Nutrition and Young Athletes

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TOPICS

- BALANCED NUTRITION
- MEAL PLANNING
- HYDRATION
- PRE & POST-WORKOUT SNACKS
- HEALTHY HABITS
- Q&A

Balanced Nutrition

- PROTEIN
- CARBOHYDTARES
- FATS

PACK THE PROTEIN

- Building, maintaining, and repairing muscle and other organs.
- Supplies our bodies with essential amino acids that are not produced by the body.
- Plays a role in bone mineral density (BMD)

NOTES:

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HOW MUCH IS ENOUGH?

Endurance Athletes: .5-.7 grams of protein for each pound of body weight.

Strength Athletes: .6-.9 grams of protein for each pound of body weight.

Elite Athletes: .9-1.3 grams of protein for each pound of body weight.

CARB CRAZY

- Provides energy, fuels the central nervous system, enables fat metabolism.
- Produces glycogen which is transported to the brain, tissues, and organs for optimal performance.
- Critical for mental function, endurance, and stamina.

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HOW MUCH IS ENOUGH?

LIGHT INTESNITY TRAINING: 3-5 grams/kg

MODERATE/HEAVY TRAINING: 5-8 grams/kg

PRE-EVENT LOADING: 8-9 grams/kg

FANTASTIC FATS

- Critical in absorbing fat soluble vitamins such as vitamins A,D,E,K.
- Fatty cell membranes act as protectors of each individual cell.
- Regulates core body temperature.

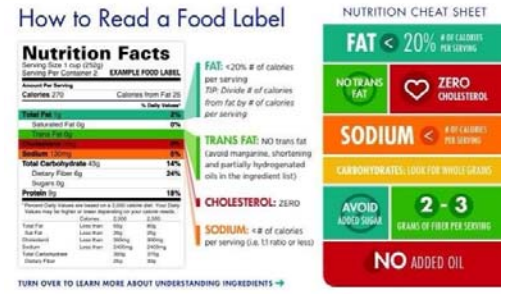
NOTES:

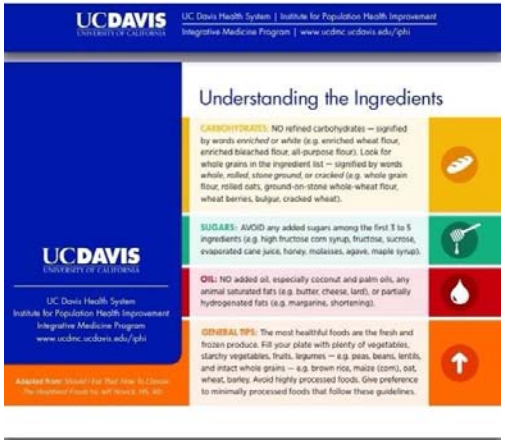
HOW MUCH IS ENOUGH?

Young athletes should consume 20-30% of their calories from fat, while maintaining a low percentage of saturated and trans fats.

NOTES:

FOOD LABELS


How to Read a Food Label
Nutrition Facts
EXAMPLE FOOD LABEL
FAT: <20% # of calories per serving
TIP: Divide # of calories from fat by # of calories per serving
TRANS FAT: NO trans fat (avoid margarine, shortening and partially hydrogenated oils in the ingredient list)
CHOLESTEROL: ZERO
SODIUM: < # of calories per serving (i.e. 1:1 ratio or less)
TURN OVER TO LEARN MORE ABOUT UNDERSTANDING INGREDIENTS
NUTRITION CHEAT SHEET
FAT < 20%
NO TRANS FAT
ZERO CHOLESTEROL
SODIUM
CARBOHYDRATES: LOOK FOR WHOLE GRAINS
AVOID ADDED SUGAR
2 - 3
GRAMS OF FIBER PER SERVING
NO ADDED OIL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Understanding the Ingredients
CARBOHYDRATES: NO refined carbohydrates — signified by words enriched or white (e.g. enriched wheat flour, enriched bleached flour, all-purpose flour). Look for whole grains in the ingredient list — signified by words whole, rolled, stone ground, or cracked (e.g. whole grain flour, rolled oats, ground-on-stone whole-wheat flour, wheat berries, bulgur, cracked wheat).
SUGARS: AVOID any added sugars among the first 3 to 5 ingredients (e.g. high fructose corn syrup, fructose, sucrose, evaporated cane juice, honey, molasses, agave, maple syrup).
OILS: NO added oil, especially coconut and palm oils, any animal saturated fats (e.g. butter, cheese, lard), or partially hydrogenated fats (e.g. margarine, shortening).
GENERAL TIPS: The most healthful foods are the fresh and frozen produce. Fill your plate with plenty of vegetables, starchy vegetables, fruits, legumes — e.g. peas, beans, lentils, and intact whole grains — e.g. brown rice, maize (corn), oat, wheat, barley. Avoid highly processed foods. Give preference to minimally processed foods that follow these guidelines.
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WATER WARRIORS

- Carries nutrients and oxygen to all cells in the body
- Protects and cushions vital organs
- Helps the body absorb nutrients
- Removes waste
- Cushions joints
- Increases emotional well-being

HOW MUCH IS ENOUGH?

The average daily amount of water is 64oz. However, due to higher activity levels young athletes should consume 80-100 oz. each day. Use sports drinks sparingly as they are often times loaded with sugars. Look for low-sugar sports drinks whenever possible.

PRE & POST-WORKOUT SNACKS

- Apple almond butter and dark chocolate
- Peanut butter and jelly sandwich on whole-grain bread
- Whole-grain bagel with a spread of cream cheese and sliced tomato
- 2%-4% Cottage cheese or greek yogurt with berries and honey
- Veggies and hummus
- Pretzel Chips with fresh guacamole
- Almonds and string cheese
- Whole-grain crackers with turkey and cheese

HEALTHY HABITS

START YOUR DAY OFF STRONG!

Breakfast helps athletes to recoup the energy lost overnight, and raises blood sugar to healthy levels so they can access energy stores in their bodies needed for schoolwork and sports.

PLAN FOR SUCCESS

To help young athletes keep their energy levels up, make sure they pack healthy snacks they can eat over the course of the day.

Snacks should have a good balance of protein, carbohydrates, and fat.

GET INVOLVED

Make grocery shopping fun! This keeps everyone engaged and it encourages them to prepare healthy meals and snacks on their own, avoiding highly processed foods.

Q&A