

# EAT SMART FOR SPORT!



**TALAWANDA  
HIGH SCHOOL**

Katie Kline  
Dietetic Intern  
BA: Nutrition and Dietetics

## Basic Fueling Tips

- Eat sources of complex carbohydrates and protein.
- If the athlete is training in the morning make sure to have a full meal the night before.
- If possible have a snack before training.
- Limit foods with high amounts of fat before training or performance because they take longer to digest.
- Make sure to consume a balanced meal after training or performance.
- This meal should contain carbohydrates, protein, fat.

- What can happen if you are not meeting your calorie needs?
  1. Increased risk of injury
  2. Muscle breaks down and is used as fuel
  3. Poor performance
- Our body has ways of letting us know when it is being underfed. Listen to those signals such as: fatigue; prolonged soreness after physical activity; and decreased ability to focus.
- Carbohydrates are a main source of fuel for athletes with fat being a secondary source. With correct amounts of all three macronutrients, protein can repair and build muscles.
- Athletes should make sure they are eating correct proportions and nutrient dense food before and after training or competition.
- While training is very important in sports, fueling the body is just as important!



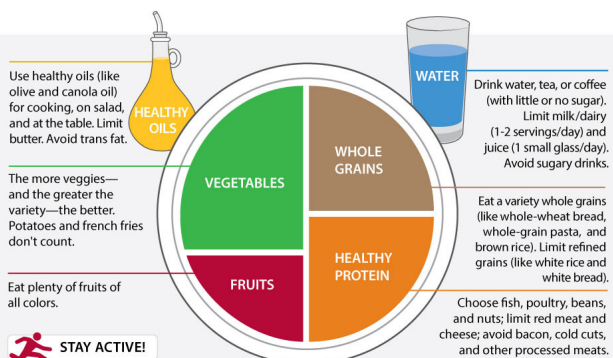
## Pre-Competition vs Post- Competition Snack

- Pre-competition: 30-90 minutes before
- Consists primarily of carbohydrates with some protein and little to no fat
- Post-competition: Within an hour after
- Provides replacement for calories used
- Repairs and rebuilds muscle tissue
- 2:1 ratio of carbohydrates and protein

## Quick and Easy Snack Ideas

- Granola bars (with 5 grams of fat or less)
- Low-fat cottage cheese and strawberries
- Peanut butter and jelly sandwich
- Bagel with eggs
- Deli-meat, low-fat cheese, and crackers
- Banana and almonds
- Chocolate milk
- Tuna and crackers

## HEALTHY EATING PLATE

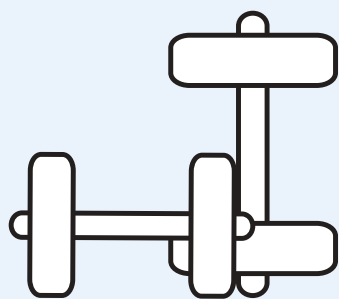


Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publishing  
[www.health.harvard.edu](http://www.health.harvard.edu)

## Creating a Balanced Meal

- Build your plate with sources of carbohydrates, protein, fat, fruit, vegetable and dairy
- Carbohydrate sources: brown rice, whole wheat pasta, whole wheat breads/bagels, oatmeal, potatoes.
- Protein Sources: turkey, chicken, eggs, fish, lean beef, pork, low-fat dairy, beans, tofu, tempeh
- Fat: Sources: Any cooking oil or butter, nut butters, avocado, oil-based salad dressings, hummus, sour cream.



## Sample Meal Ideas

- Breakfast: 1 whole wheat bagel, peanut butter, banana, 2 scrambled eggs
- Lunch: turkey, spinach, tomato, mustard, and swiss cheese on whole wheat bread, carrot sticks, ½ cup cottage cheese, apple
- Dinner: whole wheat pasta with lean beef and marinara sauce, broccoli,
- Is there room for dessert in an athlete's diet? Absolutely! Restricting treats can lead to disordered way of thinking and having dessert in moderation can prevent this.

### Additional Resources:

<https://www.youtube.com/watch?v=-yC62E4ihrw>

[https://health.gov/sites/default/files/2019-09/2015-2020\\_Dietary\\_Guidelines.pdf](https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf)

<https://www.nestlenutrition-institute.org/docs/default-source/global-dcoument-library/publications/secured/de49dcb8a97a1de70158ef4786610cff.pdf?sfvrsn=0>

## Water

- Hydration is very important, especially for athletes
- Knowing the signs of dehydration can reduce chances of it occurring.
- These signs include: thirst; decreased urination; dark urine; dizziness; and confusion.
- Observing the color of urine is the best way to monitor hydration.
- Reference the chart below



**Am I drinking enough water?**

Use this urine colour chart to assess how hydrated you are. It is important to drink plenty of water every day to stay healthy.

1	2 to 4: Hydrated
2	Pale, odourless and plentiful urine is often an indication that you are well hydrated. Keep drinking at the same rate.
3	3 to 4: Mildly dehydrated
4	Slightly darker yellow urine can indicate that you need to drink more water. Drink a glass of water now.
5	5 to 6: Dehydrated
6	Medium-dark yellow urine is often an indication that you are dehydrated. Drink 2-3 glasses of water now.
7	7 to 8: Very dehydrated
8	Darker, strong-smelling urine in small amounts can be a sign of dehydration. Drink a large bottle of water immediately.

**What can change the colour of my urine?**  
Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.

**Important**  
The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)