

Stronger, Better, Faster

How to eat your way to a stronger athletic performance

By: Samantha Figlia, Lacey Pettigrew, Kristin Weil

What kinds of foods and beverages do you buy?

List on the grocery list provided the items you typically buy from the grocery store.

Introduction:

- How your body uses fuel
- Meal Management
- Good sources of energy dense foods
- Proper Hydration

How do you feel half way through a game?

About Carbohydrates

Definition: compounds that act as the main source of energy for the body

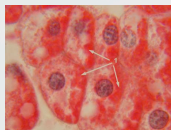


The Breakdown: Carbohydrates

- Starch, Glucose = Energy... i.e. Body energy
- Blood transports/ carries glucose to muscles and brain
- Glycogen plays key role in muscle energy

Glycogen

- Stored in Muscle and Liver
- Body breaks down glycogen into glucose for energy
- Best source: Whole Grains
- Build up Carbohydrates through the entire day



The Breakdown: Fats

- Very energy dense
- Provides energy... when glucose stores are low
- Difficult for the to body breakdown
- Body uses fat stored as opposed to dietary fat

How does your performance during the game affect your teammates?

Benefits to a Balance Diet:

1. Sustained energy all day
2. Promotes growth and increases strength
3. Longer endurance in physical activities
4. Develop a high immunity (injury and sickness)
5. Feel and look better

Serving Sizes for Athletes

- 10-35% Proteins
- 65%-75% Carbohydrates
- 10- 20% Fats

Plate Method



The Basics of: Protein

Definition: compounds that help build and maintain enzymes, bones, muscles, and red blood cells

- A quality protein is high in variety of essential amino acids
- Food sources: dairy, eggs, lean meats and other animal products
- Plant sources: beans, grains, seeds, and soy beans

Examples of proteins...



The Basics of: Fats

Definition: compounds that perform a variety of important functions in the body like: carrying vitamins and cell membranes structure

- Fat Types: saturated and unsaturated
- **Types of Unsaturated fats:** Omega3 and Omega6
 - Food Sources: Fish, Olive Oil, vegetable oil, and vegetables

Examples of Unsaturated Fats...



<http://www.youtube.com/watch?v=HQGzlk6W6wo>
<http://www.youtube.com/watch?v=z33eFhdYtxM>
<http://www.youtube.com/watch?v=7FjIuaptaQs>
<http://www.youtube.com/watch?v=rQZpsOzY6Ss>
<http://www.youtube.com/watch?v=azssQH6VVJQ>
<http://www.youtube.com/watch?v=Wp8cD1QI3uU>

The Basics of: Fruits and Vegetables

- Low in Calories and high in vitamins & minerals
- Best natural source fiber

Energy dense carbohydrate
definition: foods high in nutrients such as vitamins and minerals and high in fiber

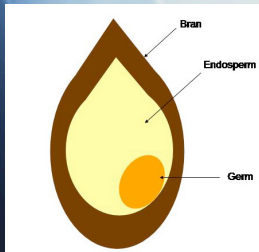
Examples of Fruits and Vegetables...



The Basics of: Carbohydrates

- 4 Kcal/gram
- High quality Carbs contain fiber for bulk... i.e. whole grains

Whole Grains:



Benefits:

1. Provide dietary fiber
2. Feel full longer
3. More vitamins than starchy grains

Maximize Performance: During Training



- Morning: split breakfast into two small meals
- Lunch/ Dinner: have dense carbohydrates, lean proteins and unsaturated fats

Examples of Dense Carbohydrates...



Maximize Performance: On Game Day

3-5 hours before game meal:

1. Low in fat, and Fiber
2. Protein lean and adequate
3. Consume simple carbohydrates



Examples of Simple Carbohydrates...



Importance of Snacking

- Athletes need 3,000- 5,000 Kcals/ daily
- Keeps energy high and sustained through out entire day
- Types of healthy snacks: nuts, fruits and vegetables



Hydrate your Game Plan!

- Thirst
- Don't wait until it's too late!
- Drink more when in high temperatures.



Signs of dehydration...

- Dry mouth
- Dizziness & lightheaded
- Fast heart beat and Fast breathing
- Dark colored urine

Make Adequate Hydration Part of Training

- 2- 3 hours before game:
13- 20 ounces (oz)
- During Game:
6-12 oz/ 15- 20 minutes
- After Game: 16-24oz/ pound lost

Sports Drinks Vs. Water

What's best to drink?



Beverages to Avoid Before Training and Events

1. Caffeinated Beverages
2. Energy drinks
3. Alcoholic Beverages
4. Heavy beverages... like shakes and smoothies



Now its your turn...

After learning some new facts about the importance of healthy foods and how to maximize your athletic potential.

What 3-5 adjustments can you make to your existing grocery list to make your diet healthier?

Suggestions to healthy changes....

1. Whole wheat bread instead of white bread
2. Add spices to your meals to add flavor NOT fat
3. Choose "Select" or lean meats instead of "Prime" meats
4. Add steamed vegetables to your dishes
5. Add healthy snacks to your list.... Your favorite nuts and fruits

Key Points...

1. Making your meal energy dense incorporating fruits, vegetables and whole grains into your dishes.
2. Having fats and proteins that are unsaturated fats and lean.
3. Having 4 -5 smaller energy dense meals a day.
4. Snacking on healthy snacks like fruit and nuts in between meals.
5. Having a balance and variety in your diet.

Thank you!

Resources:

1. J. Brown. Nutrition: Though the Life Cycle, Edition 3. Wadsworth. 2008.
2. F.Sizer, E. Whitney. Nutrition: Concepts and Controversies, Edition 9. Wadsworth. 2003.

[illegible]

- [illegible]