



- Sports Nutrition -

# Sports Nutrition

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## *The Big Mystery?*

What do weight loss nutrition, sports nutrition, and generally healthy nutrition have in common?

- Individualized
- Results Driven
- Practical



# NUTRITION 101

## The Macronutrients

**Carbs** – An essential source of energy, carbs are easily digested and metabolized to provide fuel for all our bodies' systems.

→ Carbs are found in a variety of foods like grains, starchy vegetables, fruits, dairy, and sweets.

**Protein** – Important for our muscle recovery and cell repair. Athletes may worry about getting enough protein but most are eating sufficient amounts.

→ The best sources of protein are eggs, meat, and dairy. Protein is also found in beans, nuts, and legumes.

**Fat** – Critical for protecting vital organs, improving immune function, and storing energy. Fats are slow to digest helping to keep us full and satisfied.

→ Good sources of fat include butter and oils, egg yolks, full fat dairy, avocados and nut butter.

# NUTRITION 101

## The Macronutrients

### USDA Recommendations for Macronutrient Intake:

	% TOTAL ENERGY INTAKE	CALORIES	GRAMS
CARBS	45 – 65	1100	275
PROTEIN	10 – 35	400	100
FAT	20 – 35	500	55

Based on macronutrient breakdown of 55% CHO, 20% PRO, 25% FAT and 2,000 calorie daily intake.

### Athlete Recommendations for Macronutrient Intake:

	% TOTAL ENERGY INTAKE	CALORIES	GRAMS
CARBS	55 – 65	1200	300
PROTEIN	15 – 25	360	90
FAT	20 – 30	440	49

Based on macronutrient breakdown of 60% CHO, 18% PRO, 22% FAT and 2,000 calorie daily intake.

# NUTRITION 101

## Caloric Intake

HOW MANY  
CALORIES



***Guess what, I have no idea!***

- Tools to estimate calorie needs are wildly inaccurate, even in a clinical setting.
- Your metabolism and calorie needs vary greatly from day to day.
- Counting calories is a cumbersome process, distracts from our relationship with food, and tends to be inaccurate anyway.
- The easiest way to estimate your caloric needs is to simply eat when you're hungry!

# Honor Your Hunger

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- When we skip meals or ignore our hunger our bodies assume there isn't any food around and our metabolisms slow down.
- If we ignore our hunger our bodies begin to adapt and hunger cues diminish.
- When we tap into our **primal hunger** (fear of starvation) it becomes extremely difficult to regulate intake or make rational food decisions.

*Busy schedules, daily anxieties, and food culture often dictate when we eat resulting in meal times that have little to do with actual hunger.*

**IF YOU'RE HUNGRY  
IT'S TIME TO EAT!**

# Honor Your Hunger

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**If you're hungry, it's time to eat:**

**Breakfast** – Wakes up metabolism and provides essential fuel for the day

→ Choose a breakfast that contains a good mix of protein, carbs, and fat

**Snacks** – Keep healthy snacks on hand to eat whenever hunger strikes. This is especially important for athletes with higher caloric needs.

→ Like breakfast, snacks should be a mix of macronutrients. However you may choose a higher carb snack before a workout or a higher protein snack after.

**Meals** – Lunch and dinner should be larger meals ideally eaten at similar times every day. **DO NOT SKIP MEALS!**

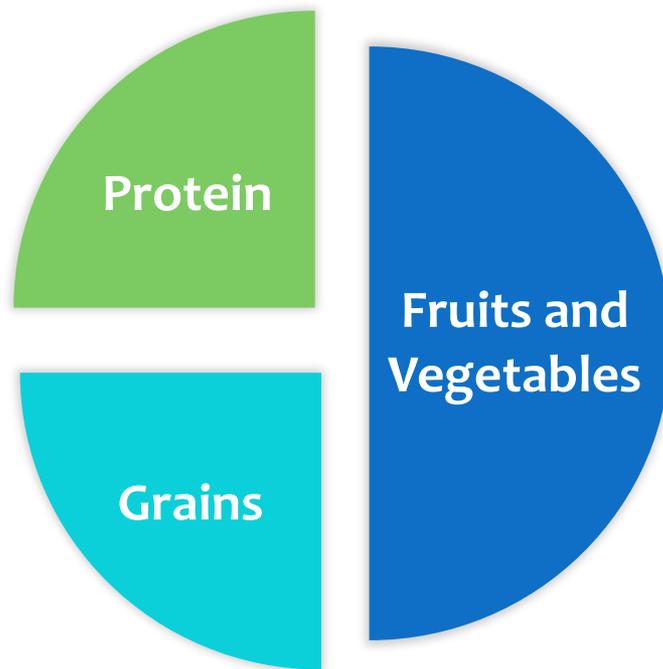
If you find you are extremely hungry at lunch and dinner consider eating more at the previous meal or adding in an extra snack.



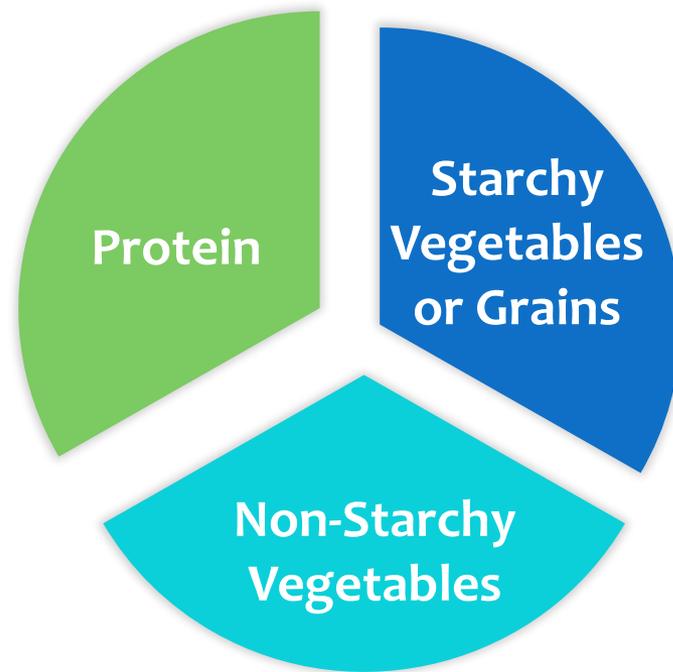
# General vs. Sports Nutrition

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USDA MYPLATE



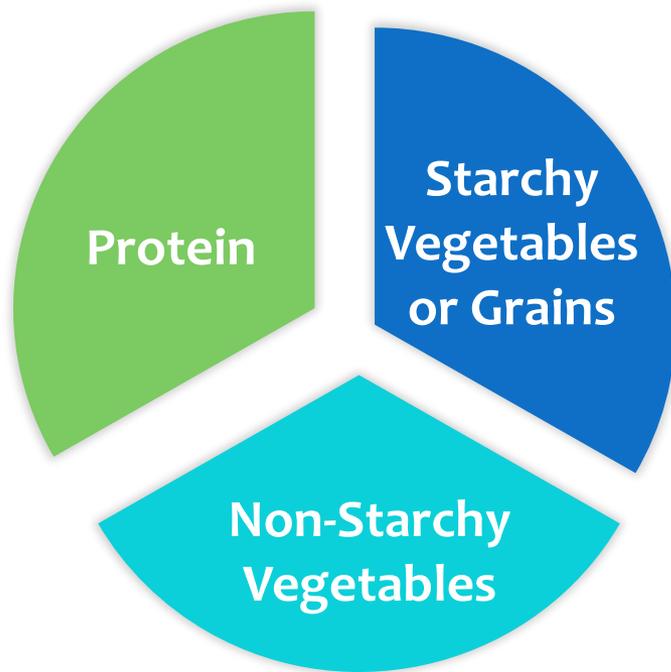
ATHLETE'S MYPLATE



# Athlete's MyPlate

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## SPORTS NUTRITION



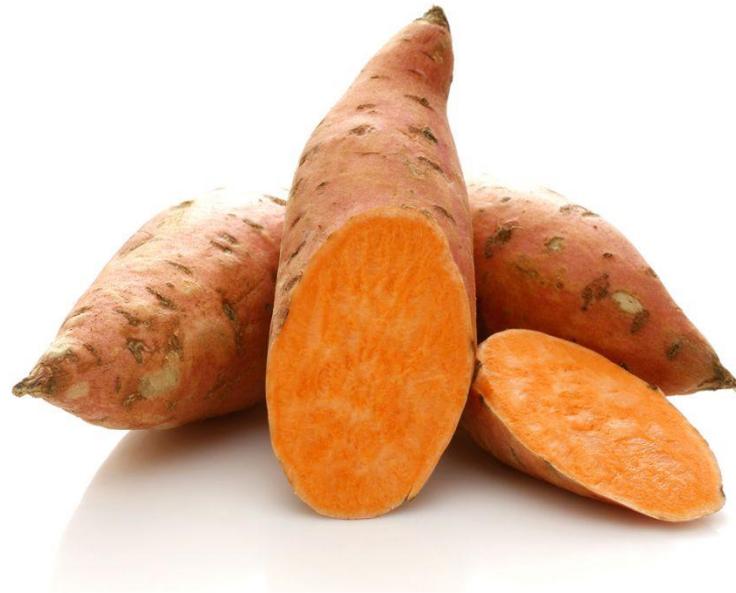
- Added carbs from a wider variety of sources
- A heftier dose of those antioxidant rich and nutrient dense veggies
- A larger serving of protein for muscle recovery

# Starchy Vegetables or Grains

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## Why?

- Starchy vegetables like sweet potatoes and beans are great sources of carbohydrates and tend to be more nutrient dense than grains.
- Athletes need plenty of carbs to fuel their activity – increasing your carb intake can help you maintain your energy through your workout (or your workday!)



# Starchy Vegetables or Grains

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## Nutrient Dense Starchy Veggies & Grains:

### Whole Grains:

- Whole or sprouted grain bread
- Brown rice or whole grain pasta
- Bran cereal, oatmeal, grits
- Look for labels that say “100% Whole Grain”

### Starchy Vegetables:

- Beans – black beans, pinto beans, chick peas (and hummus!)
- Potatoes – the more colorful the better
- Corn – also considered a whole grain

### Seeds and Legumes:

- Peas and lentils
- Quinoa, chia, and flax seeds



# Non-Starchy Vegetables

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## Why?

- Vegetables are loaded with nutrients that are essential for optimal cell function, energy production, and recovery:
  - Potassium and Vitamin B for ATP synthesis
  - Magnesium and Vitamin C for recovery
- Vegetables are high in anti-oxidants to combat the oxidative stress resulting from increased cellular metabolism
- Diets high in vegetables have been associated with reduced chronic inflammation
- Aside for performance benefits, veggies are just really good for you – eat more of them!

# Protein

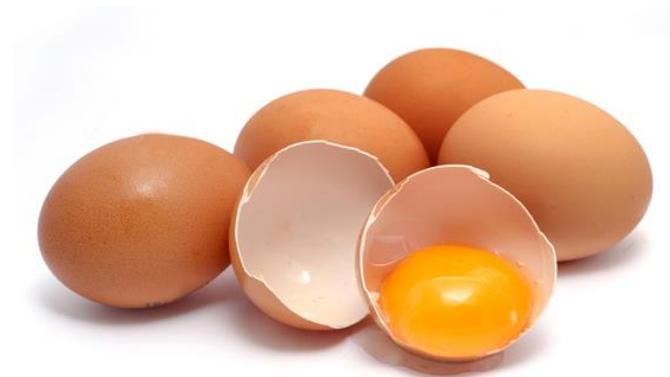
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## Why?

- Protein is the main structural component of our cells and tissue and dietary protein is used to repair muscle damage.
- Adequate protein is essential for athletes however protein needs can be met relatively easily.

**For a 130lb women 90 g PRO = 1.5 g/KG**

2 eggs	= 12g
5 oz Greek yogurt	= 15g
4 oz chicken breast	= 34g
¼ cup almonds	= 8g
6 oz salmon	= 43g
<b>Total</b>	<b>= 112g</b>



# Fat

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## Why?

- Although fat isn't specifically indicated on MyPlate it is a **critically important** nutrient for athletes.
- As athletes increase their carb and protein intake they often decrease their fat intake.
- Fat is crucial for energy production and muscle repair. A diet low in fat can lead to increased feelings of fatigue and soreness.



# Types of Fat

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**Saturated Fat** – Often villainized, saturated fats are actually essential for immune function, hormone production, and cellular structure.

- Saturated fats are solid at room temperature
- Typically from animal sources like fatty meats and dairy

**Medium Chain Triglycerides** – Because of their shortened length, MCT's are quickly and easily converted into energy. Some evidence indicates this may be beneficial for improving athletic performance.

- MCT's are saturated fats found in plants
- Good examples include avocado, nuts, and coconut oil

**Omega 3 Fatty Acids** – A specific type of unsaturated fat that cannot be produced by our bodies and has anti-inflammatory properties.

- Unsaturated fats are liquid at room temperature
- Good sources of Omega 3 FA's are fatty fish, flax and chia seeds, walnuts, olive, flax, and canola oil

# Work Out!

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FUELING YOUR BODY BEFORE, DURING, AND  
AFTER PHYSICAL ACTIVITY

# PRE - WORKOUT

## Breakfast and Snacks

*Showing up for your workout with nothing in your stomach may make it difficult for your body to perform to its full capacity.*

### Morning Workouts:

- You may note need a complete breakfast before you hit the gym.
- Try having a piece of whole grain toast or fruit to wake up your metabolism.

### Afternoon Workouts:

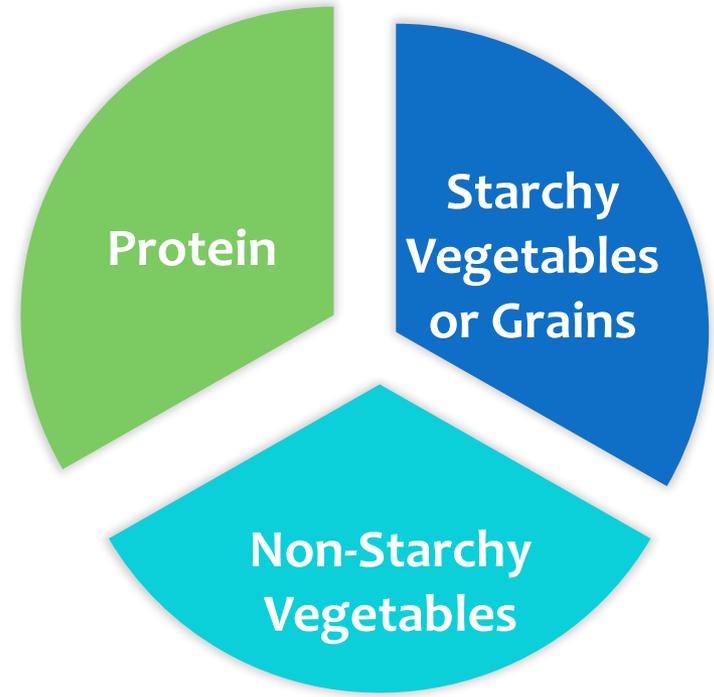
- Make sure to have a good source of carbohydrates at lunch.
- If you find yourself getting easily fatigued during your workout, consider having a small carbohydrate rich snack before you head to the gym.



# POST - WORKOUT

## Enjoy a Balanced Meal

*Use the Athlete's My-Plate as a guide for your post workout meal.*



- Plan to eat within 2 hours of finishing your workout
- Try to eat sooner or have a snack if you've had an extremely vigorous workout
- Remember to incorporate good sources of protein and carbs for recovery

# Hydration & Supplements

## **Hydration:**

- Drink when you're thirsty!
- If it's a particularly hot day you may need to stop more frequently for water.
- If you're working out for less than 75 minutes you probably won't need to replete your electrolytes.

## **Performance Supplements:**

- A multi billion dollar industry . . .
- If you're a serious athlete you may benefit from using nutrition supplements but for most fitness enthusiasts, these supplements just add unnecessary calories.
- Save your money and your calories by drinking water and fueling with real food before and after your workouts.

# The Take Away

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*Sports nutrition isn't so complicated after all!*

- Eat when you're hungry
- Balance carbs, protein, and fat
- Incorporate more nutritious foods whenever possible



# Thanks!

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*Any questions?*