



SPORTS NUTRITION

PERFORMANCE NUTRITION

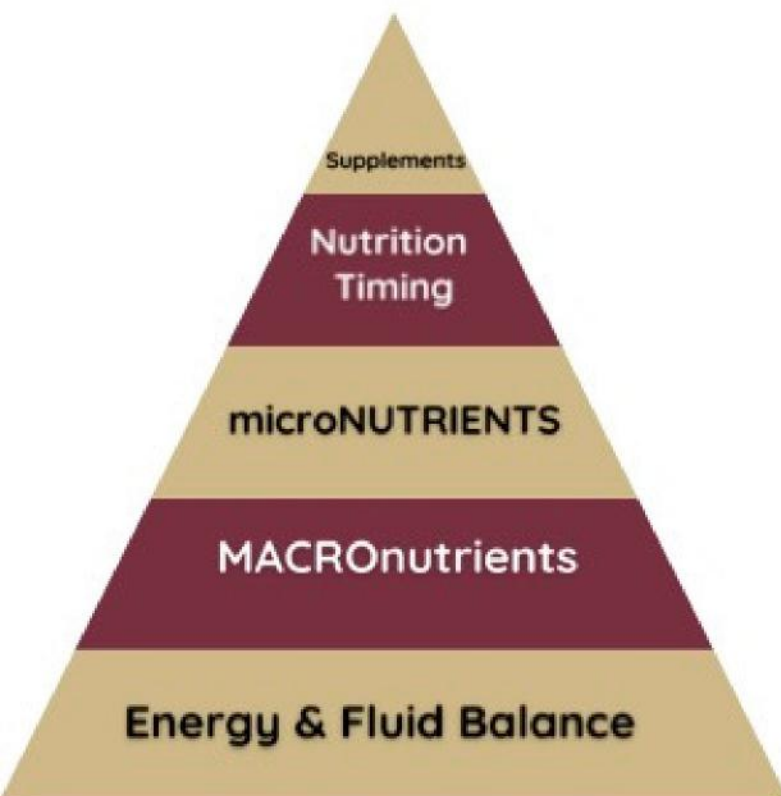


WHY IS NUTRITION IMPORTANT?

- **Optimal Body Composition**
- **Immune System**
- **Recovery--Injury**
- **Recovery--Training/Practice**
- **Mental and Physical Function**



WHAT DO I NEED TO FOCUS ON?



PERFORMANCE
NUTRITION PYRAMID

FOOD

=

FUEL



Energy

FOOD = ENERGY



WHAT IS
A
CALORIE?

WHEN OUR BODY IS ADEQUATELY **FUELED**, WE CAN RUN
FASTER, LONGER AND AND BE STRONGER

RULE OF THREES

1

Consume **3** balanced meals each day

2

Consume **2-3** snacks each day

3

Do not go more than **3-4** hours
between meals & snacks

PERFORMANCE PLATES

LOW TRAINING PLATE



Rest Days
Low-Intensity Training
Mobility/Stretch

MODERATE TRAINING PLATE



Baseline
1hr lift
1-2hr light practice

HIGH TRAINING PLATE



Lift + Practice
Hard Practice
Meet Day

Energy

FOOD = ENERGY



WHAT IS
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CARBOHYDRATES



WHY DO ATHLETES NEED MORE CARBS?



Carbohydrates are the body's #1 source of energy during exercise!
Carbs are important to eat pre-workout to provide energy & post-workout to replace losses.



CARBS = FUEL FOR WORKOUTS
CARBS = FUEL FOR BRAIN



WHAT CARBS TO EAT AND WHEN

SIMPLE CARBS = Fruit juices, fruit snacks, granola bars, Powerade, pretzels, etc.

HAVE THESE AROUND YOUR WORKOUT FOR QUICK ENERGY

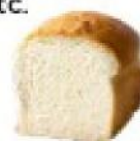
** Fast absorbing and great for a pre-workout snack



COMPLEX CARBS = whole wheat products, vegetables, beans, brown rice, etc.

HAVE THESE WITH YOUR MEALS THROUGHOUT THE DAY

** Have more fiber and nutrients in them **



FAT

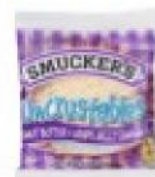
WHY IS FAT IMPORTANT?



- Source of energy for low-intensity, long duration exercise
- Essential for absorbing our fat-soluble vitamins (Vitamins A D E K)
- Decreases inflammation (omega-3's, like salmon and walnuts)
- Protects organs



TYPES OF FATS



UNSATURATED FATS = fatty fish (salmon, sardines, tuna), olive oil, chia seeds, flax seeds, nuts, avocados

INCREASE intake!

** Reduces inflammation and pain, preventative against head trauma injuries

SATURATED FATS = fried foods, butter, fatty meats (sausage, bacon, salami), coconut oil, baked goods

DECREASE intake

** Promotes inflammation, high intake increases risk for heart disease



PROTEIN

WHY DO ATHLETES NEED MORE PROTEIN?

As an athlete you have greater lean mass per pound and experience more muscle damage from exercise.

Therefore, more protein is needed to maintain/repair it!

HOW MUCH & WHEN TO EAT

- 20-30 grams at each meal (~1 palm size)
- 10-15 grams at each snack (~1/2 palm size)
- Evenly distribute throughout the day with your meals & snacks

20g



30g



15g



15g



20g



PRE-WORKOUT FUELING

Eat a combination of foods HIGH in carbs and moderate in protein

Focus on foods LOW in fat & fiber

Length and intensity of workouts matter!

Early morning workouts? Fuel well the night before and eat something SMALL in the morning

Experiment in practices to figure out what works best for you

~3H BEFORE EXERCISE

OR



This should resemble a balanced performance plate!

Turkey and Swiss sandwich, apple with low-fat chocolate milk

PB&J with banana slices and skim milk

Tuna sandwich on white bread with lite mayo + 1c apple juice

Be sure to hydrate with atleast 16-20 oz during this time as well!

30-60 MIN BEFORE EXERCISE



The goal here is to TOP OFF THE TANK. Aim for this to look more like a snack.

Simple carbs are king here. They are easy to digest and are rapidly used for energy

Sports drink + Pretzels

Apple sauce / fruit snacks

Granola bar

Hydration should be ~5-10 oz. We don't water fluid sloshing in our stomachs



PERFORMANCE NUTRITION
FUEL.PERFORM.RECOVER.BUILD

POST-WORKOUT FUELING

Eat a combination of foods that provide **PROTEIN & CARBS** to improve body composition, performance and overall recovery.

Goals: Replenish energy stores, repair muscle damage
Aim: 20-40g of protein 30-60 minutes after activity

IMMEDIATELY AFTER EXERCISE



Choose a protein ... and a HIGH carb snack

The goal is to rebuild and recondition your muscles! Aim for 20-40g of protein and 2:1 ratio of carbs to protein!

Nesquik + Uncrustable

Muscle Milk + Tart Cherry + Banana

Shake of the Week + Pretzels

Muscle Milk Protein Bar + Grapes

~1-2H AFTER EXERCISE



Heavy Training:
1/2 Plate Carbs

Moderate Training:
1/3 Plate Carbs

This should resemble a balanced performance plate!

Grilled Chicken + Pasta + Vegetable +
1c Skim Milk

Eggs + Oatmeal + Greek Yogurt +
Berries + 1c Orange Juice

Turkey + Cheese Sandwich + Apple + 1c
Skim Milk



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EASY ON THE GO SNACKS

Dense

Trail mix & an orange
Hard boiled egg & fruit



PB&J

Overnight oats, peanut butter & blueberries



Guacamole & pretzels

Banana, peanut butter, & dark chocolate chunks

Apple & peanut butter

Cheese stick & nuts

Peanut butter crackers



Fruit & beef jerky

Pre-made protein shake

Protein snack boxes-

Sargento, P3

Light

Raisins/dates/figs

Dried fruit

Piece of fruit/fruit cup



Nuts

Granola bar- KIND, Muscle

Milk, Honey Stinger

Cereal

Pumpkin/sunflower seeds

Dark chocolate covered blueberries/pomegranates



Pretzels/Cheez Its

Beef Jerky

Peanut butter on rice cake

Popcorn

Applesauce





BUILDING A SNACK

Make sure your snack has carbs and protein!

Carb



Orange slices

Fruit cup

Bagel

Toast

Overnight oats

Raisins/dates/figs



Pretzels

Banana

Apple

Rice cake



Popcorn

Applesauce

Crackers

Dried fruit



Nutrigrain bar

Blueberries



Protein

Trail mix

Nut butter



Sliced turkey

Hard boiled egg

Nuts



Protein bar

Milk

Hummus



Cheese stick

Beef Jerky

Muscle Milk shake

Protein snack boxes -

Sargento/P3

Tuna

Edamame

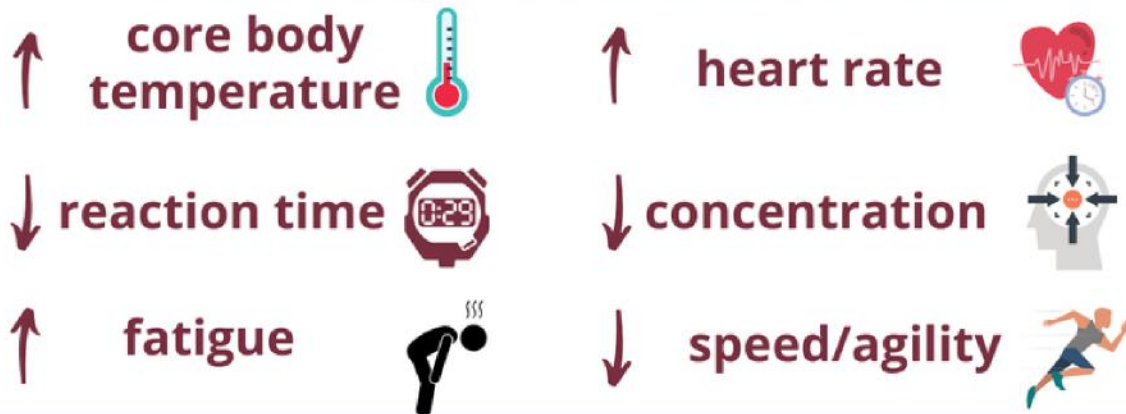
Yogurt



HYDRATION

As an athlete, maintaining your hydration status is essential to performance. A 2% loss of body weight during training or games can negatively impact performance and health.

What Dehydration Does To You



HERE ARE SOME WAYS TO CHECK AND SEE IF YOU ARE CURRENTLY DEHYDRATED



WEIGHT

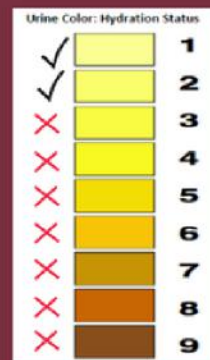
Should always be within 1% of your usual weight

IF YOU WEIGH 200# YOU SHOULD BE ± 2 #



URINE

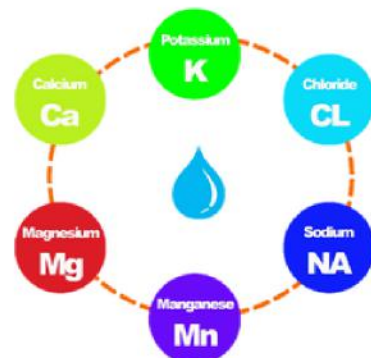
Should look like diluted lemonade. If you are urinating less frequently that is a sign you can be dehydrated



THIRST

Dry mouth can be a sign of dehydration. If you are thirsty it may already be too late

Be sure to include electrolytes to your hydration plan:
Salt your food



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HYDRATION

RULE OF



IS TO DRINK 1/2 YOUR BODY WEIGHT IN FL OZ ON **REST DAYS**.

ON YOUR TRAINING DAYS **1H OF TRAINING = 16-24 FL OZ**
ON TOP OF ABOVE RECOMMENDATION!!



1 = 33 fl oz

Step 1: Body weight $\div 2$

Example 240 lb $\div 2$

= 120 fl oz/day

=



Step 2: Add up how many hours of exercise you have that day

For every hour of exercise increase water by 16-24 oz
(example: 2h practice + 1h lift = 3h)

$24 \times 3 = 72 \text{ fl oz}$

=



Total needs for the day: 192 fl oz

That is = 6 Powerade squeeze bottles worth of water



ENERGY DRINK CONSUMPTION

Did you know how much sugar is in the following drinks?



CAFFEINE

PROS

- Can improve concentration and alertness
- Enhances endurance
- Reduces perception of fatigue

CONS

- Diuretic- increase dehydration
- Jitters
- Anxiety
- GI issues
- Insomnia
- Increased Heart Rate
- Overstimulation
- Dizziness

ENERGY DRINK CONSUMPTION

MONSTER GREEN 16 FL. OZ.

Nutrition Facts

Serving size 1 can

Amount per serving

Calories 230

% Daily Value*

Total Fat 0g 0%

Sodium 370mg 16%

Total Carbohydrate 58g 21%

Total Sugars 54g

Includes 54g Added Sugars 108%

Protein 0g

Riboflavin (Vit. B2) 260%

Niacin (Vit. B3) 250%

Vitamin B6 240%

Vitamin B12 500%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CARBONATED WATER, SUGAR, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, COLOR ADDED, PANAX GINSENG EXTRACT, L-CARNITINE L-TARTRATE, CAFFEINE, SORBIC ACID (PRESERVATIVE), BENZOIC ACID (PRESERVATIVE), NIACINAMIDE (VIT. B3), SUCRALOSE, SAL. D-GLUCURONOLACTONE, INOSITOL, GUARANA EXTRACT, PYRIDOXINE HYDROCHLORIDE (VIT. B6), RIBOFLAVIN (VIT. B2), MALTODEXTRIN, CYANOCOBALAMIN (VIT. B12).

MANUFACTURED FOR MONSTER ENERGY COMPANY
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MONSTER ENERGY BLEND: GLUCOSE, TAURINE, PANAX GINSENG EXTRACT, L-CARNITINE, CAFFEINE, GLUCURONOLACTONE, INOSITOL, GUARANA EXTRACT, MALTODEXTRIN

CAFFEINE FROM ALL SOURCES: 160mg PER CAN

CONSUME RESPONSIBLY: NOT RECOMMENDED FOR CHILDREN, PEOPLE SENSITIVE TO CAFFEINE, PREGNANT WOMEN OR WOMEN WHO ARE NURSING.



About 13.5 tsp of added sugar per can

TAURINE- non essential amino acid (meaning your body makes this on its own and you do not need an outside source of it), when combined with caffeine cardiac affects are exacerbated. No sufficient data that proves taurine improves energy metabolism.

BE CONSCIOUS OF YOUR CAFFEINE CONSUMPTION!

160 mg Caffeine per can!

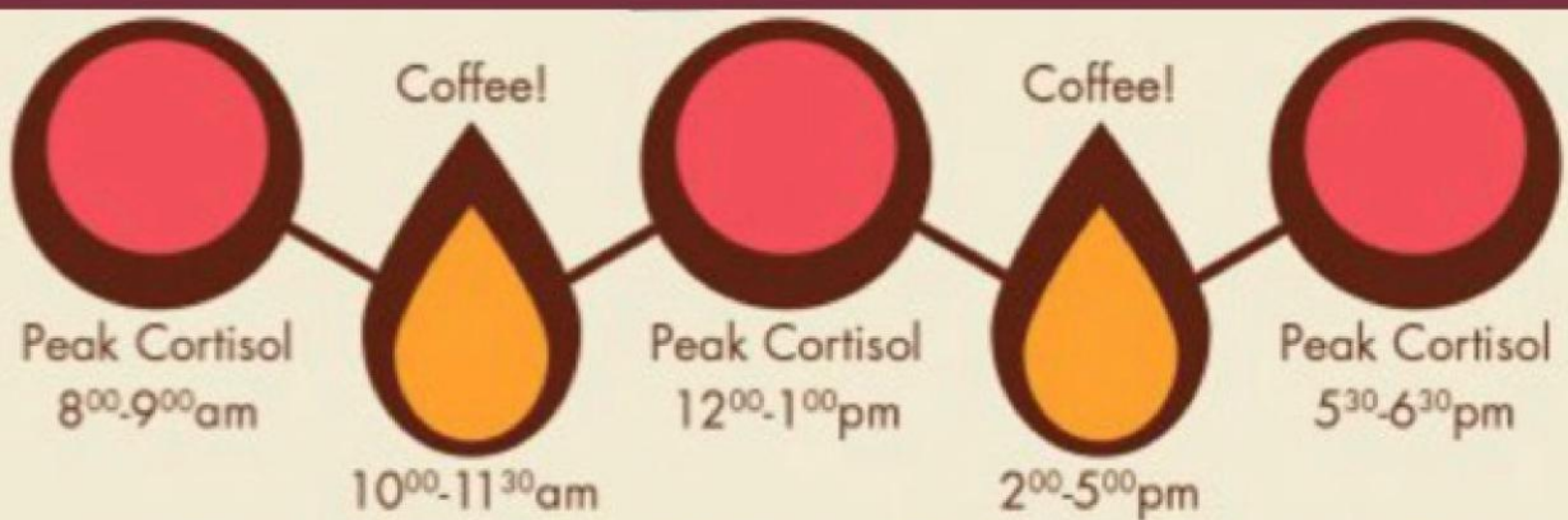
Caffeine works by blocking the signals in your brain that would make you feel tired.

The acceptable caffeine limit for NCAA athletes is 15 micrograms per milliliter of urine which is equal to drinking about 500 mg of caffeine (6-8 cups of coffee).



ENERGY DRINK CONSUMPTION

WAIT UNTIL AFTER 10 AM AND TRY
NOT TO HAVE COFFEE ON AN EMPTY
STOMACH



Cortisol levels peak at three times during the day: between 8⁰⁰-9⁰⁰ am, 12⁰⁰-1⁰⁰ pm and 5³⁰-6³⁰ pm. The best time to drink coffee, therefore, is when your cortisol levels naturally dip. The first dip is after 10⁰⁰ am.

CUT OFF CAFFEINE 4 TO 6 HOURS
BEFORE SLEEP