

Presentation Notes

Sports Nutrition – Eating Healthy and Keeping Fit

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Sports Nutrition – Eating Healthy and Keeping Fit

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NUTRITION FOR ATHLETES

- Body needs the right amount of:
 - Carbohydrates
 - Protein
 - Fats
 - Vitamins
 - Minerals
 - Fluids

[Sports Nutrition: Who Delivers?](#)

(click on link)

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Without proper nutrition, an athlete will not be able to achieve his or her maximum athletic potential.

Click on hyperlink to view video:

[Sports Nutrition: Who Delivers?](#)

A sports dietitian is the smart choice for high quality sports nutrition guidance and other sports nutrition services, including sports nutrition program development and management.

<http://www.scandpg.org/sports-nutrition/working-with-a-sports-nutritionist/#who-delivers>

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EATING RIGHT WILL

- Help you train longer and at a higher intensity
- Delay the onset of fatigue
- Promote recovery
- Help your body adapt to workouts
- Improve body composition and strength
- Enhance concentration
- Help maintain healthy immune function
- Reduce the chance of injury
- Reduce the risk of heat cramps and stomach aches

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Most athletes can meet their nutritional needs by following the Dietary Guidelines for Americans.

If extra calories are needed, they should come from nutrient dense foods high in starches or complex carbohydrates.

Drink plenty of fluids to avoid dehydration.

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EAT BEFORE EXERCISING

- Three to four hours before
- Meals high in carbohydrates and low in fat
- Food that are easy to digest
- Do not overeat
- Drink plenty of water



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Suggested foods to eat before exercising:

- apple slices
- fruit and yogurt smoothie
- grilled cheese sandwich
- oatmeal
- peanut butter

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ENDURANCE
EVENTS

Gaining in popularity

- 5K, 10K
- Marathons
- Triathlons

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Can you name any other endurance events?

Nutritional needs increase depending on length of event, fitness level and gender.

Sports drinks are recommended to replace electrolytes lost.

Drink plenty of water.

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AFTER PHYSICAL ACTIVITY

- Continue with plenty of fluids
- Protein to aid muscle tissue
- Carbohydrates



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Suggested foods after physical activity:

- fruits smoothie
- graham crackers with peanut butter
- rice bowl
- stir fry
- sports drink
- whole wheat sandwich


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SUPPLEMENTS

- No need if eating balanced diet
- Not proven that extra vitamins and minerals enhance athletic performance
- Should be monitored by a physician



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All sorts of dietary supplements **claim** to make you faster, stronger, more energized and slimmer.

Athletes train hard to reach their peak performance, so products that offer an edge can be enticing.

But, “Buyer Beware” - Effectiveness and safety do not have to be confirmed before supplements hit store shelves. Learn how to spot a fraud and where to find trustworthy information.

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REFERENCES AND RESOURCES

Images:

- Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

- Duyff, R. L. (2010). *Food, nutrition & wellness*. Columbus, OH: Glencoe/McGraw-Hill.
- Kowtaluk, H. (2010) *Food for today*. Columbus, OH: Glencoe/McGraw-Hill.
- Weixel, S., & Wempen, F. (2010). *Food & nutrition and you*. Upper Saddle River, NJ: Pearson/Prentice Hall.

Video:

- Sport Nutrition: Who Delivers?

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<http://www.scandpg.org/sports-nutrition/working-with-a-sports-nutritionist/#who-delivers>

Website:

- Academy of Nutrition and Dietetics
The world's largest organization of food and nutrition professionals
www.eatright.org