



Sports Nutrition News & Notes

September 2006



Powering UP!

The quote, “fail to plan, plan to fail” by Carl Buechner should be on the front of your mind as you pack your snacks, lunch, fluids (and maybe even dinner) for the day. While working with athletes, it is easy to notice that the athletes who have an attack plan for their daily nutrition generally feel better and are more energized before, during, and after practice than they did before following a plan. So, what does an “attack plan” look like? This depends on what your day looks like.

If you have a full schedule of back-to-back morning classes

and afternoon practice, plan on having breakfast, a mid-morning snack, and lunch before you head to practice. Depending on how late your practice is you may even want to add another snack. It is important to include in your snacks and meals high-carbohydrate foods to fuel your body and quality protein sources for your muscles. Also, include foods you enjoy, so that you are more likely to not only pack them in your bag, but eat them! (A bag of baby carrots does you no good unless you eat it.)

Here are some healthy ideas for snacks and meals to “power up” before practice or events:

- whole grain cereal with skim milk and fruit
- low-fat yogurt blended with berries (smoothie)
- whole grain bread with lean meats, cheese, and lots of veggies
- energy bar (like Snickers Marathon bar or Harvest Powerbar) with 12 oz Gatorade

Do you know?

- *What is a high carbohydrate food?*
- *Which protein foods are high quality?*
- *What are the benefits of including a lot of fruits and vegetables in your hydration routine?*

Meet with one of our dietitians to learn more!

Powering Down - Recovery

Hopefully, you’ve read or heard from your coaches, athletic trainers, or sports nutritionists that recovery nutrition is important. It is especially critical to your performance during 2-a-days or when you have less than 24 hours between practices. Recovery nutrition, or consuming food as soon as possible after exercise, helps you replace muscle fuel (glycogen), as well as, repair damaged muscles. Research is

now also showing a link between carbohydrate intake after exercise and improved immune function, so you are less likely to get sick when training gets tough. Along with carbohydrates, it is a good idea to include some good quality protein, 10-15 grams, in your recovery snack.

Properly hydrating yourself should be a priority in your recovery plan. Your goal should be to replace 150% of the fluids lost during

exercise. For example, you would drink about 3 cups of fluid for every pound lost during exercise. Be proactive when it comes to your hydration! Once you start to become dehydrated, your performance also starts to suffer. Know your fluid needs and drink throughout the day to avoid playing “catch up” once practice ends.

Plan your recovery nutrition and reap the benefits!

Are all Sports Drinks the Same?

Desirable	Gatorade	Powerade	All-Sport	Red Bull
6-7% carbohydrate	6%	7%	7%	11%
14-17 g/ cup carbohydrate	14 g	17 g	16 g	27 g
50-60 calories	50	60	60	108
Type of carbohydrates	Sucrose, Glucose, Fructose	High fructose corn syrup, Maltodextrins	High fructose corn syrup	Sucrose Glucose
At least 70 mg. sodium	110	55	55	207
At least 28 mg. potassium	30	30	50	0
Carbonation	No	No	No	Yes
Caffeine	No	No	No	Yes



Hydration: An All-Day Event

What you drink throughout the day and not just during practice (or an event) can significantly affect your performance. In fact, starting practice slightly dehydrated can have a real negative impact on how well you stay focused and perform. Make sure you are staying well-hydrated during practice, but don't forget about the importance of beginning practice "ready to go".

Before practice (1-2 hours) try drinking fluids like water, Propel, low-fat milk, and juices, which can contribute to filling up your hydration tank. During practices lasting longer than 60 minutes, try using a desirable sports drink (refer to chart above) to help replace carbohydrate and lost electrolytes from sweat. Because it can be difficult to stay fully hydrated during long practices, plan to drink plenty of fluids following exercise. Don't forget, fruits and vegetables also contain a lot of fluids and minerals, and can be used as part of your rehydration routine!

*Be aware of how many calories you consume in beverages, they often add up to surprise you.

Whey In for Weight Gain!

Whey (a particular milk protein) is a popular protein supplement many athletes like to use. We often answer the question of whether whey is helpful for gaining lean mass. Whey is not any more magical than other animal proteins. It is more likely the overall protein in your diet and your work ethic in the weight room that will help you gain lean mass. We suggest athletes trying to gain lean weight eat about 1.8 grams of protein per kilogram body weight to ensure they are getting enough protein. Additional protein above that level is likely broken down and used to make energy (as carb or fat). If you struggle to get enough good quality protein in your diet or if getting recovery protein is a struggle, then whey may help you meet your needs. Otherwise, be careful investing a lot of money in these supplements. Consider spending the money on better overall nutrition. Remember that nutrition supplements are not regulated and can have illegal substances in them, buy from a reputable source!



Please feel free to contact us for an individual nutritional consult! We are also glad to provide group presentations. We look forward to helping you reach your nutritional and performance goals!