

# Sports Nutrition

Natalie Nachef, MS, RD



# What Makes up a Healthy Diet?



Lean Protein



Low-Fat Dairy



Fruit



Grains



Vegetables



Water

# Why is good nutrition important for sports?

- Maximizes performance
- Less fatigue and illness
- Reduces muscle soreness
- Helps maintain and manage a healthy weight
- Supports longer and harder training
- Promotes better and faster recovery
- Supports and speeds healing from injuries



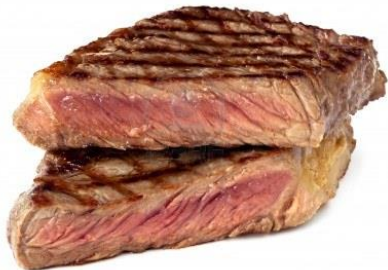
# Carbohydrates

- Body's main source of fuel
- Stored in muscles
- Released when body needs energy
- Helps you make split second decisions



# Protein

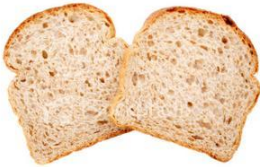








- Helps build muscle
- Aids in healing and recovery
- Prevents soreness





# 3 – 4 Hours Pre-Game/Practice Meal

- Well-balanced meal
- Don't eat too much
- Keep it low in fat
- Moderate in protein, fiber

Carbohydrate		Lean Protein		Fruit/Vegetable
	+		+	
	+		+	
	+		+	

# 30-60 Minutes Before Exercise

- Easily digestible carbohydrates
  - Avoid complex carbs (high in fiber, take longer to digest) – whole grains, vegetables, *some* fruit
- Low fiber, Low fat, Low protein



# During the Game







- Replenish fuel especially if you are highly active
- More important to **STAY HYDRATED**





# 15-30 Minutes After the Game/Practice

- Goal: Replenish energy and repair muscles

Carbohydrate		Protein
	+	
	+	
	+	

# Post-Game/Practice Meal

- Follow healthy diet guidelines
  - High fiber carbohydrates
    - Whole wheat grains
  - Lean protein
  - Fruits & Vegetables
  - Healthy fats
- 
- Save the celebratory pizza for another day!



# Hydration

- Body is made up of 60% water
- Aids in digestion, transport of nutrients, circulation, body temperature
- Helps energize muscles



# When to Drink Fluid

- 1 – 3 cups 1 hour before exercise
- 1/2 – 1 cup every 15 minutes during exercise
  - Drink more if it's hot out or if you're sweating a lot
- Drink 2-3 cups after exercising
- Have small amounts of Gatorade during activity to replenish electrolytes
  - It's best to alternate between water and Gatorade





# Signs of Dehydration

- Early Signs:
  - Thirst, flushed skin, fatigue, increased body temp, faster breathing, decreased capacity
- Later signs:
  - Dizziness, weakness, blurred vision, collapsing, loss of consciousness, shock



# Monitoring Hydration

- Color of urine – light yellow/clear
- Skin pinch test
- Weight change before and after exercise
  - Replenish with 2 – 3 cups of water for every pound lost



# Questions

