



INTRO TO SPORTS NUTRITION

TNB WINTER PROGRAM 2020

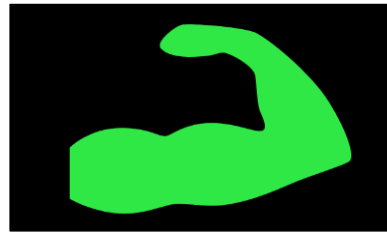




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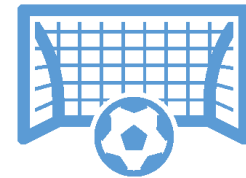


What does a healthy diet look like for an athlete?



Nutrition essentials to maximize performance:

- Why carbs are crucial for athletes
- Protein and the body



Gameday nutrition

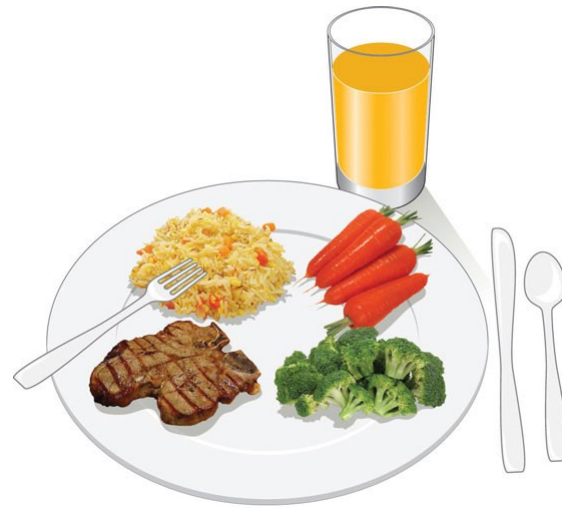
- Before training
- During training
- After training



What does a healthy diet look like for an athlete?

- Fruits
- Vegetables
- Whole grains
- Lean meats
- Milk products
- Healthy fats (avocado, fish, olive oil, nuts, PB)

= **VARIETY**

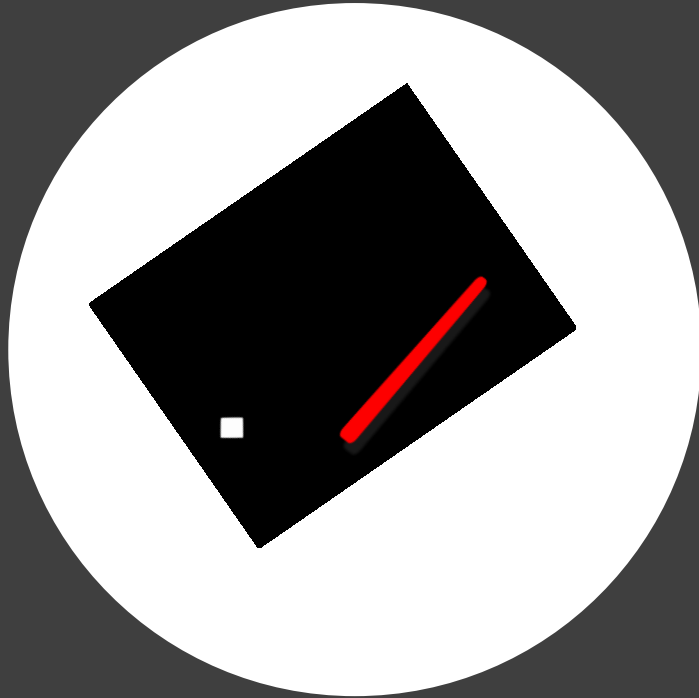


Benefits

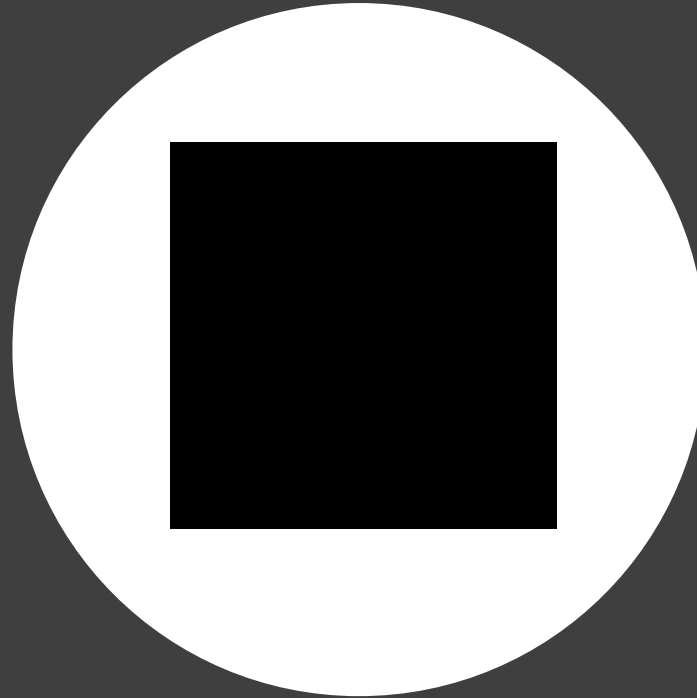
- Maximize performance
- Reduce risk of injury & illness
- Better recovery



Nutrition essentials to maximize performance



Carbohydrates



Protein



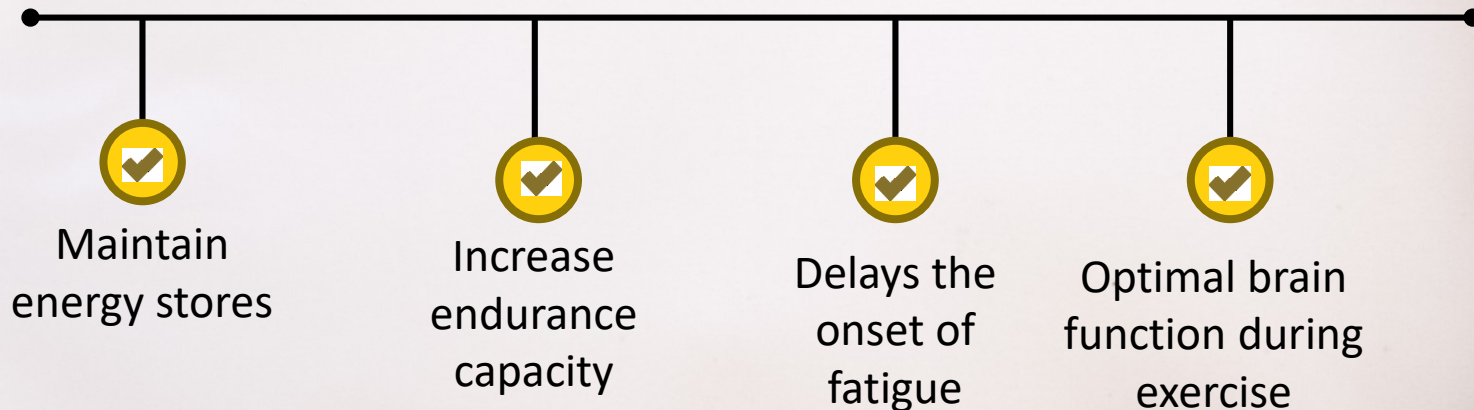
Hydration

Why carbs are crucial for athletes

What are carbohydrates?

- Main source of energy for body & brain
- Primary fuel for muscles for high-intensity exercise
- Stored in the muscles and liver as glycogen

Why are they essential for performance?



SOURCES

- Fruits (banana, berries, orange, apples, ...)
- Pasta (rice, spaghetti, macaroni, bread, pita)
- Milk, chocolate milk, yogurt
- Oats
- Muffins
- Bagel

Protein and the body

What are proteins?

- Building blocks of the body
- They make up: muscles, tendons, skin, hair, nutrient transport, immune function
- Fuel for muscle building + strengthening



Why are they important for athletes?



Promotes muscle repair (recovery)



Helps with carbs storage



Reduce muscle soreness post-exercise




Muscle maintenance

SOURCES

- Meats (chicken, turkey, ...)
- Fish
- Eggs
- Milk
- Peanut Butter
- Cheese
- Nuts & Seeds

Fluid Needs - Hydration



Fluid requirements for soccer athletes are higher due to the intensity of the sport (around 3L a day).
- Hydration levels directly affects performance on the field

Thirst is NOT an accurate measure for hydration. By the time you are thirsty, you are already dehydrated.

Dehydration can negatively impact...

Endurance
Speed
Skill execution
Decision-making



TIPS for hydration

- Have fluids with all meals and snacks
- Carry a water bottle with you throughout the day / training
- Use breaks in training to grab a drink
- Drink extra water on warmer training days
- Good indicator of proper hydration: clear urine !
- Make sure to properly hydrate the day before a game or TNB weekend

What's the deal with sports drinks?

- Suggested for sessions LONGER than 1 hour (replenishes energy + electrolytes lost in sweat)
- Session of 1hr or less, water is OK.



Gameday nutrition

Before training/game

3-4 hours before: Big meal

- Carbs
- Protein
- Fluids

Wrap/sandwich w chicken/eggs,
pasta with meat sauce, chicken stir-fry with rice, ...

1-2 hours before: small snack + H2O

- Rich in quick carbs
- Low in fat/fiber

Foods easy to digest

Banana w PB, bread(white),
smoothie, yogurt w fruit salad, oats,
granola bars, ...

During training/game

*Limited to pre-game, **halftime** &
injury breaks.

- Replenish glycogen stores quickly
- Players with a high workload will benefit

Chopped fruits, sports drink,
applesauce, Fruit-2-go, Welch, ...

- Portion of 15 to 30g is enough

After training/game

Within 30-45 mins:

- Small meal with water **IF** the next session is in the **next 2-3 hours**.
- Include carbs (45g) + protein (15g)
Small wrap/sandwich, fruits,
smoothie, small portion of pasta,
PB+jelly sandwich w banana,
chocolate milk

Within 2 hours after practice:

- (if no more session after)
- Full meal (carbs + protein) with water



tips

Plan for travel – Think ahead!

Brings snacks or foods that you are familiar with in the car!



Don't skip meals!

Athletes need to eat more to fuel their muscles, especially when you have 2 sessions in one day.

Always carry a water bottle with you!

You should be drinking a full bottle between sessions



QUESTIONS?

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