

GETTING NUTRITION INFORMATION TO THE FRONT LINES

Anna Kasperick, RD, LN, CPT

Christina Erickson RD, LN, MS, CPT

OBJECTIVES

1

Review the importance of getting nutrition to the front lines (coaches and trainers)

2

Discuss how to best communicate about nutrition to young athletes

3

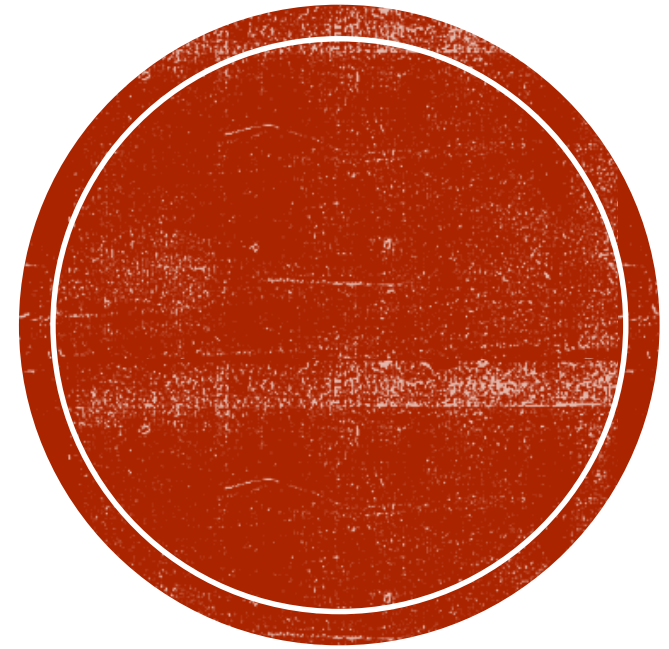
Demystify nutrition information for athletes

4

Review current fueling and performance guidelines



COACHES: THE FRONT LINE IN NUTRITION EDUCATION



HOW IMPORTANT IS NUTRITION IN ATHLETICS?



Nutrition can
improve
performance
by up to 25%

Nutrition is a
critical
component of
fitness

- Performance
- Body
Composition
- Recovery
- Reduced
risk of injury
- Health

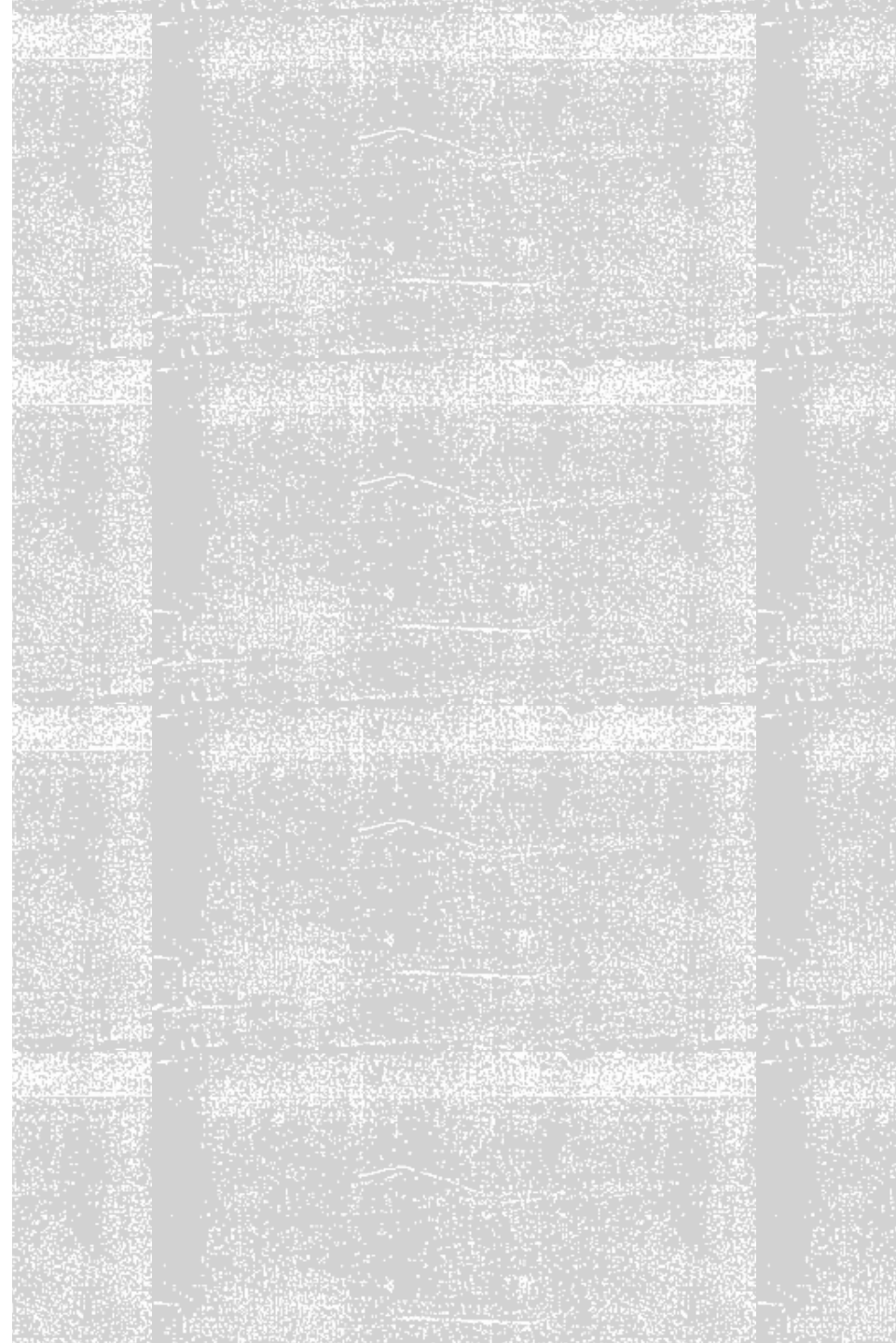


WHERE DO ATHLETES GET NUTRITION INFORMATION?

- Google
- Instagram/Facebook
- TV/Media
- Friends
- Professional athlete endorsements
- Parents
- Doctors
- Coaches
- Dietitians (rarely)



**HOW MANY OF
YOU TALK WITH
YOUR ATHLETES
ABOUT
NUTRITION?**



ON A SCALE OF 1-5, HOW CONFIDENT ARE YOU TO TALK WITH YOUR ATHLETES ABOUT NUTRITION?

1 – not confident at all

2 – not confident, but could probably do it if your had too

3 – semi-confident, depends on the athlete

4 – confident but would like more information

5 – very confident, talks about nutrition all the time

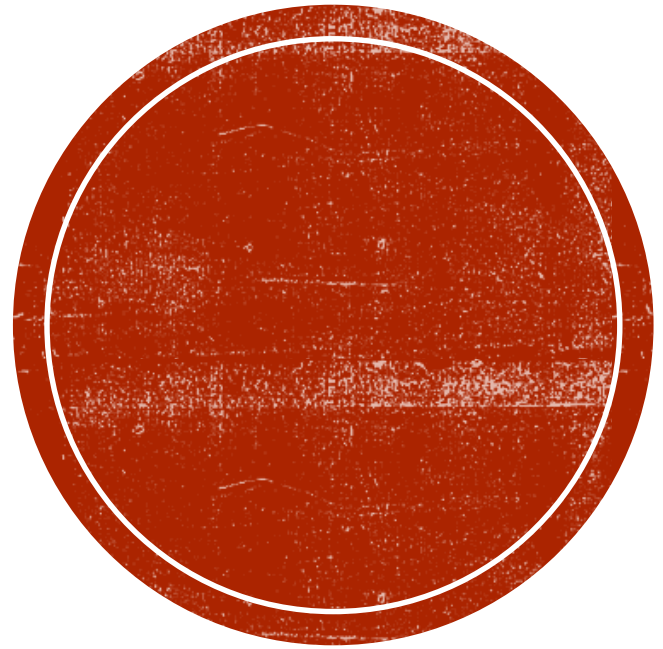


WHY SHOULD COACHES TALK ABOUT NUTRITION?

- Coaches have a relationship with the athlete.
- Coaches can influence
 - Positive relationships with food
 - Healthy body image
 - Science based nutrition
 - Health over performance
 - Real food



COMMUNICATING WITH ATHLETES



COMMENTS FROM COACHES MATTER

- Most athletes are confused by conflicting nutrition information in the media.
- Role models such as coaches, parents, trainers and teachers can accidentally increase that confusion if they do not know actual nutrition information.
- The majority of nutrition in the media is not appropriate for athletes or teenagers in general.
- Comments from coaches...



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

I cant believe you put that crap in your body.



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

I cant believe you put that crap in your body.

That bar has a ton of preservatives.



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

I cant believe you put that crap in your body.

That bar has a ton of preservatives.

You will never perform well eating at McDonalds for lunch.



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

I cant believe you put that crap in your body.

That bar has a ton of preservatives.

You will never perform well eating at McDonalds for lunch.

You did not seriously eat that for lunch did you?



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

That is just loaded with carbs.

I cant believe you put that crap in your body.

That bar has a ton of preservatives.

You will never perform well eating at McDonalds for lunch.

You did not seriously eat that for lunch did you?



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

That is just loaded with carbs.

I cant believe you put that crap in your body.

Gatorade is packed with sugar.

That bar has a ton of preservatives.

You will never perform well eating at McDonalds for lunch.

You did not seriously eat that for lunch did you?



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

That is just loaded with carbs.

I cant believe you put that crap in your body.

Gatorade is packed with sugar.

That bar has a ton of preservatives.

Some of those apples are more like 2 servings!

You will never perform well eating at McDonalds for lunch.

You did not seriously eat that for lunch did you?



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

That is just loaded with carbs.

I cant believe you put that crap in your body.

Gatorade is packed with sugar.

That bar has a ton of preservatives.

Some of those apples are more like 2 servings!

You will never perform well eating at McDonalds for lunch.

Canned vegetables are loaded with salt.

You did not seriously eat that for lunch did you?



COMMENTS FROM COACHES MATTER

You have to be careful with cereal.

That is just loaded with carbs.

I cant believe you put that crap in your body.

Gatorade is packed with sugar.

That bar has a ton of preservatives.

Some of those apples are more like 2 servings!

You will never perform well eating at McDonalds for lunch.

Canned vegetables are loaded with salt.

You did not seriously eat that for lunch did you?



Dairy is so inflammatory.



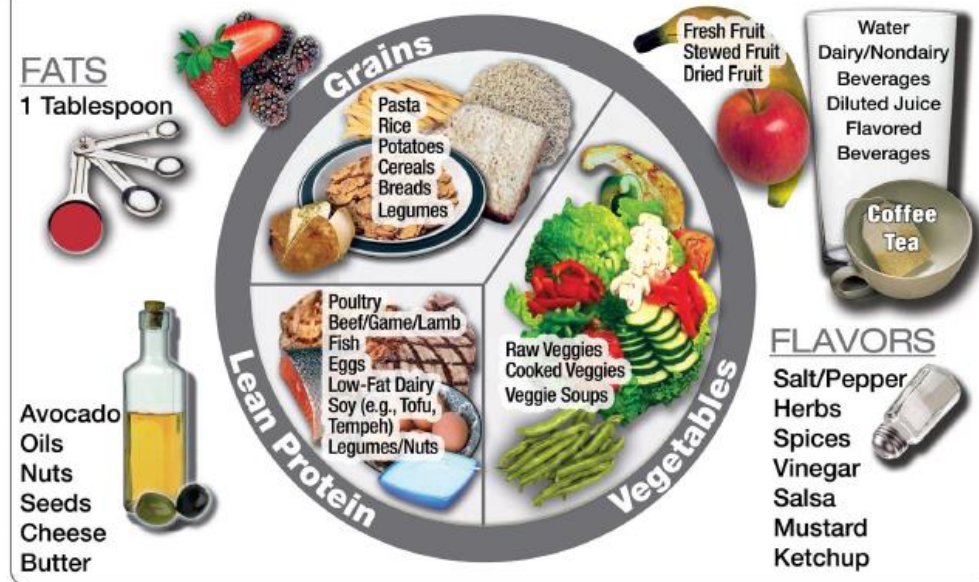
HOW TO TALK TO TALK TO YOUNG ATHLETES ABOUT FOOD

- BE POSITIVE!!!!
- Focus on adding, not taking away
- Meet them where they are
- Be sensitive to social pressures (body image, insecurities)
- Avoid over generalizing nutrition
- Avoid fad nutrition
- Focus on small steps
- Avoid food shaming



ATHLETE'S PLATE

MODERATE TRAINING:



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.
For educational use only. Print and use front and back as 1 handout.

HOW SPECIFIC CAN WE BE WITH YOUNG ATHLETES??

- Focus more on actual food than numbers
- Use the plate method
- Charts like the urine chart instead of numbers of ounces for hydration.
- Pictures, ideas and brand suggestions.
- Small changes add up to big changes.

BE MINDFUL

- Research shows that up to 60% of female high school students are experimenting with dieting and weight loss.
- Same for up to 35% of male high school students.
- Athletes who appear to be confident and happy with their body and self may struggle inside.
- Since many young athletes already worry about weight, avoid the following:
 - Talking about their weight
 - Public weigh ins (or weigh ins at all unless required by sport)
 - Body composition analysis
 - Giving set calorie or macro goals without background info
 - Commenting on food choices
 - Commenting on size



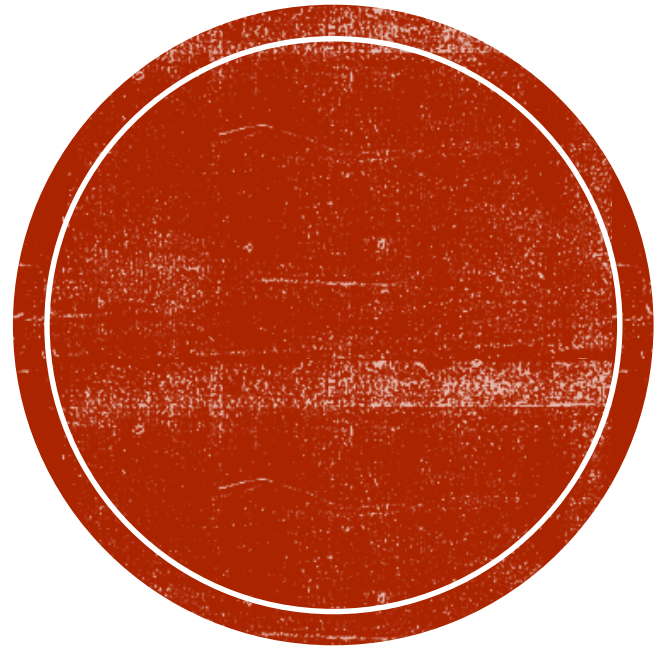


FOCUS ON THE POSITIVE

- Will the info you are giving them make them feel good or bad?
- Food is fuel
- Balanced meals fuel you all day long
- Performance is improved when we make good choices
- The media is fake
- You are more important than your weight
- Compliment on performance not physique



DEMYSTIFYING NUTRITION



LET THE ATHLETE BE THEIR OWN EXPERT

- Health and Fitness Industry is full of “experts”
 - Let the athlete be their own expert
 - Guide them on determine true or false info
 - What works for one person doesn't mean it will work for everyone
- Nutrition Guidelines are ever evolving
 - Nutrition science is in its infancy
 - There is no one size fits all approach
 - Avoid blanket statements (example: Elite male athletes need to be at 12% BF for optimal performance)





TOP 3 ATHLETE NUTRITION MYTHS

1. Carbs are bad
2. You can't get too much protein
3. Supplements are magic



SUPPLEMENTS

- Supplements can be an effective tool in improving performance by correcting micro- and macronutrient deficiencies if and when these deficiencies exist...

...however....





SUPPLEMENTS

- Understanding the inherent risks of taking supplements:
 - Lack of regulation
 - Banned substances
 - Safety
 - Effectiveness
 - Cost





COMMON SUPPLEMENTS RECOMMENDED IN SPORTS NUTRITION

- Protein
- Carbohydrate
- Vitamin D
- Fish oil
- Creatine (very rarely)



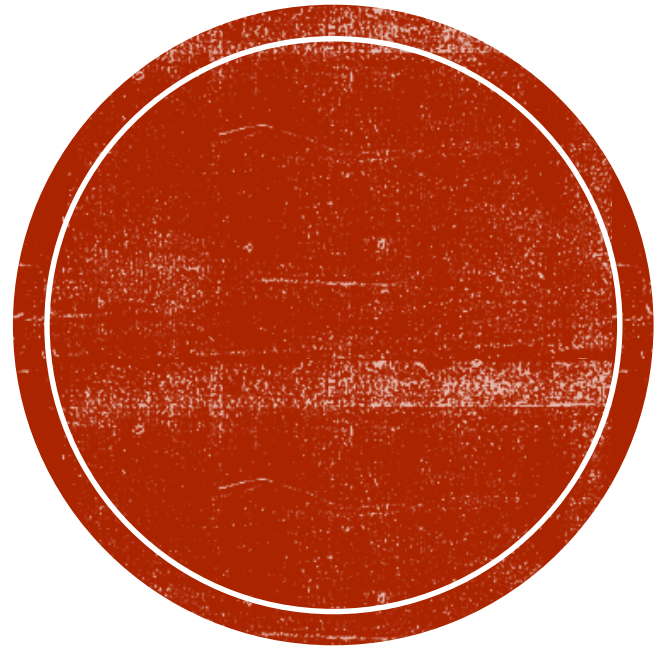


- Food first
- Reputable brand
- Third party verification
- Cross check with physician
- Use proper dosage

HOW TO SAFELY USE SUPPLEMENTS



BASIC SPORTS NUTRITION GUIDELINES



CARBOHYDRATES

- 3-12 g/kg/day
- Carbohydrates are the most efficient fuel for athletes
- Carbs are muscle sparing
- Low carb diets
 - Low carb =
 - Low energy
 - Low brain function
 - Reduced muscle growth
 - Increased cortisol
 - Impaired recovery
 - Weight gain
 - Unsustainable





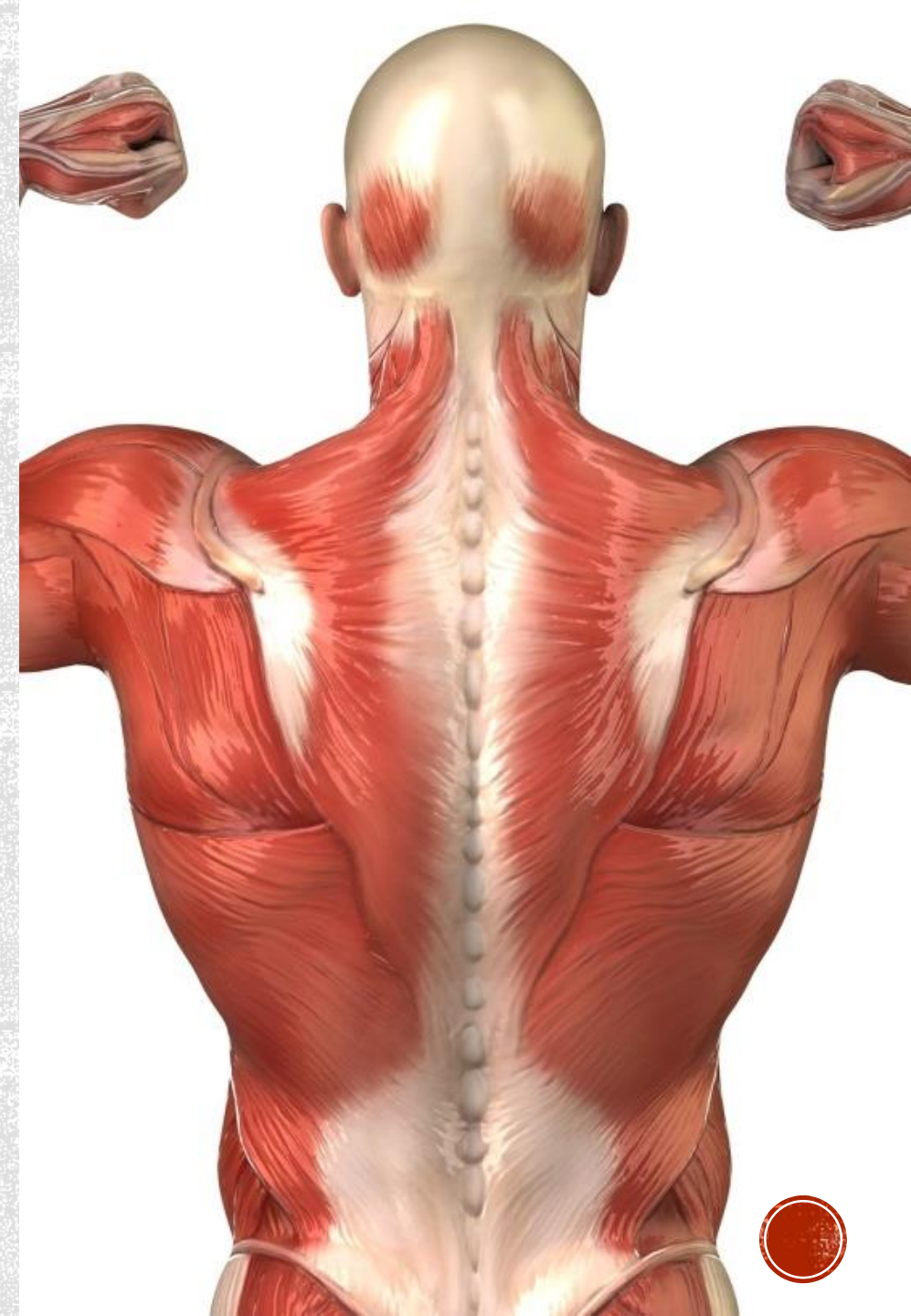
HOW TO TALK TO TEENS ABOUT CARBS

- Without carbs your body has to use protein for energy which limits your ability to gain muscle.
- Having carbs before a workout improves performance.
- Good carb sources- whole wheat bread, fruit, rice, pasta, quinoa, starchy vegetables.
- A carb and a protein after your workout is the best combination.
- Carbs are essential to fuel your brain.



PROTEIN

- 1.2-2 g/kg/d
 - Endurance vs. Weight lifting
 - What about over 2 g/kg/d
- Protein is essential to tissue breakdown and rebuilding.
- Helps rebuild muscle that is broken down, especially with exercise.
- Type, timing and amount are important.





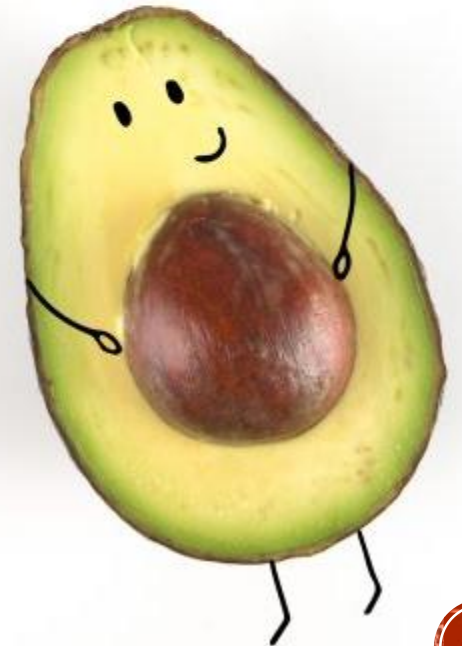
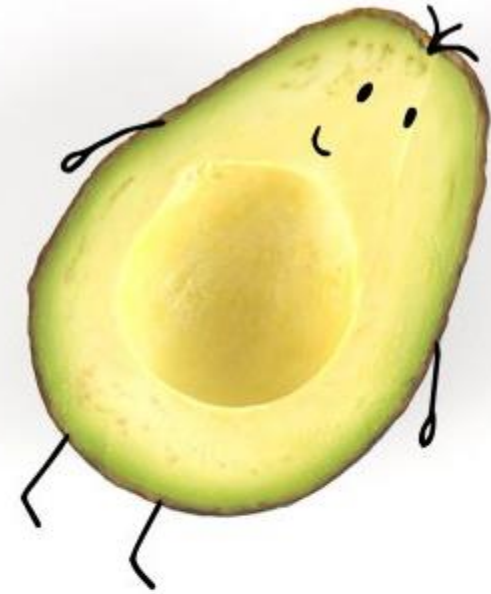
HOW TO TALK TO TEENS ABOUT PROTEIN

- If you are eating protein at all meals and snacks you are likely getting enough without a supplement.
- Too much protein can be hard on your body, if you use a supplement, once a day is plenty.
- Your body can't handle more than 30 grams of protein from a supplement.
- Having protein after a workout can help with recovery.
- Good protein sources: meat, yogurt, eggs, cottage cheese, milk, cheese, protein supplements.



FAT

- 30% of calories from fat or 1 g/kg/d
- Fat is essential for recovery and energy in athletes.
- Fat also helps with satiety.
- Low fat diets are detrimental to athletic performance.
- Fat is importance for absorption of certain vitamins.
- Fat aids in brain development
- Talking about fat with teen athletes is difficult as the word fat has a negative association with it.



HOW TO TALK TO TEENS ABOUT FAT

- Eating healthy fats is important for both health and athletic performance.
- Fats like avocado and nuts help you feel full longer and perform better at your sport.
- Avoid fats in the 2-3 hours before a workout so your muscle do not have to compete with digestion for blood flow.
- Healthy fats- nuts, seeds, avocado, olive oil, canola oil, eggs.





NUTRIENT TIMING

- Pre workout
 - Carbohydrate snack or meal
 - Low fiber
 - Low fat
- During workout
 - Easily digested carbohydrate source as needed
 - Heat
 - Duration
 - Athlete goals
- After workout
 - 2:1 ratio of carbs:protein
 - Fat for recovery and satiety





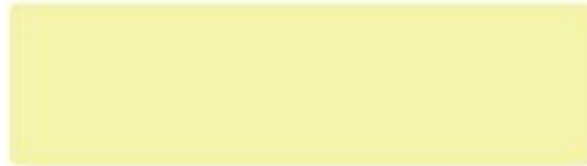
HYDRATION

- Being dehydrated alone can reduce athletic performance by 10% or more.
- Water is your best hydration source.
- Sports drinks can be used for prolonged exercise (recommended in exercises lasting longer than 60 minutes) or exercise in heat.



Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.



Doing ok. You're probably well hydrated. Drink water as normal.



You're just fine. You could stand to drink a little water now, maybe a small glass of water.



Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

HOW TO TALK TO TEENS ABOUT HYDRATION

- Have urine chart visible in restroom.
- Drink water all day long.
- Keep urine light yellow.
- Sports drinks during exercise when workout will last over 60 minutes.
- Sports drinks also important in heat when sweat is excessive.





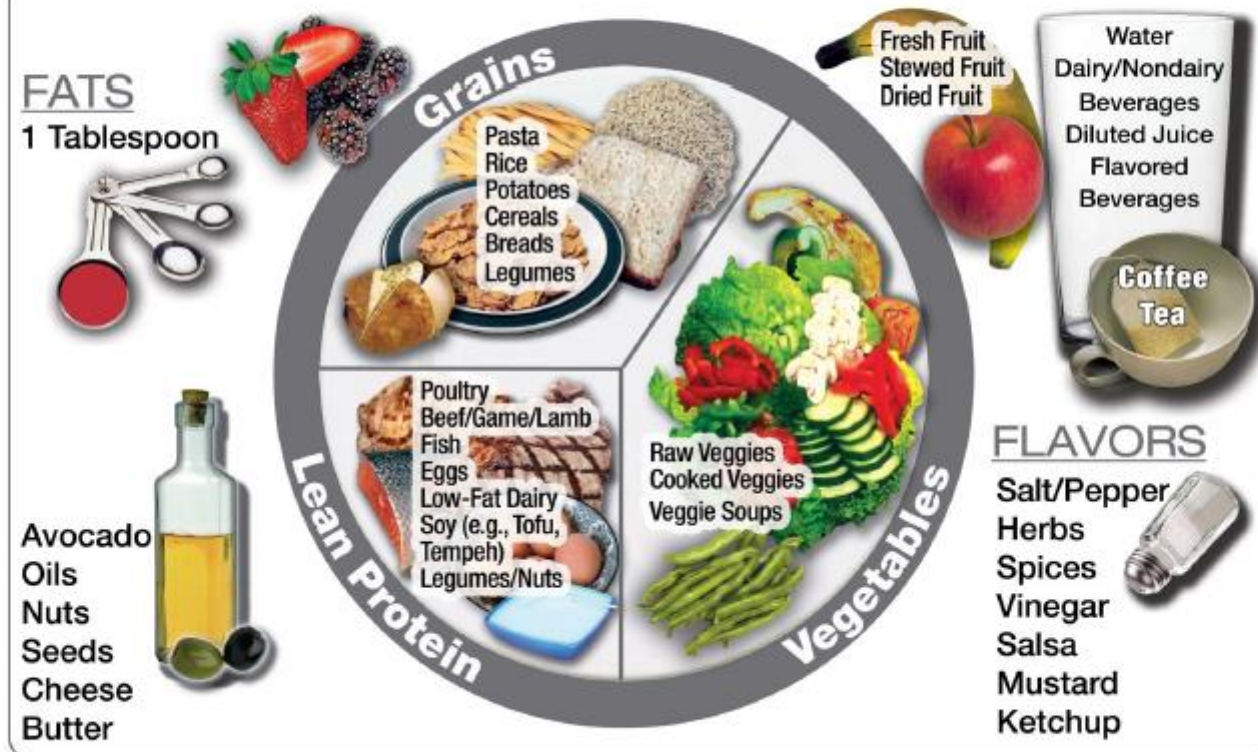
SPORTS NUTRITION 101

- Balanced plate with protein, fat and carbs at every meal
- Fruits and veggies throughout the day
- Hydrate until urine is light yellow
- Food first supplements only if needed
- Spread food throughout the day
- Carbs before workout
- Carb and protein combination after workout
- Listen to hunger/fullness cues



ATHLETE'S PLATE

MODERATE TRAINING:



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.

For educational use only. Print and use front and back as 1 handout.

