



Sports Nutrition News & Notes

January 2005



7 Habits for Competitors

1. Eat throughout the day to maximize energy.
2. Include plenty of carbohydrates in the diet.
3. Eat the right amount of protein for your goals.
4. Know what sort of pre-game meal works best for you.
5. Drink plenty of fluids throughout the day everyday!
6. Plan for great recovery after any type of practice or event by having the proper snacks or meals available.
7. Know your body and plan to meet your goals.

New Year's Resolution for Weight Loss?

Are you amongst the millions of American's setting your goals for weight loss in 2005? Too much focus on what the scales say can hurt your performance. Be careful how you go about setting and achieving your goals!

Many athletes make the mistake of cutting back too many calories. This depresses your natural metabolism making it harder and harder to lose the desired weight. Eating to fuel your metabolism can aid your efforts.

Be sure your goals are focused on performance. We all know carrying less body fat makes us one step or one stroke quicker. However, most athletes losing weight will also lose

some muscle weight and this hurts performance. Eating adequate protein in the diet will help protect your muscle mass.

Many folks wanting to lose weight will skip meals thinking it is helping with weight loss. Skipping meals forces your body into starvation mode which depresses the metabolism. Athletes should graze throughout the day eating 5-7 small meals to keep the metabolism revved. NEVER skip breakfast or your recovery snack unless for a medical reason!

Weight loss athletes need to find the balance of fueling for exercise and maintaining lean mass yet still being able to lose weight. Set up a meeting

with one of our Registered Dietitians to help you set up a plan to work for you.

Weight loss supplements may not be a good idea. Many consumers believe that supplements have been tested for safety and ingredients. This is not true. It is common for weight loss supplements to contain stimulants. This can cause a positive drug test. You need to be selective and careful.

In general, the slower you lose the weight, the more likely you are to sustain the weight loss over time. Set your goals to lose about a pound per week so you can maintain your weight loss AND fuel your muscles for great performance!

Did you know:

- *Our muscles require carbohydrate to work at high intensities.*
- *Skipping meals will depress your metabolism and make it harder to lose weight.*
- *Eating the right foods at the right time can help you perform better, lose body fat, gain muscle mass and avoid getting sick.*

Is a high protein diet the best way to lose?

High protein diets usually forbid high carbohydrate foods. Muscles require carbohydrate for adequate fueling. Athletes cannot afford to leave high carbohydrate foods out of the diet. Be leery of diets telling you that high carbohydrate foods make you fat.

It is not the high carb that makes you fat, it is the

sauces and fats we typically add to those foods. For instance, a baked potato is an excellent source of carbohydrate for an athlete. The potato doesn't make you fatter, it is likely the extra calories of the butter or sour cream that most folks like to put on the potato that adds up for too many calories.

Athletes do need more

protein in the diet than non-athletes but there are limits to how much protein our body can use. (See the chart on the back for protein needs.)

Each person has a unique body and one diet does not "fit all". Be sure you find the weight loss program that works for you while boosting metabolism and performance.

Protecting your metabolism

If you are trying to lose weight, it is in your best interest to keep your metabolism stimulated and revved up. "Metabolism" is the rate your body uses energy. If you are trying to lose weight, you would like to use as much energy as possible all the time. Protecting your metabolism means you keep your energy usage high in order to burn more calories.

There are a number of factors that depress metabolism so our goal is to stimulate your metabolism as much as possible. Star-

vation depresses metabolism so you want to avoid your body sensing starvation by eating frequently, these are often small snacks or meals for a person trying to lose weight. You want to eat something every 2-3 hours. Never eat below your basal metabolic rate (the number of calories to just keep you functioning at rest) for the day!

Losing lean body mass and having more fat mass depresses metabolism so be sure to eat the right amount of protein and lift weights to stimulate and

preserve your lean mass.

Being sedentary depresses metabolism so keep moving throughout the day! Athletes are very active during practice or competition, but being active throughout the day helps with weight loss.

When folks cut calories, they often forget about the important vitamins and minerals they may be missing. Eat foods from all the food groups including plenty of fresh fruits and vegetables daily (at least 5 servings!).



Weight loss is all about your energy balance and metabolism. To lose weight, you have to burn more calories than you consume.

More About the 7 Habits....

- As we have discussed, eating throughout the day protects your metabolism and fuels your muscles.
- Including plenty of carbohydrate-rich foods to help fuel our working muscles and promote muscle recovery. Many foods from the grains group are also high in fiber which helps you feel full longer instead of feeling hungry.
- Eating the right amount of

protein is really important. Not enough will keep your muscles from getting bigger and stronger and will compromise healing time. Eating too much is a waste of money and can be converted to body fat.

- Pay attention to your best performances and note what pre-game meal or snacks you ate and what fluids you drank. You will start to see a pattern of

the types of foods that work best for you. The same applies to recovery foods and routines.

- Staying hydrated is really important to great performances. Drink fluids throughout the day, not just around your event.
- Planning your diet to meet your goals takes some work. Plan ahead, this includes losing weight in the off-season!

Animal sources of protein are usually a better quality than plant sources of protein. Be sure to choose low fat varieties and cuts to help with calorie counting! Skim milk is an excellent source of protein and many other important nutrients.



Protein Needs for athletes

Find your "category" in the chart to the right. Calculate your kilograms of body weight by dividing your pounds of body weight by 2.2. Multiply your kilograms by the range (grams/kg) in the chart, that is the approximate range of protein you should be consuming daily in grams!

Each ounce of meat has about 7 grams of protein. The visual of a deck of cards is approximately the same size as 3 ounces of cooked meat. Each 8 ounce glass of milk has about 8 grams of protein. Animal protein is usually a better quality than plant sources of protein. However, with careful planning and the right food combinations it is possible to have good protein quality eating only plant foods.

Category	grams/kg
sedentary	0.8 g/kg
strength-trained, maintenance	1.2-1.4
strength-trained, gain muscle mass	1.5-1.8
endurance trained	1.1-1.4
intermittent, high-intensity training	1.4-1.7
weight-restricted (trying to lose or have to keep a weight class)	1.4-1.8
growing adolescent	1.2-2