Talking to Your Athlete About Sports Nutrition

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- www.winforum.org
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- www.choosemyplate.gov
- www.eatright.org
Sport Nutrition is Nutrition Science

Diet or Weight Loss Based Nutrition VS Sport Nutrition
What’s a Coach to Do?

• **Promote** healthy, sports-based eating

• **Understand** that our “pop” culture misleads athletes regarding nutrition

• **Empower** your athletes with good information - THE TRUTH

• **Emphasize** performance, not appearance
  • Watch the 3 letter words: fit and fat
What We Know About Coaches

• Small study looked at diets of 66 coaches
  • The Academy of Nutrition and Dietetics, 2013

• Analysis of high school coaches’ knowledge
  • Avg. score of 65% on nutrition knowledge
  • Lowest in recovery, weight-gain, supplements
Do’s When Talking About Nutrition

• Have a sports dietitian talk to your team
  • Or even play a sport nutrition video and then TALK ABOUT IT

• Educate yourself
• Give general handouts (Game Plan)
• Discourage fad dieting
• Tell them about your accurate, science based resources
Do’s When Talking About Nutrition

• Provide info about nutrition, healthy weight loss/gain, performance
  • Good athletic performance - more than about weight/size
• Encourage **balance** between rest, eating, workouts, school
• Strive for performance not perfection
…and the DON’Ts

- Compare athletes’ bodies
- Emphasize weight or size as a performance-enhancer
- Ignore warning signs about DE
- Underestimate YOUR impact/influence
Be a Role Model

- Eating habits
  - Fruits, veggies, and whole grains, lean meats and dairy
- Prove it
  - Athletes need to see you eating the good stuff
- Stay knowledgeable and current
  - Fads, nutrient timing, supplements
Coaching Standards – NASPE*

The coach must understand and teach appropriate nutrition and weight management practices.

- Timing and selection of food
- Hydration
- Provide accurate and timely information to athletes and parents
- Be proactive in identifying potential eating disorders and referring athletes for appropriate professional assistance

*National Association of Sport and Physical Education*
Sport Nutrition Cliff Notes: The Basics

- Eat 3 meals and 2-3 snacks every day
- Eat at least three foods at each meal
  - Sandwich, fruit, granola bar, milk
- Combine 2 foods at snacks
  - Apple and peanut butter
- Color and variety
  - Add in fruits and vegetables
- Timing: Eat every 3-4 hours during the day
Breakfast: Build a Base

- Jumpstart metabolism
- 1/3 of your calories before lunch
- Get in enough energy
- Provides energy for school, practice, match
Fuel Up: Breakfast is for Champions

• Quick ideas:
  • Whole grain bagel w/almond butter and fruit
  • Granola and nuts cereal w/ milk and fruit
  • Toaster waffles w/peanut butter milk and fruit
  • Microwave egg sandwich
  • Toaster Waffle “big mac”
  • Breakfast Sushi
  • Other ideas?
What’s for Lunch?

• Carbohydrate

• Protein

• Some Healthy Fat
Dinner

• Within an hour of practice
• Carbohydrate driven
  • Lean protein & healthy fat
• Mercedes eating plan
• Examples:
  • Salmon, green beans, brown rice, milk
  • Chicken and veggie pasta, green salad, milk
# Easy Dinners: Pick One From Each Column

<table>
<thead>
<tr>
<th>Grain</th>
<th>Veggie</th>
<th>Protein</th>
<th>Fat</th>
<th>Hydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice Pasta</td>
<td>Frozen or Fresh ok</td>
<td>Fish</td>
<td>Oils</td>
<td>Milk Water Soup</td>
</tr>
<tr>
<td>Potato</td>
<td>Add to soups and sauces</td>
<td>Chicken</td>
<td>Avocado</td>
<td>Juicy Fruits</td>
</tr>
<tr>
<td>Cous Cous</td>
<td></td>
<td>Pork</td>
<td>Nuts</td>
<td>Diluted Juice</td>
</tr>
<tr>
<td>Gnocchi</td>
<td></td>
<td>Beef</td>
<td>Olives</td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td></td>
<td>Beans</td>
<td>Dressing</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eggs</td>
<td>Cheese</td>
<td></td>
</tr>
</tbody>
</table>

**Examples:**
- Spaghetti, 1-3 cups
- Marinara & meat sauce, 1 cup
- Parmesan cheese, 2 T.
- Breadsticks, 1-2
- Green Salad w/Vinaigrette
- Low-fat milk, 1 cup

**OR:**
- Chicken Breast, 4 oz
- Wheat Roll, 1-2
- Baked Potato, 1 med
- Cottage Cheese ½ cup
- Broccoli, 1 c.
- Low-fat milk, 1 cup
Snacks...Easy, on the go!

- Sports Bars that provide some fat and protein (i.e. Luna or Clif Bar)
- Low-fat muffin and skim milk
- Microwaved egg (1.5 min) on English muffin
- Hot cereal in a cup w 1 cup soy milk
- Fruit and whole wheat bagel with light cream cheese
- Yogurt with granola
- Toaster Waffles w peanut butter
- String cheese and fruit
- Boost sport drink
Pre-Exercise Tips

- Experiment in practice NOT games
- Eat familiar foods
- Nervous or queasy stomach?
  - Try liquid meals or bland food
- Limit high-fat foods
- Limit sugary foods
- Allow time for digestion
  - 2-3 hours for a meal
- Drink WATER
During Practices

• Replace fluid losses
  • Use online sweat calculator?
• Drink fluids to keep pee light lemonade color
• Maintain blood glucose with carbs
  • 30-60 g CHO/hour = 32oz+ Gatorade/hr
• Eat snacks +/- or drink
  Granola Bar  Fig Newtons
  Pretzels       Fruit
Post Exercise: Recovery

• Eat within 30 minutes
• Why?
  • Repair muscle damage
  • Replace muscle & liver glycogen (energy stores)
  • Replace fluids and electrolytes
• Consume high carbohydrate foods (50-100g)
  • + protein (~10g-20g)
  • CHO:PRO ratio (~ 3:1)
  • Whole foods preferred
Chocolate Milk?

YES! But why...

- Readily available
- Portable; look for shelf-stable options
- Relatively inexpensive
- Similar kcal content as carbohydrate replacement beverages
- Has desired CHO: PRO ratio
- Provides fluids, sodium, and calcium
The Flip Side: Poor Nutrition and Disordered Eating

- Eating disorders (ED)
  - Meets criteria for diagnosis
    - Anorexia Nervosa
    - Bulimia Nervosa

- Disordered eating (DE)
  - Irregular eating behaviors that do not meet the exact classifications of an eating disorder

- Both ED and DE can be dangerous for an athlete
Female Athlete Triad & Bones

Factors contributing to menstrual disturbance in female athletes:

- Inadequate nutrition
  - Calorie supply < demand
- Exercise intensity
- Low body mass index (BMI)
- High stress
When to talk to athlete and parent

• Notice signs: fatigue, decrease in performance, withdrawal, depression, moodiness, frequent bathroom visits after eating, injuries not healing

• Express concern
  • Private setting
  • Use examples
  • Set a time to follow up
  • Ask athlete about reaching out to parents

• Use your best judgment- most ED’s can be avoided if detected early
Use Your Resources

- WINForum Sports Nutrition Game Plan
- People:
  - WINForum dietitians
  - School counselors/therapists or dietitians, female coaches if accessible
- Books:
  - *Nancy Clark’s Sports Nutrition Guidebook*
  - *Surviving an Eating Disorder*
- Websites:
  - National Eating Disorder Association
  - [Coach and Athletic Trainer Tool Kit](#)
Let the Game Plan work for you!

Find it in Downloadable Materials at www.winforum.org
# Table of Contents

- Nutrition Fundamentals .................................................. page 3
- Eat to Compete .............................................................. page 4-6
- Snack Attack ................................................................. page 7
- Losing the Fat .............................................................. page 8-9
- Your Plan for Muscle Mass Gain ..................................... page 1
- Weight Training ............................................................ page
- Sports Nutrition on the Move ........................................ page
- The Athlete’s Grocery Cart ............................................. page
- Winning with Hydration ................................................ page
- Iron .............................................................................. page
- When Eating Good Goes Bad ....................................... page

## Tournament Sample Day:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Suggested foods (your foods may differ):</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:00 am</td>
<td>Breakfast (ideally 2-4 hours before a game)</td>
<td>Oatmeal with low-fat milk, banana, toast with peanut butter and honey, water</td>
</tr>
<tr>
<td>7:00-8:30 am</td>
<td>Warm-up</td>
<td>Frequent sips of water/chewy granola bar if hungry, ¼ cinnamon raisin bagel, banana</td>
</tr>
<tr>
<td>9:00-10:30 am</td>
<td>Game #1</td>
<td>Water, water or sports drink, Goal: 0.5 grams of carbs/lb. of body weight within 30 minutes, plus 10-20 grams of protein, turkey sandwich, fresh fruit, baked chips, low-fat frozen yogurt, water</td>
</tr>
<tr>
<td>10:30-11:00 am</td>
<td>Recovery</td>
<td>Lunch, Frequent sips of sports drink or water during breaks, Goal: 0.5 grams of carbs/lb. of body weight within 30 minutes, plus 10-20 grams of protein, turkey sandwich, fresh fruit, baked chips, low-fat frozen yogurt, water</td>
</tr>
<tr>
<td>12:00-12:30 pm</td>
<td>Lunch</td>
<td>Lunch, Frequent sips of water, energy bar if hungry, ¼ cinnamon raisin bagel, banana</td>
</tr>
<tr>
<td>12:30-1:30 pm</td>
<td>Rest time</td>
<td>Lunch, Frequent sips of water/chewy granola bar if hungry, ¼ cinnamon raisin bagel, banana</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Warm-up</td>
<td>¼ cinnamon raisin bagel, banana, toast with peanut butter and honey, water,的选择 from: chocolate milk, string cheese and crackers, smoothie, bagel, or yogurt with cereal, Goal: 0.5 grams of carbs/lb. of body weight within 30 minutes, plus 10-20 grams of protein, cheese ravioli with meat or marinara sauce, french bread, fresh or canned fruit, steamed vegetables, gelato or frozen yogurt, Goal: Consume a carb-rich meal and carb-based snacks until you retire for the night</td>
</tr>
<tr>
<td>3:00-4:30 pm</td>
<td>Game #2</td>
<td>¼ cinnamon raisin bagel, banana, toast with peanut butter and honey, water, Goal: Consume a carb-rich meal and carb-based snacks until you retire for the night</td>
</tr>
<tr>
<td>4:30-5:00 pm</td>
<td>Recovery</td>
<td>¼ cinnamon raisin bagel, banana, toast with peanut butter and honey, water, Goal: Consume a carb-rich meal and carb-based snacks until you retire for the night</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Dinner and evening snack</td>
<td>¼ cinnamon raisin bagel, banana, toast with peanut butter and honey, water, Goal: Consume a carb-rich meal and carb-based snacks until you retire for the night</td>
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</tbody>
</table>
For More Info

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