

EAT TO WIN!
Sport Performance Nutrition
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CARBOHYDRATES: *The ENERGY Provider*

What are they for?

Carbs are an athlete's primary source of energy. They provide working muscles the energy they need to jump, run, lift and swim. High performance athletes must make sure they are taking in plenty of carbohydrates. Carbohydrates are stored in the muscle and the liver as glycogen; like an internal storage locker for energy! Your glycogen stores will be depleted during workouts and ***must be replenished***. If you forget to replace your glycogen stores, you will not have enough energy the next day; scary if it is your game day! 50-70% of your energy should come from carbohydrates.

Choose these HIGH CARB FOODS

- **Whole Grains:** oatmeal, 100% whole grain breads, whole wheat or corn tortillas, whole wheat bagels and English muffins, pasta, brown rice, low-sugar cereals (ie: All-bran, Cheerios, Total, Kashi, Wheat Chex, Wheaties, Raisin Bran, Smart Start, Basic 4, Blueberry Morning)
- **Fruits (fresh and canned in own juice) and 100% fruit juice**
- **Vegetables:** broccoli, spinach, carrots, green beans, tomatoes, asparagus, bell peppers, cauliflower, celery, eggplant, mushrooms, onions, winter squash, zucchini, lettuce (romaine, green or red leaf), etc.
- **Starchy vegetables:** red or sweet potatoes, yams, corn, green peas, and beans (refried, kidney, black, pinto, chili, etc.)
- **Dairy:** yogurt, low fat cheeses (like moz cheese sticks) 1%, nonfat or skim white or chocolate milk, cottage cheese, pudding

****To perform at your best LIMIT these “refined” carbohydrate foods: Sugary foods such as cookies, cakes, pies, candy, pop tarts, soda (regular or diet), donuts, candy bars, “white” breads, high sugar cereals****

Why limit “refined/processed” foods?

Processing removes a lot of the nutrition (fiber, vitamins and minerals) from food. High sugar foods provide little nutrition and can cause extreme highs and lows in blood sugar. Extreme highs and lows will be detrimental to performance. High sugar foods also cause cavities, and no one has time (or money) for cavities!

Advanced Info:

Carbohydrate intake should be from **2.0-5.0 g/pound** body weight.

2.0-3.5 g/lb for athletes who train less than 1 hour daily at a moderate intensity.

3.5-5.5 g/lb for athletes who train hard daily and need to maximize daily glycogen recovery.

PROTEINS: *The Muscle Re-Builder*

What are they for?

Proteins help re-build and repair the body's tissues. Muscle tissue depends on protein to repair the damage done during exercise. Most people get more than enough protein from the food they eat. Remember, more protein does not equal more muscle! (More calories and training equals more muscle.)

High quality, lean choices of meat/protein are listed below. Making lean choices will provide you with the ingredients you need for re-building your muscle. Each ounce of meat will provide you with approximately 7 grams of protein (ex. 4 ounces of chicken breast = 28 grams of protein).

****Note:** you also get protein from grains, nuts, beans and vegetables, although it must be consumed in combination in order to be high quality or "complete"***

Choose these Lean Sources of Meat/Protein:

Beef: Ground Sirloin, Filet, Round, and Lean Ground Beef (96% lean)

Fish: all fish (not fried)

Chicken/Turkey: skinless ~ (grilled, baked, broiled)

Pork: Center Cut, Lean

Eggs: 1 yolk/day plus egg whites/egg substitutes

Veggie Burgers: Boca/Morningstar Farms, GardenBurger

Sausage/Hot Dogs: Use only low-fat versions like those made by Healthy Choice or Isernios

Deli Meats: Lean Turkey, Ham, or Roast Beef

Soy Products: Tofu, soy milk, edamame (soy beans)

Dairy: 2% sliced cheese (Kraft), parmesan cheese, low fat cream cheese, part skim mozzarella, skim or low-fat milk, yogurt

Limit or Avoid Medium and High Fat Sources of Meat/Protein:

Pork/Sausage/Hot Dogs: ground pork, spareribs, regular hot dogs

Fish: Any fish that is fried

Cheese: American, Blue, Swiss, mozzarella, and most deli cheese

Other: Luncheon style meats like bologna, pastrami, salami, pepperoni

Sausage: Polish, Italian smoked

Other Beef: T-bone, ribeye, porterhouse, ground beef 85% or 80% lean, roast (rib, chuck, rump), and corned beef

Protein needs range from .55-.9 grams/pound of body weight for collegiate athletes.

****Your protein needs will change throughout your training schedule. You may require more protein in your strength building phase vs your during your competitive season****

FAT: Essential, but in moderation

What is FAT for?

Fat performs a variety of functions in the body. It is an energy source, transports fat soluble vitamins, protects our organs and also provides an ingredient to make hormones. A performance enhancing diet should contain 15-30% of total calorie intake. In grams, just multiply your caloric intake by 15-30% and divide by 9.

Example: 4000 kcal diet X 25% (.25) = 1000 calories / 9 cal/g = 110g/day

Not all fats are created equal...

Limit/Avoid	Limit/Avoid	Include a little	Include the most	
Saturated Fat	Hydrogenated Fat (trans fat)	Poly-Unsaturated Fat	Omega-3 fatty acids	Monounsaturated Fat
<ul style="list-style-type: none"> High fat versions of animal foods such as meat & poultry, whole fat dairy products, and butter. 	<ul style="list-style-type: none"> Chips Cookies Most snack foods and commercially baked goods made with "partially hydrogenated oil" Margarine 	<ul style="list-style-type: none"> Corn oil Safflower oil Soybean oil Sunflower oil 	<ul style="list-style-type: none"> Flaxseed Fatty fish (salmon, trout, halibut, albacore tuna) Walnuts Tofu Soy nuts 	<ul style="list-style-type: none"> Canola & olive oil Olives Peanut oil Avocados Almonds Macadamia nuts Pistachio nuts Cashews Sunflower seeds

Reminders about fat intake:

- Remember that saturated fat (from high fat animal products), hydrogenated fat (trans-fats) increase risk of cardiovascular disease.
- Monounsaturated, omega-3 fatty acids, and polyunsaturated fats can decrease risk of cardiovascular disease, and decrease inflammation.
- Try to trim all fat and/or skin from beef and chicken breast before cooking
- Limit or avoid foods that are fried, creamy salad dressings, mayonnaise, gravy, butter and margarine.
- Most fast food items are extremely high in fat, so make healthy choices (see **fast food not fat food** page 18)

Increasing Lean Muscle Mass

Strength. Power. Speed.

Putting on lean muscle mass can be even harder than losing body fat. It takes a great deal of dedication and perseverance and lots of **FOOD FOR FUEL** to build bigger muscles. But you can do it!! Remember, increasing protein does not give you more muscle. You must eat more calories from a balanced sports focused diet and train harder.

There is no short cut to gaining muscle.

Use caution when purchasing supplements. Many are not regulated by the Food and Drug Administration, and may contain NCAA banned ingredients. Many of these products do not work and may even cause dehydration or other negative effects. FOOD is your best supplement; it is less expensive, easy to find, and the most effective for helping you gain muscle.

Tips for Gaining Weight:

- **Never skip meals.** Yes, this means you need to get up in time for breakfast, that you can't skip lunch, and that dinner actually needs to be prepared and eaten.
- **Eat three snacks every day.** That's right: midmorning, midafternoon and evening. In order to gain weight, you need to fuel your body at regular times.
- **Drink caloric beverages.** Choose low-fat milk 100% fruit juice or sports drinks.
- **Choose calorie-dense foods.** That means eating potatoes, corn or peas instead of celery and carrot sticks. Or choosing a banana or cranberry juice instead of an apple or orange juice. Granola cereal is more calorie-dense than puffed rice.
- **Eat more when you can.** Take seconds and even thirds when possible.

Recovery Nutrition

To recover from the high demands of strenuous exercise/training, you should **refuel your muscles with high carbohydrate foods within 15-30 minutes of exercise**. Remember, carbohydrates are the gasoline for your body. They keep your body's fuel tank FULL. You will recover faster and minimize fatigue. Plan ahead to have the right foods available.

Common refueling mistakes:

- **Greasy, fatty foods** ~ donuts, burgers, pastries, nachos, fries, chips, and other high fat choices **WILL NOT** refuel your body and can inhibit performance. Many also lack nutrition.
- **Too much PROTEIN** ~ by filling up on steak, chicken, rather than adding potato, pasta, rice, and whole wheat bread at dinner time. Remember, protein can help with recovery, but will not help restore glycogen (your gas tank) if quality carbohydrate foods are not available.
- **TOO FEW Calories** ~ this is very common amongst weight conscious athletes. They may mistakenly believe carbohydrates are "fattening" and may refuel with protein rich cottage cheese, tuna, turkey and fish. The rest of the diet (salads and vegetables) offers too few carbohydrates to replace depleted glycogen stores. Performance will suffer.

An optimal recovery diet is especially important if you train or compete more than once a day. The following tips can help you design an effective recovery diet into both your daily training program and after game/event meals.

For HIGH PERFORMANCE RECOVERY:

- **Eat a high carb snack within 15-30 minutes of training**
- **Follow up with a high carbohydrate meal within 1 hour of training**
- **High Performance combination recovery meals/snacks**
 - **Bowl of cereal, low fat milk, and fruit (breakfast)**
 - **2 slices of wheat bread and fruit**
 - **Pasta, rice, potato, or bread with protein at dinner**
 - **Yogurt and Fruit or Pretzels (small bag)**
 - **Energy Bar**
 - **Smoothie**

Snack Attack

Eating frequently throughout the day is the best way to rev up your metabolism, as well as stay fueled for competition. Snacking between meals can increase your energy levels and improve performance. Add these snacks to your shopping list (see appendix B) and take them with you in your bag or keep non-perishables in your locker.

- **Sandwich:** lean turkey, ham, roast beef, or chicken breast on 2 slices of whole grain bread. Light on mayo and mustard.
- **Peanut butter and jelly** (use all fruit jelly) on whole wheat bread
- **Energy Bars:** Clif Bar, Builder Bar, Balance, or Zone Bar
- **Whole wheat crackers** (i.e. Multi-grain wheat thins, Kashi Crackers)
Top with cheese or peanut butter for added protein
- **Beef jerky**– dried, in bags – one small bag at a time
- **Nuts**– ~15 cashews, almonds, peanuts, pistachios yields ~100 calories
- **Small cup of cottage cheese**– can add fresh fruit and/or sunflower seeds
- **Fresh fruit, with a source of protein and/or fat**- nuts, cheese, peanut butter
- **Baked chips with salsa**– top with a little 2% shredded cheddar for more protein
- **Tortilla Roll-Up**- on whole wheat tortilla with turkey, ham, roast beef, chicken
- **Quesadilla**- with 2% cheese and veggies w salsa
- **Granola Bar**- add to it a handful of almonds
- **Odwalla Shake**- With protein
- **Whole Wheat Fig Newtons**
- **Frozen Bananas dipped in yogurt**
- **Fun treats**– Small bag peanut M&M's, or 2 Fun Size candy bars
- **“No Sugar Added” Applesauce** (ex. Mott's or TreeTop) with 1 tablespoon of Peanut Butter or 1oz of low fat cheese
- **Yogurt** (ex. Cascade Fresh or Yoplait) with Granola in it
- **High Performance Smoothie:**
 - 8-12 ounces of Skim or 1% Milk or Yogurt
 - 2 T of peanut butter or scoop protein powder
 - Fresh or Frozen Fruit (Banana or strawberries)
 - Blend with Ice and serve.
- **Boost, Ensure, Carnation Instant Breakfast Drink**
- **Hummus and veggies**

Fast Food not FAT Food

Restaurant Guide

Common fast food meals contain 1200-2200 calories per meal. Making smart selections when eating at your favorite fast food restaurant can help you stay lean, fast and strong.

Be sure to make smart substitutions to avoid eating a high calorie/fat meal. Choose a salad with light or low fat dressing, or order only small fries. Drink Water or Unsweetened Tea with meals.

Restaurant/Fast Food	Healthy Choice
Burger King	Hamburger no mayo BK Broiler- no special sauce Chicken Whopper Jr- no mayo Whopper Jr – no mayo Chicken Caesar or Garden Salad Light or Fat free Dressing
McDonald's	Small Hamburger Grilled Chicken Sandwich-no mayo Grilled Chicken Salad-fat free dressing Egg McMuffin Caesar Salad Chef Salad
Taco Bell	Bean Burrito Regular Soft Taco/Chicken Soft Taco
Wendy's	Chili – larger or small Grilled Chicken Sandwich- no mayo Grilled Chicken Salad Spring Mix Salad/Mandarin Chix Salad Hamburger- no mayo
Subway	All low fat subs Light mayo, baked chips, with water Add all vegetables
Taco Del Mar	Naked Burrito Soft Tacos Black or Whole Beans
Azteca	Chicken (Pollo) or Beef (Carne) Asada Whole (not refried) beans Chicken Enchilada Fajitas (hold the sour cream and cheese)

Sample Meal Plan

Below is a sample meal plan that is a GUIDELINE for what your **MINIMUM** intake should look like in order to get adequate high performance nutrition. Your caloric intake is unique to you and must be calculated on an individual basis.

Sample Meal Plan

8:00	Breakfast	2 eggs scrambled 2 slices of wheat bread w/ 1t margarine 1 small banana
12:00	Lunch	4-5 ounces of sliced lean beef 1 slice cheese 2 slices of wheat bread Lettuce and tomato 1 cup of milk or juice 1 cookie
3:00	Snack	Nature Valley Granola Bar Fresh Fruit and Water
6:00	Dinner	4-5 ounces (large deck of cards) of Grilled Salmon 1 Cup of Salad with Vegetables 2 Tablespoons of light dressing Medium Baked Potato ~ light on toppings (ex. Butter, cheese) 1 cup of juice and water
9:00	Snack	1 serving (on box) whole wheat crackers 2 pieces of string cheese Water

Timing is Everything- *Make your food work for you*

Examples of how to spread food appropriately around practice, depending on your practice/game time. Remember that when you eat is just as important as what you eat!

Morning Workout and Midafternoon Practice

5:00	5:30 Preworkout snack
6:00	6:00-7:00 Workout
7:00	7:15 Postworkout Snack and/or Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	Preworkout Snack
3:00	3:30-5:30 Practice
4:00	
5:00	
6:00	Postworkout snack and/or Dinner
7:00	
8:00	
9:00	Snack (optional)

Morning Workout

5:00	5:30 Preworkout snack
6:00	6:00-7:00 Workout
7:00	7:15 Postworkout Snack or Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	
3:00	Snack
4:00	
5:00	
6:00	Dinner
7:00	
8:00	
9:00	Snack (optional)

Midafternoon Practice

7:00	Breakfast
8:00	
9:00	9:30 Snack
10:00	
11:00	
Noon	Lunch
1:00	
2:00	Preworkout Snack
3:00	3:30-5:30 Practice
4:00	
5:00	
6:00	Postworkout snack and/or Dinner
7:00	
8:00	
9:00	Snack (optional)