

# Sports Nutrition & Weight Management

- No one gets strong from a vending machine
- You must eat to perform
- Don't bank on being the exception to the rule

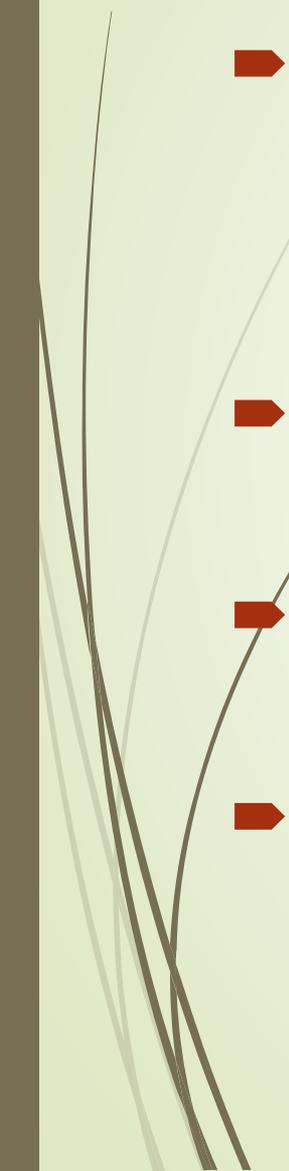


# Why is it important

- Were here to be GREAT!
  - We train smart and hard
  - Why undo that work by not fueling your machine correctly
    - Maximize your potential
- 



# Improve athletic performance

- Don't take two steps forward when you workout, then take one step back with poor eating habits.
  - Eating right will maximize your work-out efforts.
  - Proper nutrition prevents fatigue and injury
  - Maximize performance/ eliminate poor matches due to poor weight management
- 



# Basic Principals

## Be healthy

- Three key components of a healthy diet include:
- **Variety** – Choose variety of foods (not salad everyday)
- **Moderation** – Limit high-fat foods and sweets with healthy food choices. (if you eliminate eventually there will be a break)
- **Wholesomeness** – Choose fresh, natural foods as often as possible.



# What is meant by cutting weight

- ▶ The goal is to maximize the strength to weight ratio
  - ▶ Be the strongest you can be pound for pound
  - ▶ For some that will occur when your competing at a lighter weight
- ▶ Who should cut weight
  - ▶ Varsity athletes that coaches have talked to
  - ▶ Everyone else should lean this info, and focus on becoming the best athlete they can be
- ▶ Wilson vs Ibarra weight cutting



# Carbohydrates: The Primary Fuel Source

## What's the point?

- ▶ Carbohydrate is the main fuel that powers your body.
- ▶ Carbohydrates are found in a variety of foods
  - ▶ bread, cereals, grains, rice, pasta, milk, fruit, cookies, and other desserts
- ▶ Not eating enough carbohydrates may result in muscles “hitting the wall” or “crashing.”
  - ▶ Eating carbohydrates after a workout speeds up your muscles recovery time.
  - ▶ Avoid “empty” carbohydrates, which provide little nutrition.



# Protein

## A Building Block for the Body

### What's the Point?

- ▶ Protein plays an important part in all cell growth and repair.
- ▶ Protein helps your body recover from injury and sports related stress.

### What's in it for me?

- ▶ Protein helps maintain your muscle mass, builds and repairs tissue, and provides some energy. If you don't eat enough protein it will limit your ability to build muscle.



# Protein intake



## Animal sources of protein

- ▶ Hardboiled eggs make a fast breakfast. You may eat up to 4 egg yolks per week
- ▶ Use egg whites on salads
- ▶ Deli sandwiches or subs make a great lunch
- ▶ Try grilled, broiled, boiled, and baked cuts of meat, poultry, and fish for dinner
- ▶ 1 oz hard cheese counts as 1 oz meat

## Plant sources of protein

- ▶ Beans such as: garbanzo or black beans
- ▶ Nuts: cashews, peanuts, almonds
- ▶ Order bean burritos or tacos
- ▶ Mix up a 3, 4, or 5 bean salsa
- ▶ Peanut butter
- ▶ Spread apple slices with peanut butter



# Consume limited amounts

## Fats:

Concentrated Energy Source

- ▶ Fat is something that the body needs, though our bodies don't require large amounts.
- ▶ An extremely low fat diet is very unhealthy and will harm your performance.
- ▶ Athletes actually burn fat as a fuel during exercise.

## Sweets:

Concentrated Energy Source

- ▶ Sweets can provide extra calories if you are meeting your other nutrient needs for the day.
- ▶ Sugar is a carbohydrate, but provides mostly calories with few vitamins or minerals.
- ▶ Many low fat and fat free foods are high in calories, because they have large amounts of sugar



# How to gain/ loose good weight

## To gain weight

- ▶ we want to create a calorie surplus
  - ▶ Healthy weight gain is a slow gradual process

## To loose weight

- ▶ we want to create a calorie deficit (feast/famine)
  - ▶ A pound of Fat which is what we want to loose is 3,500 calories
- ▶ Boost metabolism
  - ▶ How do you boost it
  - ▶ Works at all times, even when sleeping



# What is metabolism

- The process of our body burning food to perform work
- Your body is like a machine
  - Think about a car
    - Engine size and fuel usage
  - What types of fuel and how much you put in at a time
    - Santa Maria BBQ



# Time to Eat

## **What's the point?**

- Eating at regular intervals throughout the day will help you perform better...at everything.

## **What's in it for me?**

- Your body needs calories every 4-5 hours.
- You will feel better during the day.
- You will perform better in class.
- You have a better chance of getting the calories you need each day.
- You will have the energy to practice and perform better.



# Time to eat continued

## What should I do now?

- Start the day with breakfast – get the day started right.
  - AM workout for those really watching weight
- Eat every 4-5 hours throughout the day
- Healthy snacks can be a part of your plan.
- Schedule your eating accordingly to meet your class/workout schedule
- Plan ahead and take food with you if necessary
- Buy portable, prepackaged foods like granola bars and snack pack fruits.
- Avoid fasting until the “pre-game meal” on game days.

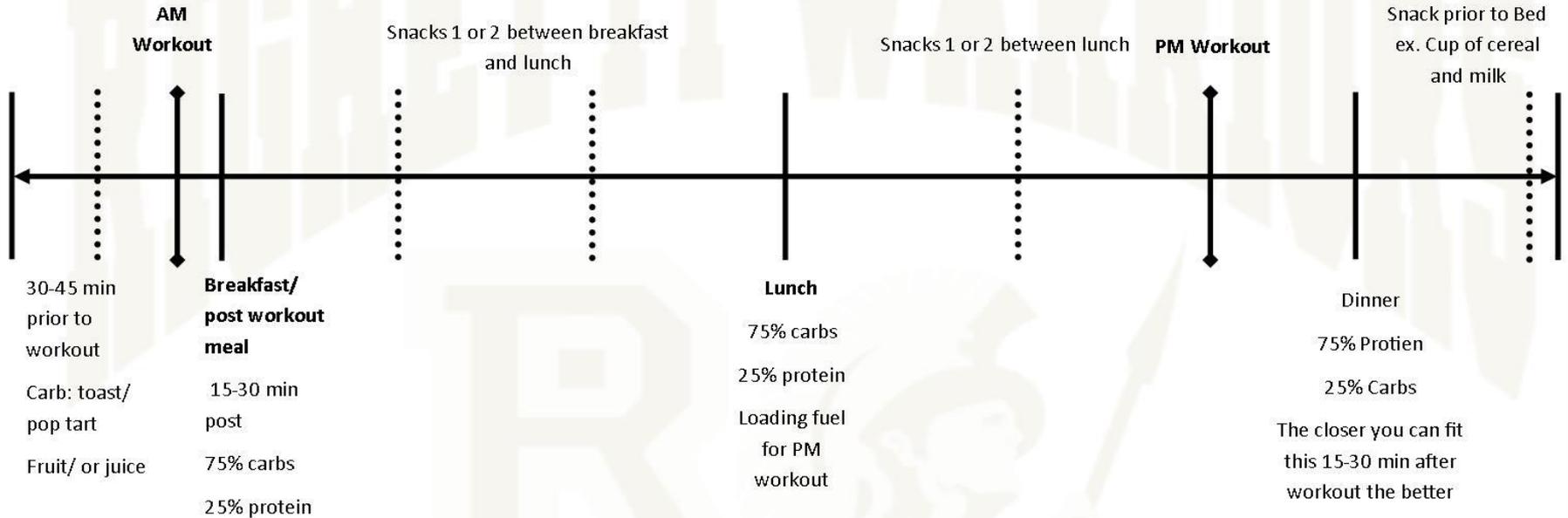
\*\* Be sure to eat meals and snacks throughout the day before going to practice or a game rather than eating one large meal afterwards.

\*\* Don't skip meals – this can lead to overeating at the following meal. Try eating a

- variety of foods throughout the day to help promote a more well-balance meal plan.

# Fueling your Machine

It's an all day process



- Raise your metabolism by eating all day long
- Fuel your body like it's a race car/ no junk
- Eat a variety of foods
- **Never** skip breakfast!
- Eat many meals throughout day versus 2 or 3 big meals a day
- Eliminate soda and limit empty calories (chips/ over abundance of sweets)



# How many calories to I need Fuel your machine!!!

23 calories per pound of body weight  
(based on 90 min of vigorous work a day)

<b>Body Weight</b>	<b>Calories @ 23 per lb</b>
100	2,300
130	2,990
150	3,450
170	3,910
190	4,370
210	4,830
230	5,290
250+	5,750

# Eating

## On campus

- ▶ Pasta (brown or white)
- ▶ Fruit (fresh, frozen, canned – in own juice, packed in water or light syrup)
- ▶ Starchy vegetables (corn, peas, potatoes)
- ▶ Whole grain bread, rolls, or crackers
- ▶ Low fat yogurt or milk
- ▶ Juice

## Bring from home

- ▶ Make individual serving sizes of nuts, pretzels, popcorn, dry cereals (ex. Chex)
- ▶ 1 regular pudding cup (1/2 cup) + 1 banana
- ▶ 1 Nature's Valley Granola Bar +  $\frac{1}{2}$  cup applesauce
- ▶ 1 Tbsp Peanut Butter + 1 Rice Krispie Treat Bar
- ▶ 1 pack Fig Newtons (2 cookies) + 4 oz yogurt
- ▶ 1 Nature's Valley Granola Bar/Trail Mix bars
- ▶ 1 Tbsp Peanut Butter + 4 graham cracker squares
- ▶ 1 Nutrigrain bar +  $\frac{1}{2}$  cup dried fruit (examples: raisins, apricots, or banana chips)
- ▶ 1 medium apple + 2 Tbsp peanut butter
- ▶ 1 cup celery sticks + 2 Tbsp peanut butter +  $\frac{1}{2}$  cup raisins
- ▶ 1 cup trail mix/Chex mix (or try making your own: try including pretzels, dry cereal such as Chex or Cheerios, nuts, dried fruit)
- ▶  $\frac{1}{2}$  cup peanuts/almonds/cashews
- ▶ 1-6 pack peanut butter cookies or crackers
- ▶ 1 Tbsp peanut butter + 1 Chewy granola bar or  $\frac{1}{2}$  cup animal crackers
- ▶ 1 snack bag of Teddy grahams +  $\frac{1}{2}$  cup applesauce
- ▶ Luna Bar/Pria Bar/Power Bar
- ▶ 8 oz. Dannon Fusion (yogurt drink)



# Action steps

- ▶ Talk to your coaches and ask questions we are experienced
- ▶ As you get closer to weighing in you will reduce fluid intake
  - ▶ Wait 1-2 hours after practice before drinking fluids
- ▶ Eat small frequent meals through out the day
  - ▶ Shift from carb heavy meals to protein heavy meals
- ▶ Jumpstart your metabolism by being active in the morning and on rest days (Sundays)
- ▶ Stretch workouts to burn fat (15-20 min on a bike or jog at end of workout)