking for an edge, but most don't know where to look for the right answers

My friends are on low-carb diets, so I'm trying it, too. Which is the best?

- None. Athletes need carbohydrates to provide energy to working muscles.
- Without carbohydrates, your performance and health can suffer. Consider these side effects:
 - Fatigue
 - Irritability
 - Nutrient deficiencies
 - Diminished athletic performance
 - Limited menu choices
 - Bad breath

What's the best diet for best performance?

- A truly balanced diet for athletes includes:
 - ~ some carbohydrate
 - ~ moderate protein
 - ~ low amounts of fat
- Beware: not all foods labeled low-carb are low-calorie



I need to cut weight and stay that way.

Any suggestions?

- It's best not to cut weight while in season. Some off-season tips include:
 - Rev up metabolism with 5 or 6 small meals a day
 - Say goodbye to Super Size – a serving of meat should be the size of the palm of your hand, not the size of your shoe!
 - Get calcium from low-fat and fat-free dairy foods. They're good for bones and may aid in weight loss
 - Replace fried foods and sweets with fruits and veggies
 - Cutting out 1 donut/day = ½ lb. body fat lost/week
 - Be realistic

I was dragging in today's game. What could have slowed me down?

- Ask yourself:
 - Did you have a good pre-game meal?
 - Get enough sleep?
 - Were you hydrated?
- Dehydration can immediately diminish performance
 - Just a 2% loss of body fluids (3 pounds for a 150-pound athlete) takes a toll
- Think about how much you drank today – was it enough to replace your sweat?

How can I tell if I'm becoming dehydrated?

- Watch for warning signs of dehydration:
 - Headache
 - Nausea
 - Fatigue
 - Dizziness
 - Confusion
 - Muscle cramps
 - Decreased stamina, speed, energy, muscle strength
 - Increased risk of injury
- Remember that thirst is not a good indicator of hydration



How much fluid do you need during a workout?

- Figure out what works best for you, but a good rule of thumb is:
 - Drink about 2-3 cups of water or a sports drink 2 hours before exercise to help hydrate and allow time for a bathroom break
 - Drink $\frac{1}{2}$ - 1 cup of fluid 15 to 30 minutes before the game or practice begins

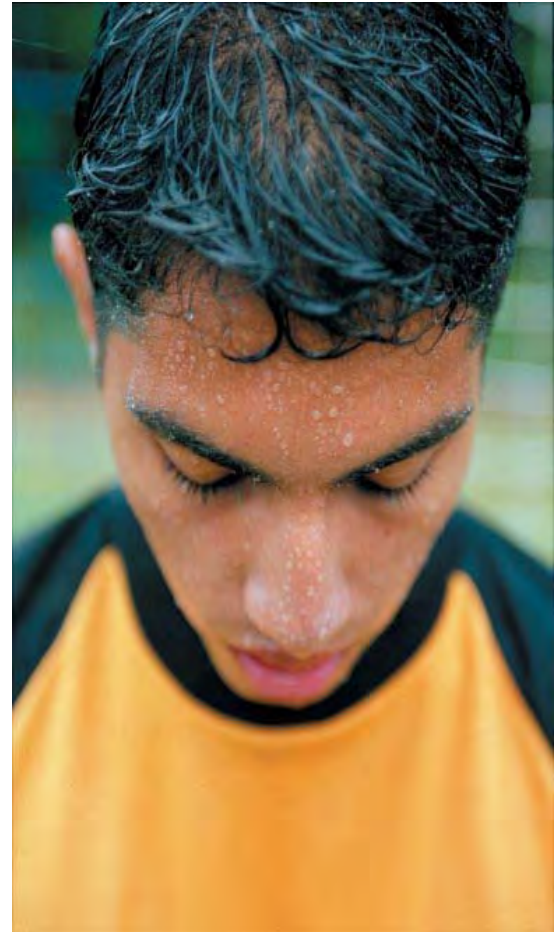


I know dehydration is preventable. What should I do to stay hydrated?

- Weigh yourself before and after competition and replace what you lose
- Drink 2 to 3 cups (16-24 ounces) of fluid for every pound lost in sweat
- Drink fluids throughout the day
- Check urine color
 - Pale like lemonade means you're hydrated
 - Darker like apple juice signals you need more fluids
- Use fluid breaks during practices

So as an athlete, what should I look for in a sports drink?

- Sometimes you may need more than plain water. The more you sweat, the more you need a sports drink that contains:
 - Carbohydrates
 - Electrolytes (sodium, potassium)
 - Flavor
 - Half the sugar of juice & soda



Don't certain special ingredients in a sports drink help to boost my game?

- Science tells us you don't need:
 - Caffeine
 - Vitamins
 - Protein supplements
 - Herbs



Muscle cramps are sidelining me. Can I get rid of them?

- Yes – you can even prevent muscle cramps by increasing the sodium and fluid in your diet.
 - Drink properly formulated sports drinks to replenish electrolytes (like sodium)
 - Don't water down a sports drink
 - Eat balanced meals and salty snacks

When and what should I eat after a workout?

The first 30 min.

Eat a high-carb snack such as a banana, energy bar, yogurt or a bagel with jelly

Replace electrolytes with fluids

Within 2 hours

Eat a high-carb meal with some protein like a PB&J sandwich

Drink 2-3 cups of fluid for every pound lost in sweat

What should I snack on after training or competition?

Nutrition shake + Energy/Granola bar +
Fluids

Grilled chicken + Pretzels + Sports drink

Peanut butter & jelly sandwich + Banana +
1 % Milk

Aren't sports drinks and energy drinks the same?

- No. Sports drinks and energy drinks are very different. Energy drinks are not meant for hydration.
- Energy drinks just don't live up to the hype because:
 - Some “special” ingredients can be in small amounts (read the label)
 - They're expensive
 - They often contain caffeine which can *increase* fluid loss and too much carbohydrate that can upset the stomach
- Sports drinks replace fluid, carbohydrates and electrolytes lost in sweat and build on the best energy which comes from food

What about supplements?

They're for building muscle, right?

- Some supplements can be dangerous. A better approach:
 - **Do the work:** follow a strength training program
 - **Fuel the work:** add 500-1000 **EXTRA** calories per day – and not just in protein
 - Eat several small, balanced meals to fit in these calories
 - Pack nutritious, high-energy snacks
 - Drink healthy, high-carbohydrate beverages
 - **Keep it natural:** increased muscle work and food fuel will do the job – without supplements

But I do need protein, right?

How much?

- Most people get enough protein. You need about 0.8 to 1.0 grams of protein per pound of body weight each day. Here's how it breaks down:

Weight

120 lb

160 lb

200 lb

Protein g/day

96-120 g

128-160 g

160-200 g

What are the best ways to get protein in foods?

<u>Food</u>	<u>Protein content (grams)</u>
5 oz. chicken breast (one half)	42 g
4 oz. lean sirloin steak	34 g
4 oz. turkey slices	25 g
1 cup mixed nuts	23 g
1 large hamburger	22 g
2 cups milk	16 g
2 eggs	12 g
2 Tbsp. peanut butter	8 g
1 oz. cheese	7 g
1 slice cheese pizza	7 g

I always eat junk on the road. What should I pack for snacks?

- Whole grain bagels or crackers
- Peanut butter, nuts
- String or spread-able cheese
- Hard boiled eggs
- Granola
- Fresh, dried or canned fruit
- Veggies and hummus or salad dressing
- Energy bars
- Pudding or yogurt
- Sports drink

How can I eat healthy at a fast food restaurant?

- Load up on good foods without getting loaded down
 - Select grilled/broiled foods
 - Avoid fried foods – or at least remove the skin from chicken
 - Ask for double veggies on sandwiches
 - Order low fat milk or 100% juice
 - Have a salad or baked potato instead of fries
 - Avoid high fat dressings and sauces
 - Ask for veggies on your pizza, go easy on the cheese or choose chicken over pepperoni and sausage



Dine and Dash Meal Options

- Baked potato with chili
- Frozen yogurt cone
- Water
- Fruit & Yogurt smoothie
- Granola bar
- Grilled chicken sandwich
- Small fries
- Low-fat milk
- Thin cheese pizza slices (2)
- Salad
- Diet soda

Other Nutrition Myths & Facts

MYTH: Don't eat after 6pm

FACT: It might be uncomfortable to go to bed on a full stomach, but if you're exercising enough and eating well you can eat as your schedule allows

MYTH: Carbs always turn into fat

FACT: In a balanced diet, carbohydrates fuel your muscles. Athletes especially need carbs to function properly. Remember, any foods eaten that exceed your energy needs will turn to fat.

MYTH: Sports drinks should be diluted

FACT: Diluting a sports drink diminishes its ability to replace electrolytes you're losing in sweat. It may change the taste, too – and not for the better!



More Quick Myths & Facts

MYTH: High protein/low carb diets are the best way to lose fat and build muscle

FACT: Low carb/high protein diets often do not include enough carbohydrate to fuel muscles for the training it take to build muscle mass

MYTH: Supplements from the internet are dangerous, supplements from stores are OK

FACT: Supplements are not regulated like food, no matter where they're purchased, their safety should be questioned





If I have more questions?

- If you have more questions check out these reliable sources:

American Dietetic Association

www.eatright.org

Gatorade Sports Science Institute

www.gssiweb.com

US Government Health & Nutrition Web
Site

www.nutrition.gov

Behind the Locker Room Door:

*What Athletes Say About Sports
Nutrition When They Think Nobody's
Listening*