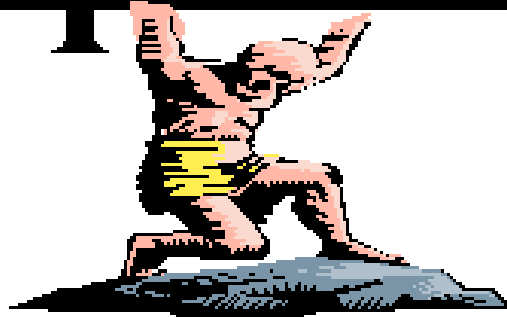


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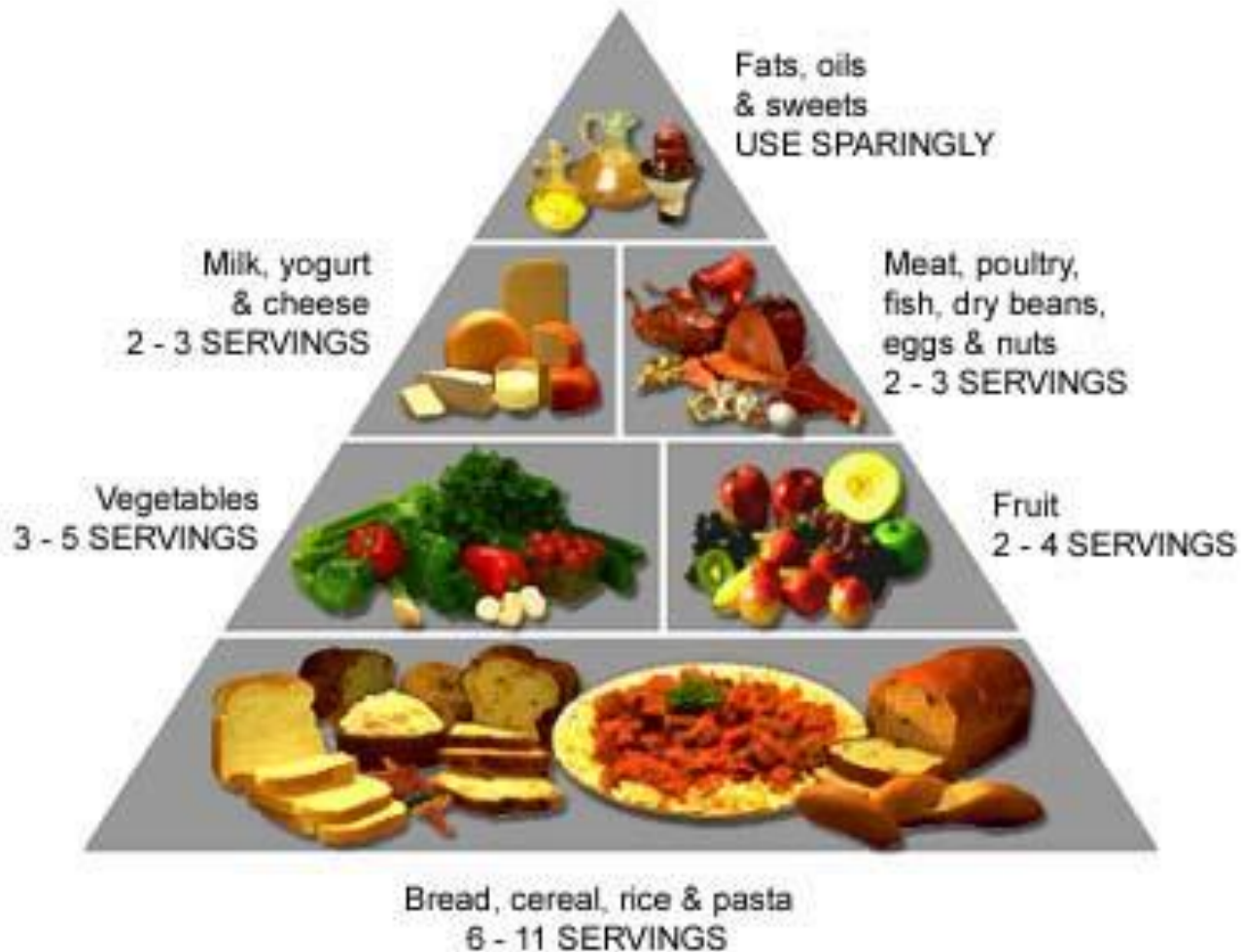


Presents: _____
NYS Phase II Nutrition
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Nutrition 101

- What is the best nutrition advice that you can give your athletes?
 - Eat a variety of foods
 - Balance the food that you eat with physical activity
 - Choose a diet with plenty of grain products, vegetables, and fruits
 - Choose a diet low in fat, saturated fat, and cholesterol
 - Choose a diet moderate in sugars
 - Choose a diet moderate in salt and sodium

Food Guide Pyramid



Breaking down the pyramid

- Base – Breads, Cereals, Rice, Pasta; all foods from grains
- You need the most servings of these foods each day!

Breaking down the pyramid

- 2nd Level – Vegetables and Fruits
- 3-5 Servings Vegetables
- 2-4 Servings Fruits
- Most people need to eat more from these groups
- Why?

Breaking down the pyramid

- 3rd Level – Milk, Yogurt, Cheese, Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts
- Important for protein, calcium, iron, and zinc.

Breaking down the pyramid

- Top – Fats, Oils, Sweets
- Types?
- Most people should use them sparingly!

Assess Your Nutrition

- Are you eating a variety of foods?
- Do you eat a lot of high fat foods?
- Enough Fiber?
- Salt / Sugar?
- Nutritional demands for your sport?

Assess Your Nutrition

■ Variety	Yes	No
■ Fat	Yes	No
■ Fiber	Yes	No
■ Sugar	Yes	No
■ Salt	Yes	No

Sports and Nutrition

- Depends upon Duration, Intensity, and Type of Exercise
- Three Stages – Before, During, and After Activity
- Primary Goal – Optimize the availability of muscle glycogen, thereby insuring optimal performance

Pre-Exercise Nutrition

- Properly nourishing yourself before exercise should:
 - Prevent low blood sugar
 - Provide fuel
 - Settle your stomach
 - Instill confidence in your abilities
- High Carbohydrate, Low Fat Foods for easy digestion

Pre-Exercise Nutrition

- How much time should you allow before exercise after eating?
 - 4 Hours for a large meal
 - 2-3 Hours for smaller meals
 - 1 Hour for a small snack

During Exercise Nutrition

- Typically individuals who consume 60% of their diets as carbohydrates will have enough energy for workouts lasting 60 – 90 minutes
- It has been found that during prolonged, strenuous exercise lasting over 90 minutes, ingesting carbohydrates is beneficial

During Exercise Nutrition

- Sports Drinks, such as Gatorade, may help in these situations.
 - 8oz every 15-20 min
-

Post-Exercise Nutrition

- When and What can have a serious effect on your recovery
- Recovery means that you are rested, re-fueled, and ready to perform again
- Inadequate recovery can lead to chronic fatigue and a gradual decline in your performance

Post-Exercise Nutrition

- Exercise < 90 min
 - Refuel with balanced diet, high in carbohydrates
- Exercise > 90 min & Exhaustive
 - Timing is important
 - 20 hours to replenish its stores
 - Only occurs if adequate Carbohydrates are consumed
 - First 2-3 hours are critical – Don't wait to eat!

Post-Exercise Nutrition

- For optimal glycogen re-synthesis:
 - Immediately after exercise (15-30 min)
 - 75-100 grams of Carbs
 - Within 2-3 hours after exercise
 - 100 grams of Carbs
 - Every 4 hours thereafter
 - 100 grams of Carbs

Examples

- 1 Gram Carbohydrates = 4 Calories
- 75-100 Grams = 300-400 Calories

- 75-100 Grams of Carbohydrates
 - Banana and a bagel
 - ½ cup raisins and a slice of bread
 - 2 cups orange juice and a cup of yogurt

Hydration

- Is the most important of the nutrients.
- Essential for:
 - Digestion
 - Carrying waste
 - Regulating body temperature
 - Circulating blood

Hydration

- Normal Intake: 2.5 quarts/day for sedentary people
- Athletes need to replace lost fluids
 - Increase over normal intake

Hydration

- Pre Exercise
 - 16 oz (2 Cups) 2 hours pre
- During Exercise
 - Drink early and often
 - 5-10oz every 15-20 min (@ 1 cup)
- Post Exercise
 - 1lbs lost = 3 cups water replacement
 - Weight in pre and post exercise

Remember!

- MARCH – Is Athletic Training Month!

Thank You!

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Questions?