

Finding Your Fuel

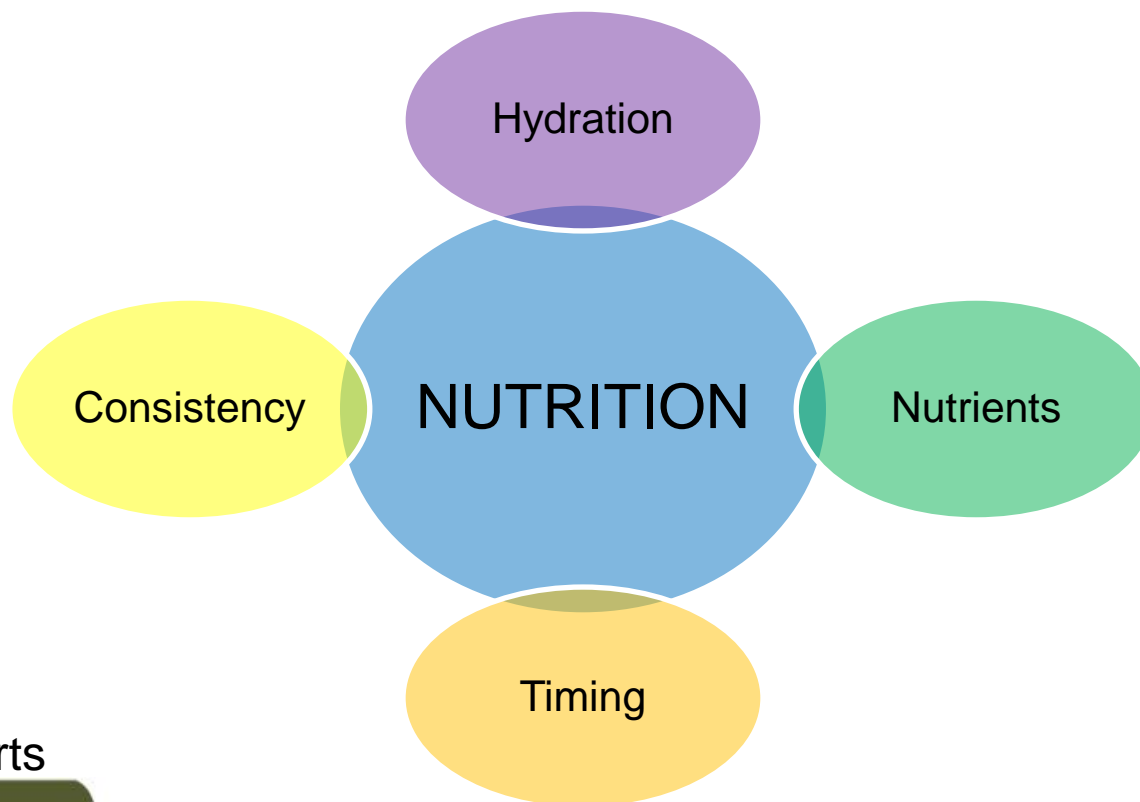
Nutrient Needs of the High School Athlete

Mary Andrae, MS, RD
Regional Program Manager
Wisconsin Milk Marketing Board



Nutrition is the most important link that impacts performance

- When you eat well – you feel better and you perform better
- Performance starts with eating



What is in your sports bag is as important as what is in your fuel tank



- Maximize energy
- Maximize recovery – don't waste your workout
- 80% habit, 20% science
- It doesn't matter how great the science is if you don't change your behavior

HABIT



SCIENCE

What are Carbs?

Carbohydrate

- Your main fuel
 - Stored as Glycogen in liver and muscles
 - Carbs exist in the bloodstream as Glucose
- Storage of carbs is limited
 - 400 calories (100 grams) in the liver
 - 1500 calories (375 grams) in the muscle
 - Timing is important for endurance and performance
- Athletes who do not eat enough carbs have a lower fuel storage capacity and decreased performance

Where are carbs found?

- Breads, cereals, grains, fruit, vegetables, beans and dairy
- Make sure $\frac{1}{2}$ of your grains are **WHOLE** grains



How much carb is needed?

- 5-7 grams/Kg or (2.25-3.25 grams/lb.)
- 120 lb. athletes need 270-390 grams/day or (100 grams per meal)

Lunch Example:

A sandwich on whole wheat bread

1 fresh fruit

1 vegetable serving

1 oz. baked chips

1 cup (8 oz.) milk



<http://www.mccormick.com/recipes/Desserts/Very-Vanilla-Fruit-Salad>



<http://laid.com/chips>
<http://www.lay.com>



<http://www.prevention.com>
<http://www.prevention.com>
Turkey-Cheese.jpg

How much carb is needed?

- 5-7 grams/Kg or (2.25-3.25 grams/lb.)
- 150 lb. athletes need 338-588 grams/day or (150 grams per meal)

Lunch Example:

A sandwich on whole wheat bread

2 fresh fruits

1 vegetable serving

1 oz. baked chips

6 oz. low-fat yogurt

1 cup (8 oz.) milk



Leaner is better

- Protein helps build muscle and maintain the immune system
- Add sources of omega 3 fatty acids (fish: salmon and tuna)
- Protein needs: .6-.7 grams/lb. (1.2-1.7 grams/Kg)

Portions: 3 oz. chicken/lean meat = 21 grams of protein (about the size of a deck of cards)

Protein timing: Make sure you have a protein source at each meal and snack

Milk, cheese and yogurt are good sources of complete proteins

Protein



<http://dining2014.csit.unc.edu/PortionSizeandConversions>

Are your athletes eating a variety of foods?

Take the Vitamin/Mineral Quiz: (Maximum 6 points)



Does your daily diet provide:

- Five or more servings of fruits and vegetables?
- Four or more servings of whole grain foods?
- Daily intake of a vitamin fortified foods such as cereal?
- Three or more servings a day of Vitamin A and D fortified milk or other dairy?
- Weekly consumption of legumes and nuts?
- 5-6 oz. of fish or lean meat sources a day?

“Break the fast” – eat before you run out of fuel

Bonuses of Breakfast:

- Increase Metabolism
- Fuels the Brain
- Provides Energy

Breakfast

Breakfast Dont's:

- Don't confuse coffee, soda or energy drinks as food

Breakfast Do's:

- When in doubt start with a smoothie or cereal, milk and fruit
- Do eat protein, whole grain carbs balanced with fruits and vegetables
- Do eat something, it is better than nothing

Eat **three meals** a day

- Remember breakfast and lunch are the fuel for the afternoon workout

Drink at least **three servings** of milk or calcium-rich foods a day (cheese or yogurt)

Eat from at least **three different food groups** at each meal and vary the colors (eat a rainbow)

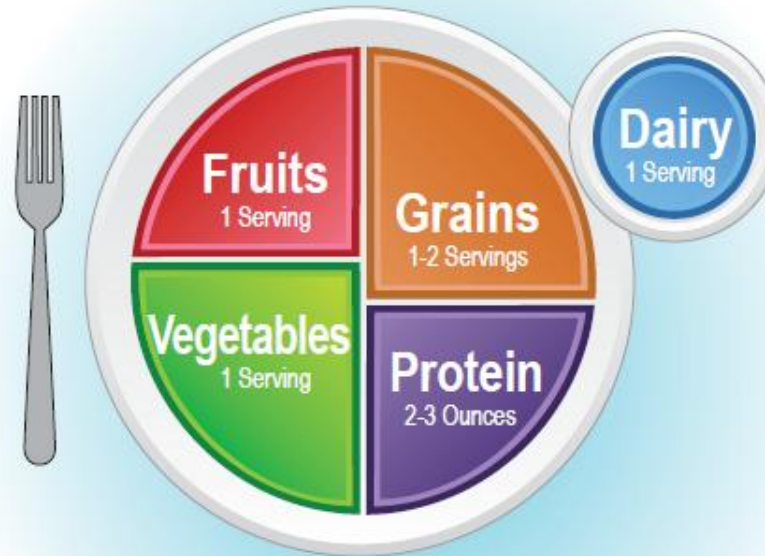
Eat every **three hours**

- Snacks help to maintain blood sugar and control appetite to allow an athlete to stay focused and alert



THE ATHLETE'S PLATE

What you eat has an important effect on your ability to perform at your best. The typical **teen** diet does not provide the correct ratio of nutrients as fuel. Below is an example of a sample menu for a lunch or dinner for a typical training day.



WHAT'S A SERVING?

GRAINS

Make at least half your grains whole

1 oz. equals:

- 1 slice of bread
- 1/2 C cooked cereal
- 1 C cold cereal
- 1/2 C cooked rice or pasta

VEGETABLES

Vary your veggies

1 cup equals:

- 2 C raw, leafy greens
- 1 C raw or cooked veggies
- 1 C vegetable juice

FRUITS

Focus on fruits

1 cup equals:

- 1 C fresh, frozen or canned fruit
- 1 medium to large fruit
- 1/2 C dried fruit

DAIRY

Get your calcium-rich foods

1 cup equals:

- 1 C milk or yogurt
- 1 1/2 oz. natural cheese (Cheddar, mozzarella, Swiss, Parmesan)
- 2 oz. processed cheese (American)

PROTEIN FOODS

Go lean with protein

1 oz. equals:

- 1 oz. meat, poultry or fish
- 1 egg
- 1/4 C cooked beans
- 1 Tbsp nut butter
- 1/2 oz. nuts or seeds

For more information on healthy eating, visit **ChooseMyPlate.gov**

Thank You
wmmb.com/sports



Outdo Ordinary™