

Nutrition For Athletes

Sarah Van Riet, MS, RDN

Overview

- Nutrition basics
- How to fill your plate
- Meal and snack ideas
- Eating before & after exercise
- Liquids



Nutrition and Sports Performance

FOOD = FUEL, POWER,
energy

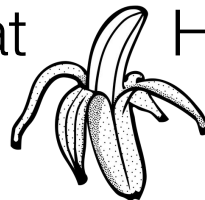
Think about your food and drinks

You need to plan!

When



What



How much



Basics

Eat 3 meals and 2-4 snacks every day

DON'T SKIP MEALS!

DRINK LOTS OF WATER

Listen to your hunger and fullness

Focus on good fuel most of the time, enjoy treats sometimes

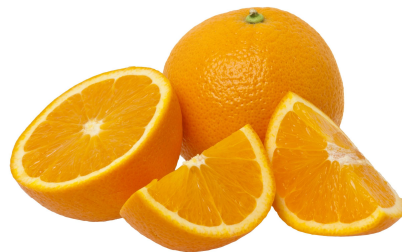
Calories

Energy from food is called calories.

Average teenager
2000-2800 calories

Teenage Swimmer
2800-3800+ calories

Calories come from carb, protein, fats
Each is important- need carb most



UWHealth

You Need Calories

Signs of not enough calories:

- Stomach empty or growling a lot
- Feeling cold when others don't
- Feeling tired
- Swimming slower
- Girls stop getting periods
- Lose weight
- Dizzy when stand up or when exercise
- Frequent injuries



Katie Ledecky (at age 19)

Early AM: 2 pc toast, PB, & banana

Breakfast: bacon egg cheese tomato omelet and potatoes & choc milk

Late AM: pear, yogurt, honey, granola, berries

Lunch: pasta, chicken, avocado

PM: fruit

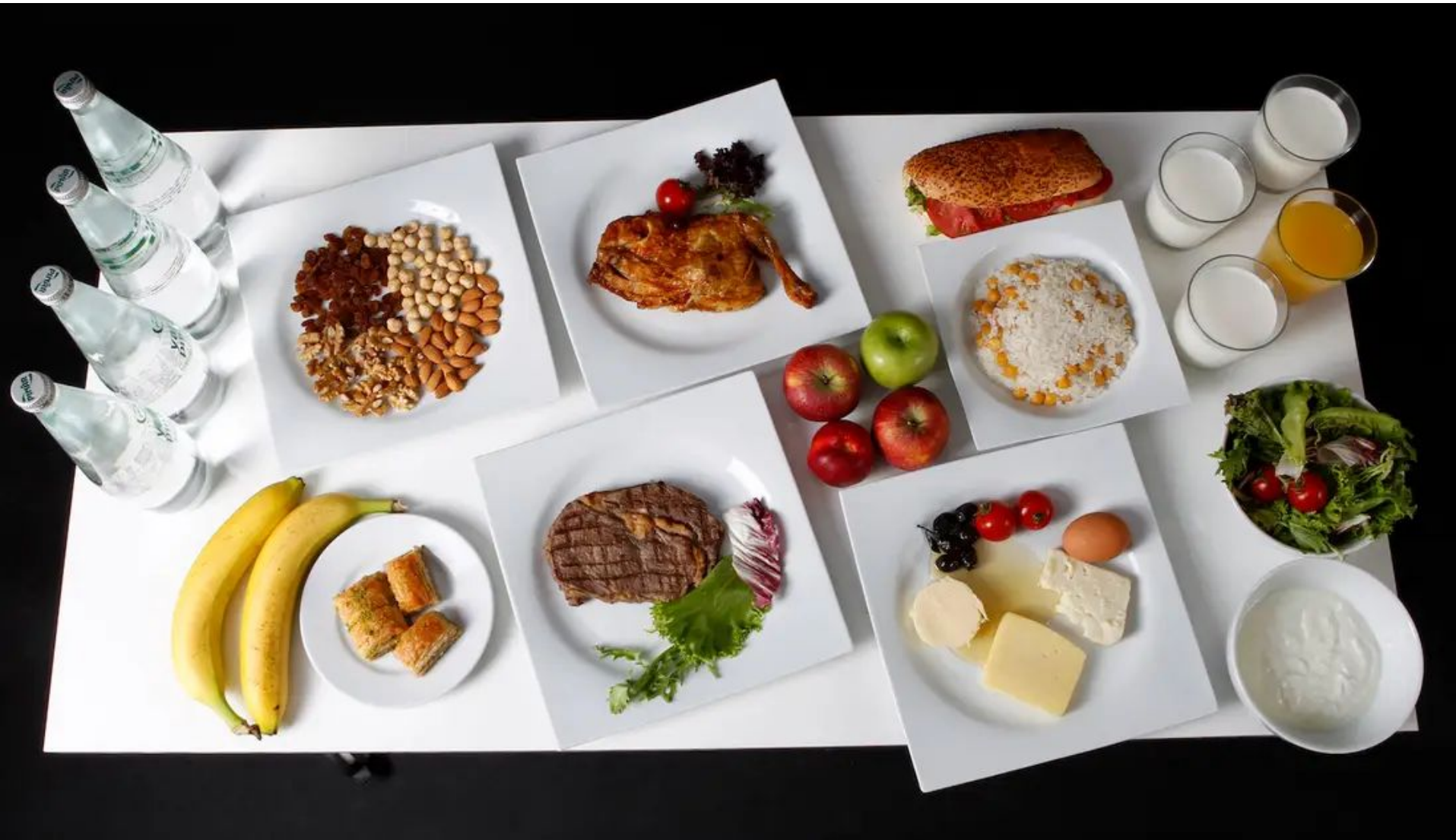
Late PM: yogurt & chocolate milk

Dinner: steak, rice, tomato

<https://spoonuniversity.com/lifestyle/this-is-what-olympic-swimmer-katie-ledecky-eats>



A full day of food about 3000 calories



Female Olympic wrestler Elif Jale Yesilirmak fuels up on 3,000 calories a day



© Reuters

ATHLETE'S PLATE

HARD TRAINING / RACE DAY:

Swim
90+
minutes,
or two
workouts
or meet
days

FATS

2 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter

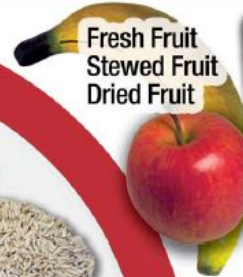


Grains

Pasta
Rice
Potatoes
Cereals
Breads



Fresh Fruit
Stewed Fruit
Dried Fruit



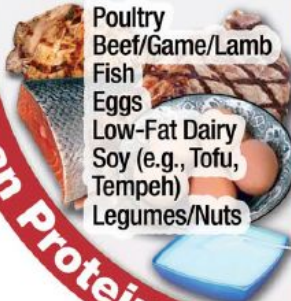
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



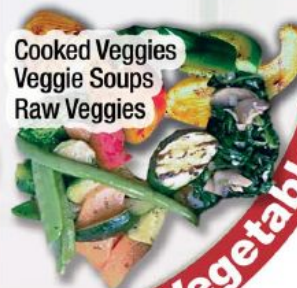
Coffee
Tea

Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu,
Tempeh)
Legumes/Nuts



Cooked Veggies
Veggie Soups
Raw Veggies



Vegetables

FLAVORS

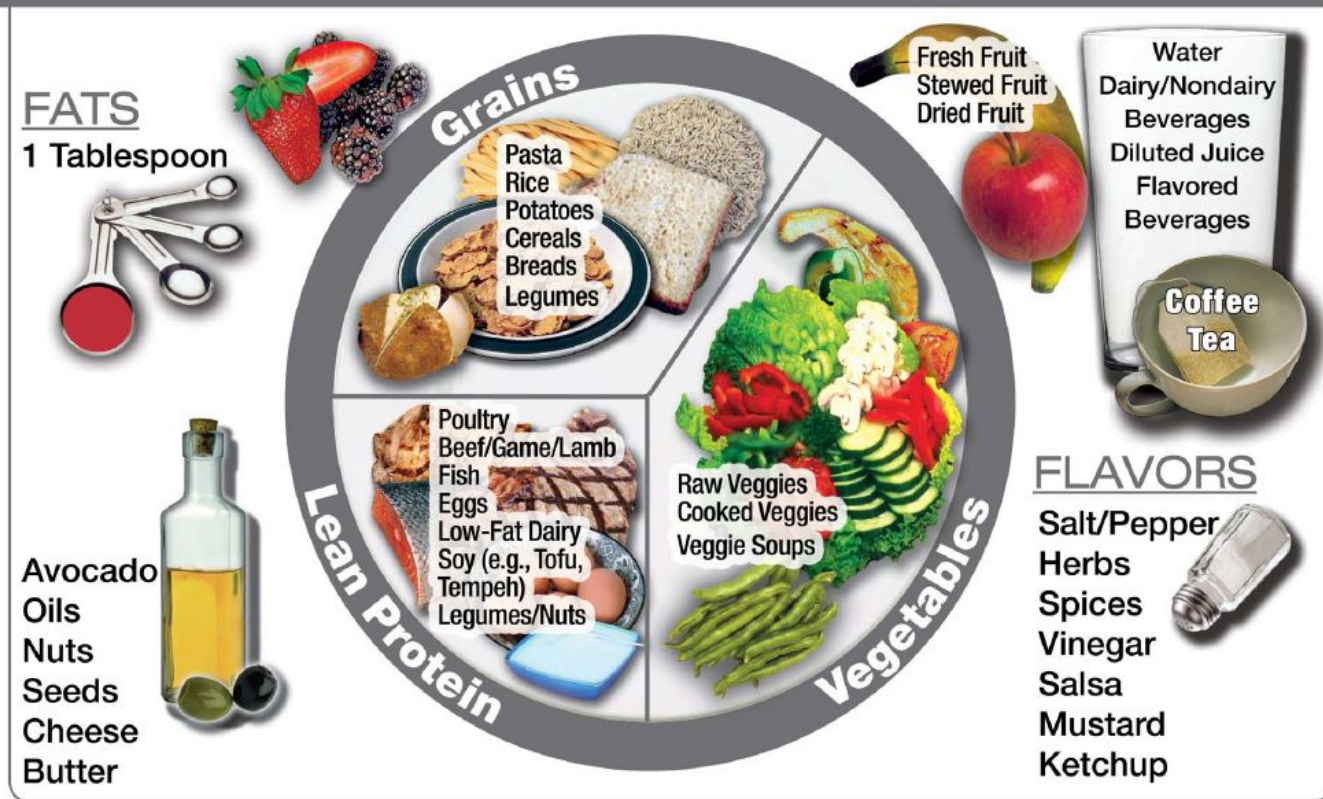
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



ATHLETE'S PLATE

swim
60-90
minutes
(and
maybe
some
strength
train)

MODERATE TRAINING:



Quick Meals Packed with Nutrients



Quick Meals Packed with Nutrients



Bowl of oatmeal with nuts or PB, sliced banana & a cup of milk



Scrambled eggs, buttered toast, fruit & milk smoothie.



Quick Meals Packed with Nutrients



Meals Packed with Nutrients



WHAT
SHOULD WE
ADD?

Meals Packed with Nutrients



Snack Ideas

Carbohydrate + Protein

Granola bar

Bagel

Triscuits

Whole wheat bread

Cereal/granola

Apple

Nuts

Peanut butter

String cheese

Milk + Peanut butter on bread

Yogurt

Beef jerky



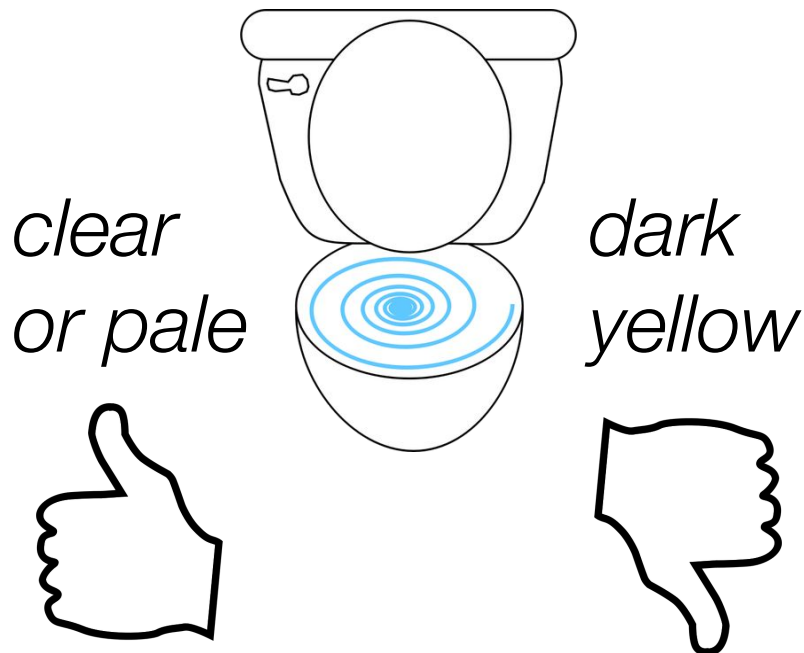
Powerhouse Foods

- **Whole grains** (oats, wheat, brown rice)
- **Nuts & Seeds**
- **Leafy Greens** (spinach, chard, kale, leaf lettuce, arugula)
- **Legumes** (lentils, black beans, garbanzo)
- **Tofu & Soybeans**
- **Berries, Banana, Melon, Oranges**
- **Lean Meat** (chicken, turkey, beef, pork, fish)
- **Avocado**
- **Eggs**



Hydration

You still sweat in the pool! Drink lots of water.



Choose

- ▶ water
- ▶ sports drinks
- ▶ 100% juice
- ▶ soup
- ▶ smoothies
- ▶ fruits and vegetables

Eating Before Exercise

1-4 Hours Before

Medium meal

(turkey sandwich w/fruit and yogurt)

30–60 Minutes Before

jam sandwich or applesauce or sports gel

Sports drink or water

Recovery Meal/Snack Ideas (example: between events at meets)

- Banana + chocolate milk
- Dried fruit & nut trail mix + water
- Graham crackers + peanut butter + low-fat chocolate milk + banana
- Gatorade + Clif Bar



Eating for Recovery

0-30 minutes after exercise:

- 1.** Replace **fuel** (carbohydrate) used by muscles during training
- 2.** Replace **fluid** and electrolytes lost through sweat
- 3.** Add **protein** to repair and build muscle

When to Supplement

Ask your doctor, trainer or a dietitian.

- Vegetarian
- Injured/healing
- Less than 3 servings milk/yogurt daily
- Low iron (anemia)
- Low vitamin D levels



CAUTION- NO BANNED SUBSTANCES! INGREDIENTS MUST BE NCAA APPROVED

Key Nutrients

- **Iron** (meats are best source, Vit C helps absorb non-heme iron in nuts, dried fruit, legumes, wheat germ)
- **Zinc** (meats are best source, or pecans, peanuts, brown rice, tuna)
- **Calcium** (dairy or fortified foods best, oxalates and phytates bind plant sources)
- **Vitamin D** (fortified milk products, salmon, herring best sources)
- **Protein** (egg, fish, dairy, legumes, nuts, seeds, soy, not almond milk!)

Myth or Fact?

Gluten causes toxins to build up in the body

MYTH

Eating before training slows you down

MYTH

Active teens need more food than adults

FACT

Dairy food causes inflammation

MYTH

Information You Can Trust

- Who is the author?
- Why are they writing this?
- Is author trying to sell a product?
- Who is paying for the website?

Avoid claims that seem too good to be true.
Avoid claims that one eating style best for everyone

Thank You!

