

# Good Nutrition = Good Performance

- Athletes need adequate nutrition to perform academically and athletically
- Need snacks & meals to contain 3:1 carbohydrate/protein ratio
- Protein/Carbohydrate ratio ideal for recovery & repair
- Protein daily requirement 1.2g/kg body wt
- Complex Carbohydrate needed to fuel endurance
- Simple carbohydrate spikes increase insulin & inflammatory response & inhibit performance

# Nutrition - Protein

- Protein utilization is limited by vitamin & mineral intake
- Excess Protein not utilized will tax Kidney function to eliminate
- Proteins must supply 9 essential amino acids – complete proteins (vegetarians must be vigilant)
- Protein synthesis in body requires vitamins & minerals
- Thus adequate intake of **Whole Fruits & Vegetables** required to supply vitamins & minerals

# Nutrition - Calcium

- Calcium Regulates – heart function, blood pressure, muscle contraction, bone growth & repair, teeth structure
- Adequate intake of CALCIUM is imperative
- Athletes need in excess of 1300 mg per day – ideal 1800 mg
- Dietary sources include –
  - low fat/non milk is highest absorbable source (ratio w/ Vit D)
  - low/non fat dairy cheese/yogurt, tofu, boney fish, broccoli, bok choy, almonds, powdered milk (use as additive)

# Nutrition – Iron

- Iron needs increase for adolescent boys & girls
- Iron helps accept, carry, and release oxygen in blood, cells, and muscles
- Iron deficiencies are more common in females – esp cross country athletes
- Iron supplements –Ferrous Sulphate well absorbed if taken between meals or at bed time
- WARNING – excess dosing/supplementation is dangerous
- Iron supplement doses should be monitored by physician
- Dietary Intake is imperative & ideal
- Sources: Lean Red Meats, fish, poultry, shellfish, eggs, legumes, dried fruits

# ATHLETE'S PANTRY Sample

- **Protein:** meat jerky, tuna, peanut butter, nutella, lean meats, eggs, tofu, legumes, almonds, walnuts
- **Dairy products** – non/low fat milk, cheese, cottage cheese, greek yogurt, Soy milk, Almond Milk
- **Vegetables:** Spinach, Broccoli, Bell Peppers, carrots, cucumbers, tomatoes, avocados, etc
- **Fruits** – Bananas, apples, peaches, berries, melons, pitted fruits (sparingly), etc
- **Carbohydrate:** whole wheat pasta, brown rice, steel cut oats, quinoa, couscous, cream of wheat, cereals, flat breads, tortillas, saltine crackers

# Athletes Kitchen

- Make food accessible to pack for meals & snacks
- **Vegetable & Fruit bags** – cut-up & package weeks worth in snack size baggies for grab & go lunches & snacks
- **Trail mix** – make with almonds, raisins, dark chocolate chips, cereal, dried fruit – package 7 baggies for grab & go
- **Proteins** – boiled eggs, jerky, tuna snack packs, peanut butter or nutella packs, bean salads can be packaged for grab & go
- **Spinach** – add it to everything, in casseroles, pastas, salads, salads. Toss w/ lemon juice to preserve & increase Iron intake
- **Fruits** – also combine high fiber fruits w/pitted fruits – apples & berries, berries & bananas, melons & grapes, etc
- **Be Creative** – have food handy & transportable to make healthy eating an easy option.