

Sports Nutrition

The best nutrition for your best performance



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Today we are going to talk about:

- ▶ Why nutrition is important
- ▶ Why physical activity is important
- ▶ Where to get your energy from
- ▶ What to eat, and when to eat it



Nutrition is Key

- ▶ A balanced diet is essential for good health and your well-being
- ▶ Provides the nutrients for growing
- ▶ Good nutrition is an important part of leading a healthy lifestyle
- ▶ Increases life span
- ▶ Smooth skin, glossy hair, clear and bright eyes
- ▶ Provides our bodies with energy, protein, essential fats, vitamins, and minerals

Your food choices each day affect your health - how you feel today, tomorrow, and in the future

GOOD FOOD



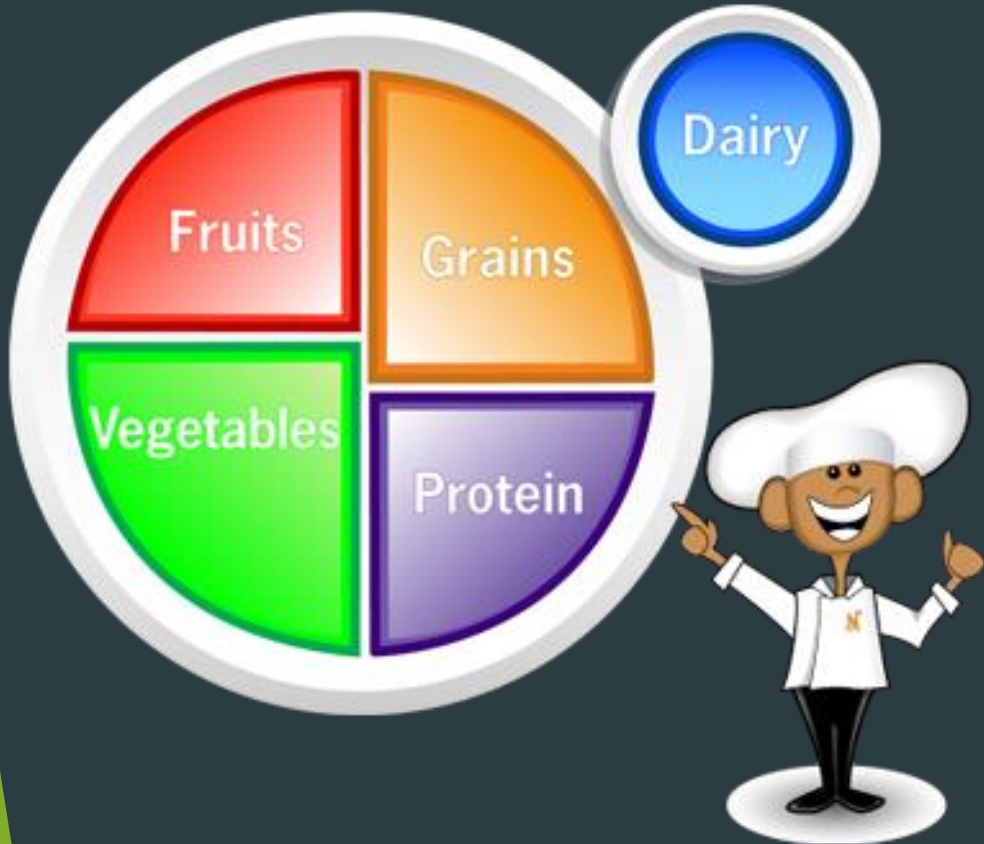
GOOD HEALTH



GOOD LIFE



MyPlate



- ▶ MyPlate is the current nutrition guide published by the United States Department of Agriculture
- ▶ It replaced MyPyramid
- ▶ Helps you create a healthier eating style that meets your individual needs and improves your health.



My Plate - Intake vs Recommendation

2400 Calories Pattern

Group	Percent of Rec.	Comparison	Amount (Daily)
Grain Total Intake	59 %		4.73 oz equivalent
Grain Total Recommended			8 oz equivalent
Vegetable Total Intake	94 %		2.81 cup equivalent
Vegetable Total Recommended			3 cup equivalent
Fruit Intake	274 %		5.48 cup equivalent
Fruit Recommended			2 cup equivalent
Dairy Intake	33 %		0.99 cup equivalent
Dairy Recommended			3 cup equivalent
Protein Total Intake	98 %		6.36 oz equivalent
Protein Total Recommended			6.5 oz equivalent

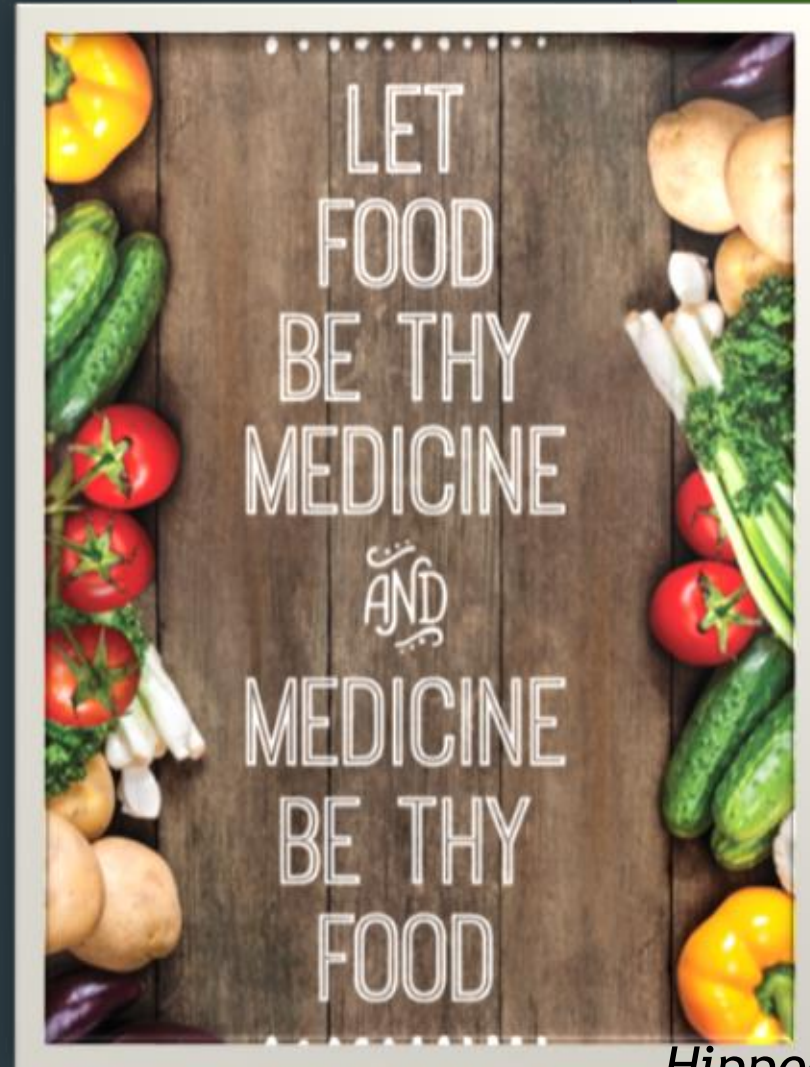
Why Should You Be Physically Active?

- ▶ Physical activity increases your chance of living longer
- ▶ You might feel better about yourself
- ▶ The chance of being depressed decreases
- ▶ You sleep well at night
- ▶ You are able to move around more easily
- ▶ Have stronger muscles and bones
- ▶ Physical activity helps you stay or get to a healthy weight



When you are not physically active, you are more likely to :

- ▶ Get heart disease
- ▶ Get type 2 diabetes
- ▶ Have high blood pressure
- ▶ Have high blood cholesterol
- ▶ Have a stroke



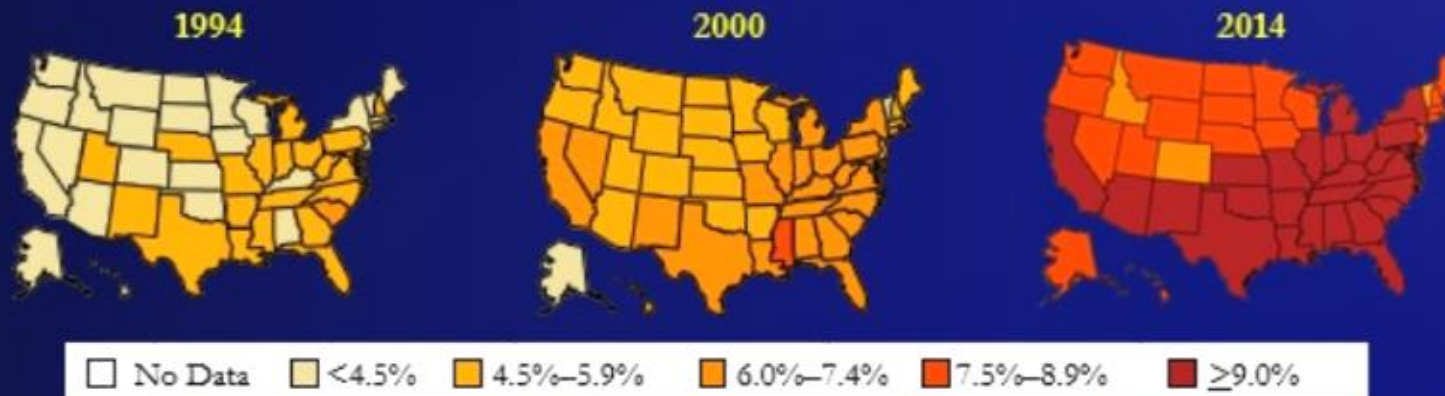
Hippocrates

Age-adjusted Prevalence of Obesity and Diagnosed Diabetes Among US Adults

Obesity (BMI ≥ 30 kg/m²)



Diabetes



CDC's Division of Diabetes Translation. United States Surveillance System available at <http://www.cdc.gov/diabetes/data>



Hydration

- ▶ Stay hydrated by drinking fluids
 - ▶ Before
 - ▶ **2-3 cups**, 2-3 hours before exercising
 - ▶ **1 cup**, 10-20 minutes before exercising
 - ▶ During
 - ▶ **1 cup** every 15 minutes
 - ▶ After
 - ▶ **2 cups**



Water vs Sports Drink

Water

- ▶ Best form of fluid replacement
- ▶ Suitable for activities lasting less than 1 hour
- ▶ Calorie free
- ▶ Sugar free



Sports Drink

- ▶ Replaces electrolytes
- ▶ Best when activity lasts at least 1 hour
- ▶ Flavor
- ▶ Ideal for people whom sweat excessively
- ▶ Ideal for hot and humid weather

Where to get your energy

- ▶ What are carbohydrates?
- ▶ Where are carbohydrates found?
 - ▶ Sugar
 - ▶ Starch
 - ▶ Fiber
- ▶ Carbs: Good or bad?

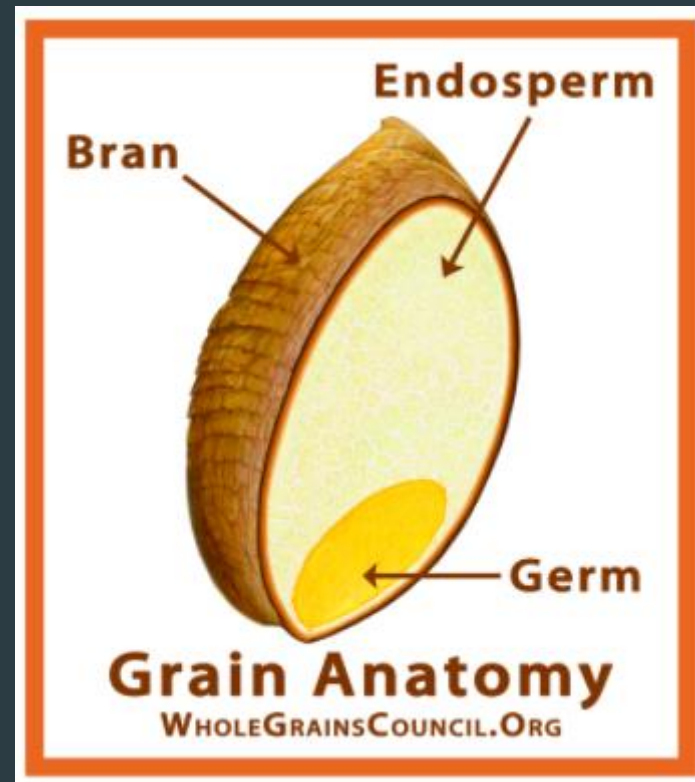






Whole grains vs. Refined grains

- ▶ Whole grains
 - ▶ Have the whole grain kernel
 - ▶ Provide you with:
 - ▶ Fiber
 - ▶ Iron
 - ▶ B vitamins
 - ▶ Keep you full
- ▶ Refined grains
 - ▶ Removed bran and germ
 - ▶ Provide you with:
 - ▶ Long shelf life



Whole grain



Refined grain



Whole grain



Refined grain



Whole grain



Refined grain



Tips for eating carbs

- ▶ Half of your daily intake should be whole grains
- ▶ Check the nutrition label
- ▶ Girls: 5-6 ounces of grains
- ▶ Boys: 6-8 ounces of grains
- ▶ Eat:
 - ▶ Legumes
 - ▶ Grains
 - ▶ Fruits & vegetables



Protein

- ▶ What is protein?
- ▶ Where can you find protein?
 - ▶ Meat: beef, poultry, seafood
 - ▶ Eggs
 - ▶ Milk
 - ▶ Nuts
 - ▶ Seeds
 - ▶ Legumes



Recommended Daily Intake

- ▶ Girls: 5 ounces
- ▶ Boys: 6 ½ ounces

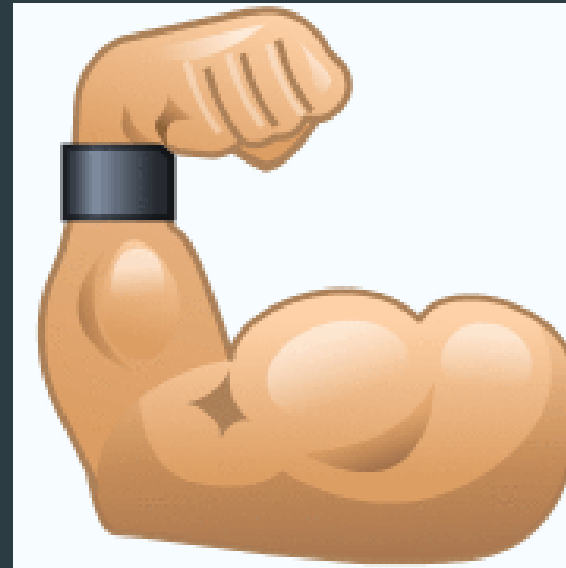






Tips for eating protein

- ▶ Eat a variety of protein
- ▶ Select lean meats to eat
- ▶ Have seafood twice a week



What to Eat

- ▶ Meal with good carbohydrates, lean protein, and healthy fats
- ▶ Light snack with a good ratio of carbs and protein
- ▶ Snack for recovery
- ▶ Meal with good carbohydrates, protein, and healthy fats

When to Eat

- ▶ 3-4 hours before
- ▶ 1 hour before
- ▶ 30 minutes after
- ▶ 2 hours after



Don't forget to hydrate before, during, and after!

Do You Eat This Food
BEFORE or *AFTER*
your workout?

SuperTracker

The interactive food, physical activity, and weight tracking tool.

- ▶ Create a profile and set goals
- ▶ Track your foods, run reports, and compare
- ▶ Look up nutritional information about different foods
- ▶ Get tips about good food choices
- ▶ Track physical activities and your progress
- ▶ Join group challenges

<https://www.supertracker.usda.gov>



Review

- ▶ Why nutrition is important
- ▶ Getting our bodies moving
- ▶ Why hydration is essential
- ▶ Where we get our energy from
- ▶ What to eat and when to eat it
- ▶ Important resources



Questions?



References