Some Important Things for Athletes to Consider

- Although good nutrition is important for everyone, athletes in particular need to think about:
  - Protein
  - Carbohydrates
  - Hydration
  - Energy
  - Dietary Supplements
All about Protein

- Protein’s role in the body
  - Used in the production of hormones, enzymes, and blood cells.
  - Helps to maintain a healthy immune system.
  - Building and repairing of body tissues, including muscle.
  - Minimal use for fueling muscles.
Athletes need more protein than sedentary individuals. The American Dietetic Association (ADA) recommends that athletes consume an adequate amount of energy (calories) and that 12-15% of their energy come from protein.

This requirement can be meet by eating a variety of normal foods.
All about Carbohydrates

Carbohydrates:
- Preferred fuel source of the muscle.
- The availability of carbohydrate stores plays a critical role in athletic performance.
- Adequate carbohydrate consumption can reduce the time of fatigue in both endurance and non-endurance athletes.
All about Carbohydrates

- Eat within the first hour after exercise.
- Refuel muscles.
- Eat at least 5 to 100 grams of carbohydrates within two hours after hard exercise.
- Don’t ignore post-exercise nutrition – training and performance will suffer!
Hydration

The American College of Sports Medicine and the American Dietetic Association fluid recommendations:

Before Exercise:
- Start drinking 24hrs before exercise session.
- 400-600 mL of fluid 2-3 hours before.

During Exercise:
- 150-350 mL at 15-20 minute intervals.
- Beverages containing 4-6% carbohydrate are recommended for intense exercise events lasting more than 1hr.

After Exercise:
- Consume up to 150% of the weight lost during exercise.
Energy Needs for Athletes

- Energy demands of athletes in training vary greatly.
- Energy demands depend primarily on body mass and the training load.
- Not all athletes have high levels of energy expenditure.
Energy Needs for Athletes

Athletes need to consume adequate energy to:
- Maintain body weight
- Maximize training effects
- Maintain health
- Maintain lean tissue mass

Low-energy intakes can result in:
- Loss of muscle mass
- Menstrual dysfunction
- Loss or failure to gain bone density
- Increased risk of fatigue, injury, and illness
Dietary Supplements

Dietary supplements are items claiming to increase work output or performance. Dietary supplements usually contain one or more of the following ingredients:

- Vitamin
- Mineral
- Herb
- Amino acid
What are some reasons why people may take dietary supplements?
- To improve performance.
- To build muscle mass
- To improve strength and power
- To compensate for an inadequate diet
- Recommended by coach, parent or influential person

Check with your doctor before taking any dietary supplement!