

EAT TO COMPETE

Performance Nutrition 101



Sam Wade, MS, RD, CSSD

NUTRITION PHILOSOPHY

01. YOUR NUTRITION IS JUST AS UNIQUE AS YOU ARE
Different backgrounds, goals, genetics, education, likes, dislikes, etc.

02. ALL FOODS FIT INTO A HEALTHY DIET
There are no “good” or “bad” foods.
Education and learning about your body is essential.

03. BUILD A STRONG FOUNDATION FIRST
A supplement will never out perform healthy nutrition habits.
Consistency and strategy are key for optimal health and performance.

ATHLETE CHECKLIST



BUILD A BALANCED FOUNDATION

Be hydrated

Fuel frequently

Opt for nutrient dense foods = eat the rainbow



SPORT SPECIFIC STRATEGIES

Choose the Athlete's Plate - PCC

Recovery is continuous

Know the demands of your sport



UNDERSTAND YOUR UNIQUE NEEDS

Knowledge in your needs = confidence!

Own your food choices

Understand your gaps in knowledge and seek a pros help!



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BUILD YOUR FOUNDATION





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BE HYDRATED

Water is the most important nutrient!

Hydration:

- Optimizes performance
- Minimizes cramping
- Promotes mental function
- Enhances decision making

Tips:

- Sip, don't chug
- Always have water with you
- Check your pee!





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CONSEQUENCES OF DEHYDRATION



**Increased Rate of
Perceived
Exertion**



**Decreased
Reaction Time and
Depth Perception**



**Increased Heart
Rate**



**Increased Risk of
Injury and
cramping**



Delayed Recovery

Losing as little as 2% of your body weight due to dehydration can cause up to a 10% decrease in performance

HYDRATED OR DEHYDRATED?

STEAK

Hydrated muscles can handle a lot of stress and helps to perform without injury

Pulling, stretching, twisting, etc.



BEEF JERKY

Dehydrated muscles are more likely to cause or suffer from an injury

Tear, pull, and stay sore





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HOW CHARGED ARE YOU?

Low Power Mode



VS

Fully Charged

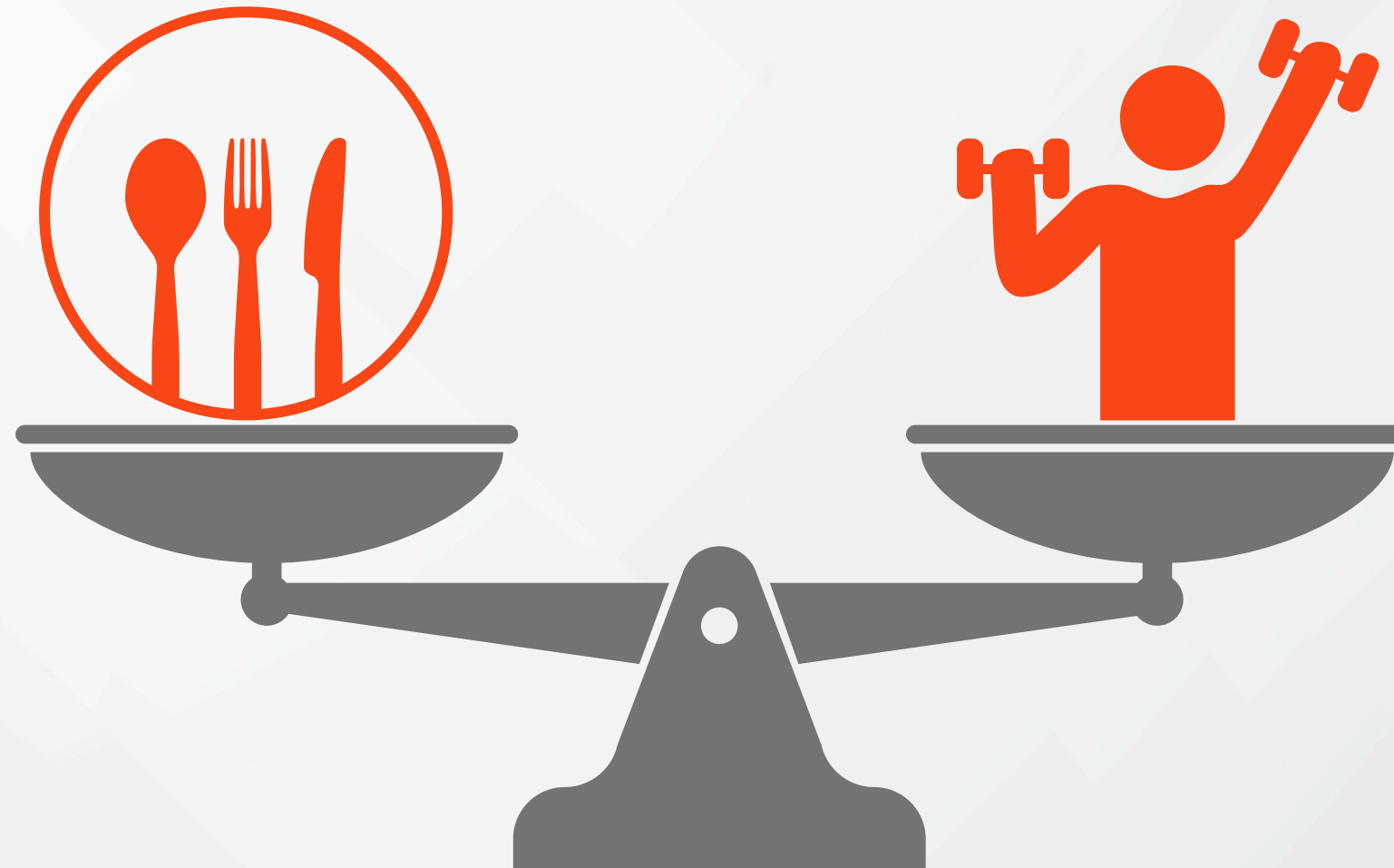




ENERGY AVAILABILITY =

Energy Intake

Food and drink you consume in a day



Energy Demand

Amount of energy required during a day

FUEL FREQUENTLY

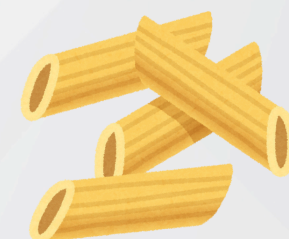
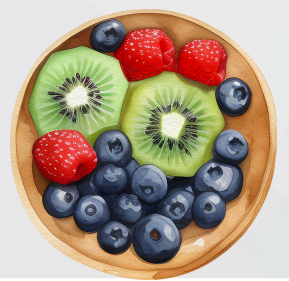
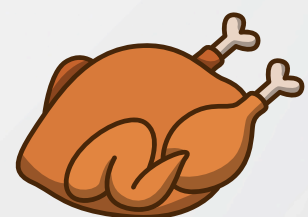
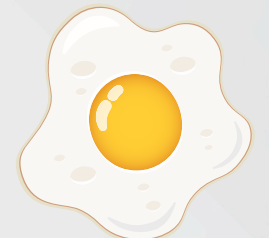
Skipping meals will send performance down the drain!

- Eat every 2-4 hours
- 3 meals and 2-3 snacks is ideal to maintain your energy levels
- Spread calories and macronutrients throughout the day.

By fueling frequently, you will rarely get into the low power mode or rely on your power bank!

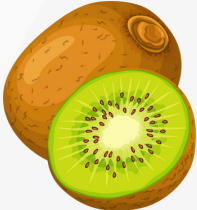
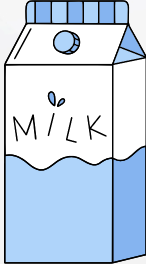
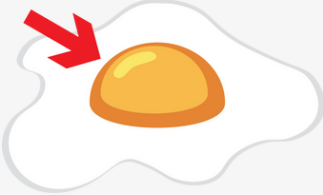
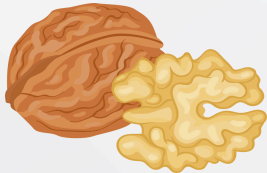
KNOW YOUR FUEL

All foods fit into a healthy diet - balance is key!

Nutrient	Function	Function	Sources
Carbs		Provides the body with energy	   
Protein		Repairs and rebuilds muscles	   
Fats		Long term energy, hormones and immune system	   

EAT THE RAINBOW

More color you eat = healthier and stonger body

Nutrient	Sources	Function
Vitamin C	   	Aids in immunity Helps to create collagen
Vitamin A	   	Strengthens the immune system Reduces inflammation in the body
Vitamin E	   	Promotes immune function Reduces exercise induced stress in the body
Omega-3 Fatty Acids	   	Reduces inflammation in the body Promotes brain health



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SPORT SPECIFIC STRATEGIES

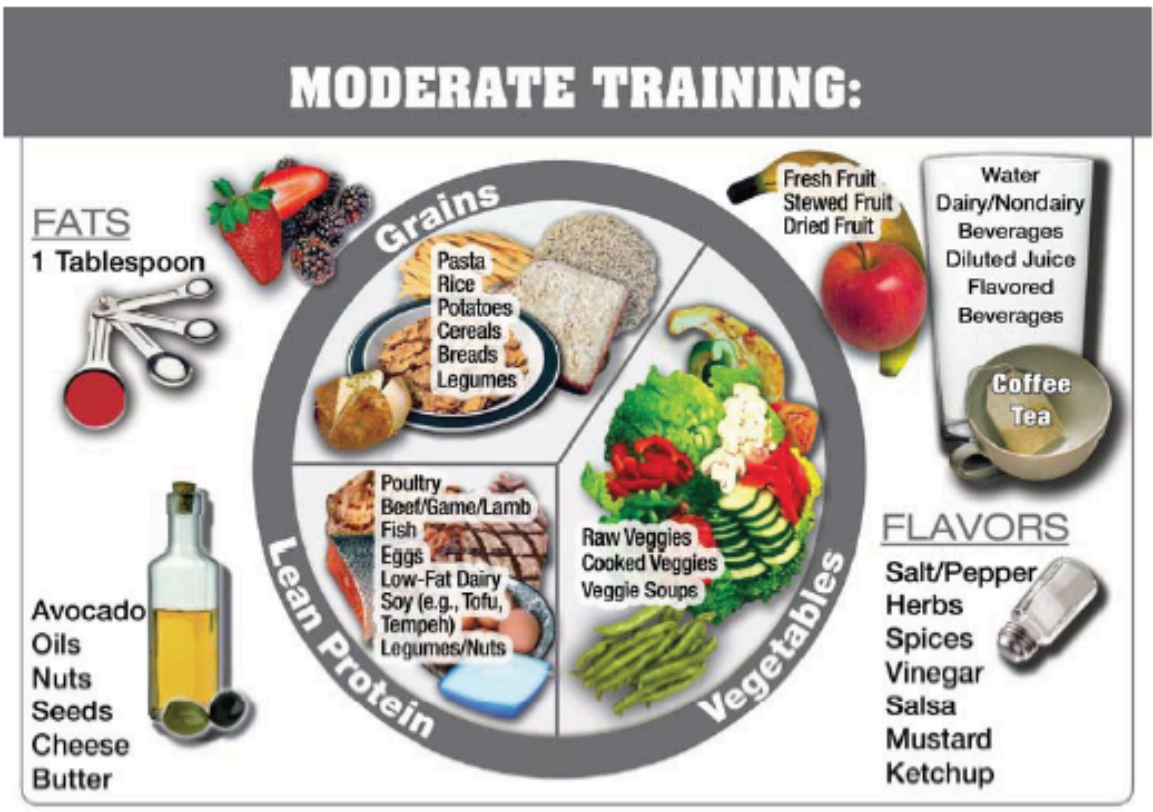




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CHOOSE ATHLETE'S PLATE

Use these plates as a guide to better adjust your eating to the physical demands of your sport



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

Please see your Sports Dietitian for personalized recommendations.



RECOVERY IS ESSENTIAL

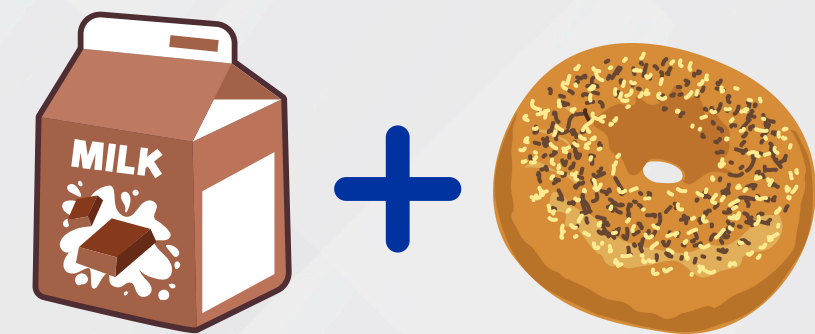
You will recover 50% better if you fuel within 30 mins post exercise

30-60 minutes post exercise:

- Body is most responsive to nutrients
- Replenish muscle stores with carbohydrates
- Repair and build muscle with high quality protein

Recovery snack ideas:

- Chocolate milk + bagel
- Greek yogurt + granola + fruit
- Beef jerky +



SUPPLEMENTS

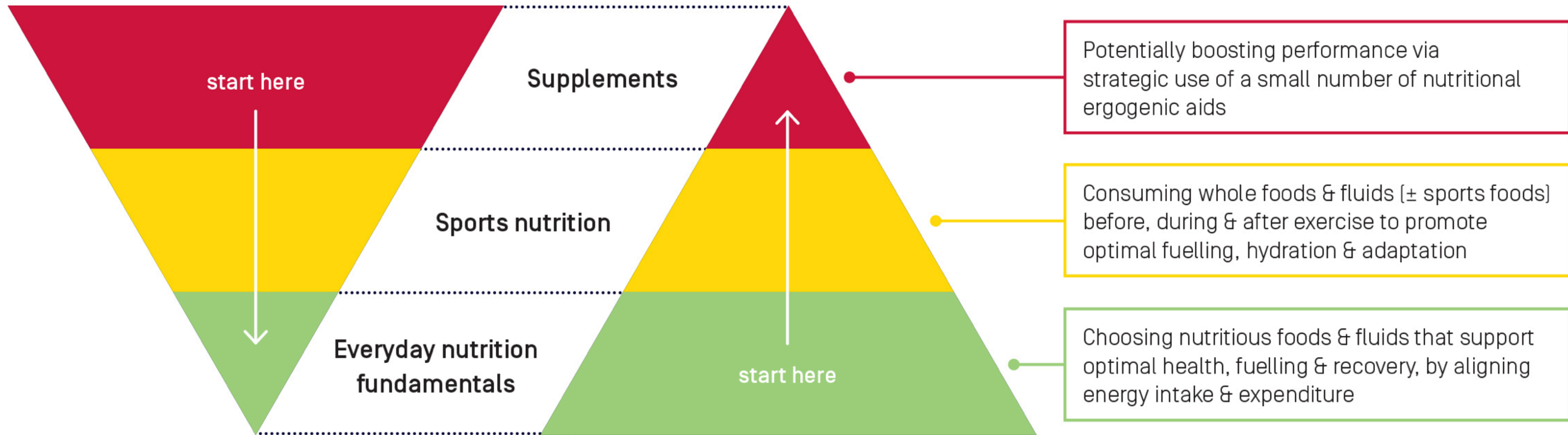
The supplement industry is the Wild Wild West

- ✓ A supplement will never out perform high quality nutrition
- ✓ There is always a risk when taking a supplement
- ✓ Always purchase third party tested products



The sports nutrition pyramid according to what many supplement companies want you to think

What the evidence & sports nutrition experts know



THINKING OF TAKING A SUPPLEMENT?



01.

IS IT SAFE

Do I recognize the ingredients?
Is it produced by a manufacturer with a good reputation?
Have I checked it with my sports dietitian?

02.

IS IT LEGAL?

Are these ingredients banned for use in sport?
Are the ingredients permitted for sale in my country?

03.

IS IT EFFECTIVE?

Does the product have evidence based research to back it up?
Am I intending on taking the recommended dose?
Have I checked it with my sports dietitian?

04.

CAN I AFFORD IT?

How much will it cost me and does it fit into my budget?
Is there a lower cost food choice that I can use?
Are there other activities I should invest in to improve my sports performance?





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UNDERSTAND YOUR UNIQUE NEEDS



KNOWLEDGE LEADS TO CONFIDENCE

Understand your needs and own your food choices!

Experiment:

- Use practice days to find what works for you
- Train your stomach
- Be flexible

Listen to your body:

- You are the expert of your body
- Your body is not a text book



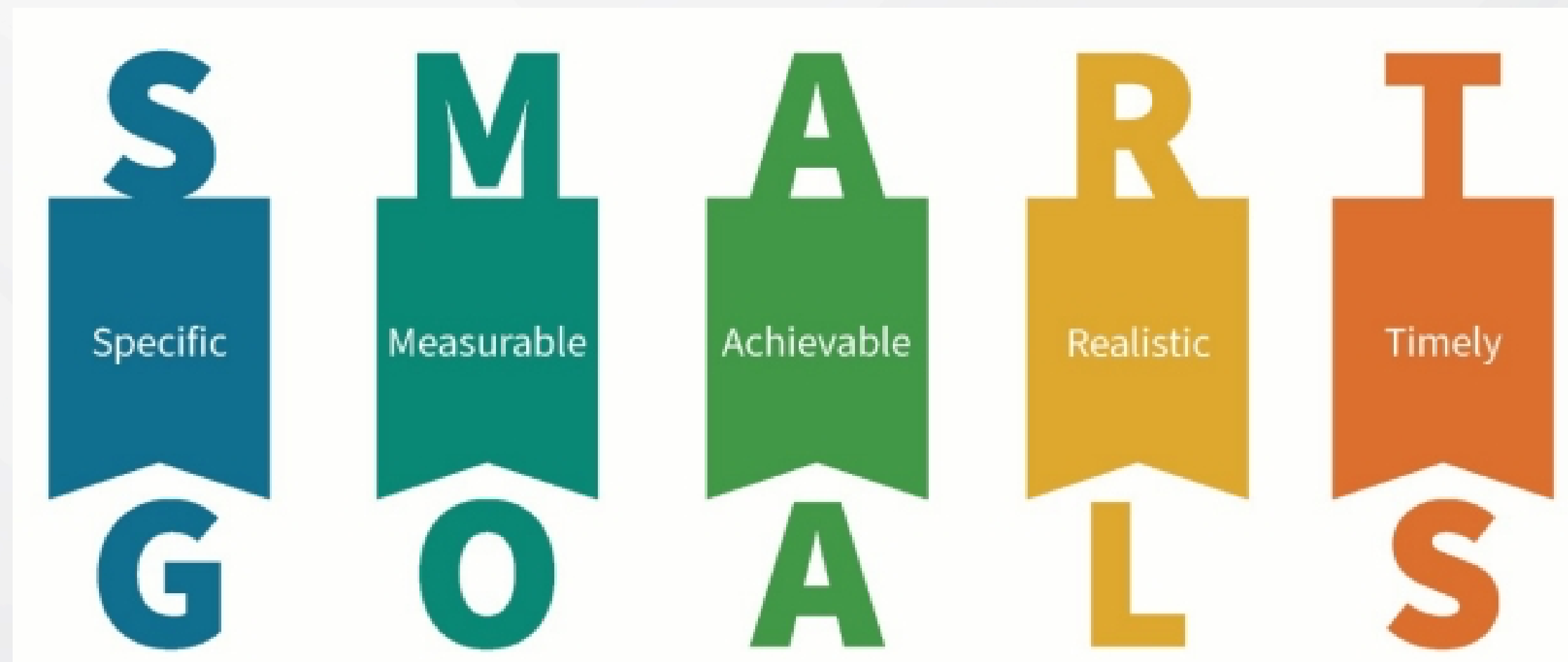
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SLOW AND STEADY

There are no cheat codes in nutrition - must put in the work!

Consistency is key!

Make smart goals



PUTTING IT ALL TOGETHER



HYDRATE

Most important nutrient for your body
Keeps you healthy
Improves performance



THINK PCC!

Fuel frequently
Choose the Athlete's Plate
Eat the rainbow



KNOW YOUR BODY

Knowledge in your needs = confidence!
Experiment
Make SMART goals





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KAHOOT.IT

ADDITIONAL RESOURCES

Understand your needs and own your food choices!

Handouts:

- ASPDA
- USOPC
- GSSI

Instagram:

- @boisestatebroncofuel
- @highschool.athlete.nutrition
- @teamusanutrition