



# BOBCAT NUTRITION

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FUELING FOR SUCCESS



# Sports Nutrition Basics:

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## Fuel frequently

- Goal is to eat smaller, more frequent meals to keep energy levels up
- Example: Breakfast-Snack-Lunch-Post Workout Snack-Dinner-Snack

## 80/20 Rule

- 80% of the time focus on quality food choices or “eating for health”
- 20% of the time you can splurge on less nutritious foods and “eat for pleasure”

## Three nutrients give your body energy

- Carbohydrates
- Protein
- Fat

# Carbohydrates

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**-Purpose:** Body's "choice" for energy; primary energy contributor during exercise

**-Types of carbohydrates:** simple & complex

- Simple: Juice, cookies, candies, children's cereals
- Complex: bread, pasta, cereal, bagels, corn, potatoes, rice, beans

**-Sources:**

- Whole grains and wheat products
- Fruits
- Vegetables
- Dairy products
- Sports drinks/gels/goos/blocks

# Carbohydrates – Best Choices

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## -Why grains?

- Rich in carbohydrates, B vitamins, give lots of energy
- Should be the **largest** part of your diet

## -Best choices

- Wheat bread, oat bread, wheat bagels, wheat English muffins, wheat tortillas
- Cereals: Total, Shredded Wheat, Cheerios, Granola
- Oatmeal, Cream of Wheat
- Brown Rice/Wheat or Multi-grain Pasta
- Wheat crackers/whole grain granola bars



## 10 Worst Children's Cereals

*Based on percent sugar by weight*

1	Kellogg's Honey Smacks	55.6%
2	Post Golden Crisp	51.9%
3	Kellogg's Froot Loops Marshmallow	48.3%
4	Quaker Oats Cap'n Crunch's OOPS! All Berries	46.9%
5	Quaker Oats Cap'n Crunch Original	44.4%
6	Quaker Oats Oh!s	44.4%
7	Kellogg's Smorz	43.3%
8	Kellogg's Apple Jacks	42.9%
9	Quaker Oats Cap'n Crunch's Crunch Berries	42.3%
10	Kellogg's Froot Loops Original	41.4%

*Source: EWG analysis of nutrition labels for 84 children's cereals.*

# Protein – Best Choices

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**-Purpose:** Build/repair muscles, hair/nail growth, boosts immunity, RBC production

## -Lean meat

- Chicken, turkey, lean ham, lean red meat, fish, tuna, turkey bacon and turkey sausage
- Take the skin off of meat

## -Eggs and egg whites

## -Low-fat dairy products

- Milk, cheese, yogurt, cottage cheese

-Whey protein powders and smoothies/shakes made with it...whey protein absorbs very quickly

-Nuts, seeds, peanut butter have some protein



# Fats

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## **-Saturated Fats: “Bad Fats”**

- Fried foods, pastries/baked goods, creamy foods

## **-Unsaturated Fats: “Good Fats”**

- Peanut butter, almond butter, nuts, seeds
- Olive oil and Canola Oil
- Avocado
- Flaxseed or flaxseed oil
  - Can buy milled, as oil, or in breads and cereals
- Fats in fish like salmon



**-Remember** that you get some fat in dairy products, meats, whole eggs, and energy bars/shakes

# Start The Day With Breakfast!!

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## **Cheap, Quick On-the Go Breakfasts**

- Whole wheat bagel w/2 spoons peanut butter, banana & 1 bottle 2% milk
- Energy bar, banana & 1 bottle 2% milk
- Peanut butter & jelly sandwich on wheat bread, Yoplait 2x Protein Yogurt and 8 oz low-fat milk
- Peanut butter crackers, 1 cup trail mix, 1 bottle 2% milk
- Smoothie w/fruit, milk & whey protein powder
- Nature Valley Granola bar & add peanut butter on top, string cheese, 1 bottle 2% milk
- Quaker Oatmeal On-the-Go bar, Individual bag of nuts, 1 bottle 2% chocolate milk

# Fueling Snacks

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-Energy bar

-Individual bag trail mix

-Beef jerky and a banana

-Granola bar and nuts

-Whole wheat crackers and string cheese

-Yoplait 2x Protein Yogurt and fruit

-Hummus and whole wheat pita bread/pita chips

-Apple and peanut butter

-Popcorn and string cheese

-Peanut butter bites

- Stir ½ cup peanut butter and ¼ cup honey together
- Stir in 1 cup oats and ½ cup whey protein powder
- Roll into 20-22 balls and refrigerate
- Approx 70 calories, 7 carb, 2 fiber, 3 protein, 3 fat each





# Hydration

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## **-Pre-exercise**

- 2-3 hours prior exercise: 16-20 oz fluid
- 10 minutes prior exercise: 5-10 oz fluid

## **-During-exercise**

- Really individualized to sweat rate
- Every 15-20 minutes: 5-10 oz fluid
- Water and sports drinks
  - Sports drinks especially after 1 hour of exercise and/or in very hot/humid conditions

## **-Post-exercise**

- 16-24 oz fluid for every pound lost
- 24 oz if in 2-a-days or need to rehydrate quickly

# Hydration - Cramping

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## **-Typical causes:**

- Fatigue
- Dehydration due to loss of electrolytes

## **-Foods to improve/prevent cramping**

- High salt foods
  - Crackers, popcorn, baked chips, pretzels
  - Tomato sauces, soups, pickles & pickle juice
  - Salt your food!
- High potassium foods
  - Bananas, strawberries, cantaloupe, raisins
  - Avocados, potatoes, beans, broccoli, spinach
  - Yogurt, milk, tomato juice, soybeans
- Sports Drinks
  - Gatorade, PowerAde, Hydrade, Accelerade

# Pre-Exercise Eating

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## **-How much time should I allow for digestion of food?**

- Allow 3-4 hours for large meal
  - Meat, pasta, vegetables, salad, roll
- Allow 2-3 hours for smaller meal
  - Sandwich, crackers/baked chips, fruit
- Allow 1-2 hours for a blenderized meal to digest
  - Smoothie, protein drink/shake

## **-Carbohydrate snack 30 minutes before exercise provides “energy burst” for performance**

- 50-70% carbohydrate, low-moderate protein

# Pre-Exercise Eating

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## -Pre-exercise meal

- High carbohydrate
- Low in fat & fiber
  - These slow down digestion
- Moderate protein
- Combine protein + carbohydrate
- Plenty of fluids

## -Immediate Pre-exercise Snack

- 30 minutes before workout/game
- High carbohydrate, small amount of protein to provide you with a boost of energy

# Morning Training

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**-Lots of carbohydrate; more bland foods**

**-Good choices for early morning:**

- Shake with carbohydrates & some protein
  - Shake powder mixed with water or skim milk, fruit, 1 scoop protein powder, ice and water
- Energy bar like Balance, Zone, Clif, Go Lean Crunchy, Luna, Power Bar Harvest/Triple Threat, Gatorade, Odwalla
- Low-fat granola bar like Kashi crunchy/chewy, Nature Valley, Quaker Oatmeal Square
- Fruit (i.e. banana, nothing very acidic)
- Plain bagel or dry cereal/granola mix

# During Workouts

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## **-Carbohydrate-rich foods/drinks**

- Carbohydrates digest the quickest & thus provide energy faster!

## **-Carbohydrate need**

- 30-60 grams of carbohydrate per hour after the first hour of exercise

## **-Fluid need – match sweat losses**

- Consume 5-10 oz fluid every 15-20 minutes
- Water and sports drink to replace electrolytes

-Avoid fat, protein, & fiber when exercising... slows digestion & increases time in which energy is available to be used

# Mid-Practice/Meet Snacks

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## **-Carbohydrates, some protein, little fat**

- Energy bars
- Granola bars
- Peanut butter jelly sandwich and fruits
- Peanut butter crackers
- Dry cereal/trail mix
- High calorie shake (Ex: Muscle Milk Collegiate)
- Sports drink with snack
- Gatorade Energy Chews for quick energy

## **-Athletes losing weight that should not be**

- Need to eat snack(s) during practice
- Constantly drink sports drink

# Post-Workout Nutrition

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## The three R's to post-workout recovery:

- **Replenish** carbohydrate burned during exercise
- **Repair** damage done to lean muscle mass
- **Rehydrate** the body to euhydration



# Post-Workout 2 Hour Window

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## 2-Hour Window of Recovery

-Your body has a **specific time period, post-exercise**, when you are able to more effectively take up nutrients

- **0-45 minutes**
  - Best time to eat at least a snack...muscles more sensitive to absorb nutrients!
- **45 minutes – 2 hours**
  - Try to get a nice-size meal or larger snack

-The window is the most important time to consume **plenty of carbohydrate, protein, & fluids** to replenish & refuel

Essential if participating in twice a day training

# Post-Workout Eating

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## **-Carbohydrate - Replenish**

- Body NEEDS lots of carbohydrate post-exercise to replace energy stores
- Simple carbs are best: milk, sports drink, fruit, juice

## **-Protein - Rebuild**

- Body needs some protein to start repairing tiny muscle tears
- Ideally 20 gm protein immediately post-workout
  - Whey protein is the highest in BCAAs, specifically leucine which has been shown to re-synthesize muscle the fastest after a workout

# Post-Workout Eating

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## Carb-Protein Combo Food Examples

- If you have products available:
  - Carb-Protein Replacement Shake
    - Muscle Milk or EAS or Advocare
  - Energy bar & Gatorade
  - Smoothie made with 1-2 cups low-fat milk, fruit, cold water, ice, and 1 scoop NSF Certified whey protein powder
- If you are on a budget:
  - 16-20 oz low-fat chocolate milk
  - Granola bar and 12 oz low-fat milk
  - Yoplait Greek 2x Protein Yogurt and a string cheese

# Sample Day – Morning Workout

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-Small pre-workout snack 5:30-6:30am

- Hydrate during workout

-Breakfast – within 30 minutes

- If going to be longer, drink chocolate milk or small shake

-Mid-morning snack – 10:00am

-Lunch – 11:30am-1:00 pm

-Afternoon snack – 3:30-4:30pm

-Dinner – 6:00-7:30 pm

-Evening snack – 9:00 pm

# Sample Day – Afternoon Workout

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- Breakfast – 7:00-8:30 am
- Mid-morning snack – 10:00am
- Lunch – 11:30am-1:00 pm
- Small pre-workout snack – 3:00-4:00pm
- Hydrate during workout
- Post-workout snack – within 30 minutes
- Dinner – 6:00-7:30 pm
- Evening snack – 9:00 pm

# Sample 2-A-Day Practice

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-6:00am snack

- Granola bar, energy bar, banana, baggie of cereal

-Workout

-Post-workout snack: chocolate milk

-Breakfast within 45 min-1 hour after practice

-Lunch 11:00am-12:00pm

-Afternoon (pre-workout) snack around 2pm-ish

-Workout: Consuming water & Gatorade

- Might want to consume energy bar or granola bar in the middle of practice if possible

-Dinner within 45 min-1 hour after practice

-Evening snack approximately 3 hours after dinner

# Weight Gain Tips

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- Eat 6-7 meals/day
- Do not skip breakfast; guys trying to gain weight typically need 600-1000 calories in the morning
  - o Can eat and go back to bed if they have to
- Drink milk and/or juice with meals
- Eat a 30-min pre-exercise snack, every hour during exercise, and immediately post-exercise
- Eat a high-calorie meal or shake right before bed
- Make high-calorie food exchanges
- Consistency!!!

# High Calorie Exchanges:

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## Instead of:

Bread

Toast

Cereal

Butter or jelly

Candy

Granola Bar

Skim milk

Steamed vegetables

Water

Water

## Choose:

Bagel/Thick rolls

Waffles

Granola

Peanut butter

Nuts

Trail Mix

2% milk

Sautéed vegetables

Milk/juice at meals

Sports drink at practice



# Weight Gain Food Ideas

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- Add 2 Tbs. peanut butter to oatmeal
- Add peanut butter & honey to waffles, pancakes, toast, & bagels
- Add low-fat granola to cereal, oatmeal, or yogurt
- Put nuts on salad, tuna, in cereal & trail mix
- Mix high-calorie protein powder with 2% milk
- Drink & make shakes with low-fat chocolate milk
- Eat a PBJ sandwich as a “dessert” post meals

# Weight Loss/Leaning Out Tips

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- Eat small meals often...5-7 times/day
- Don't skip meals & eat adequate portions
  - Fist, palm, and plate rules
- Eat quality, healthy foods combining complex carbohydrates, lean protein, & healthy fat at each meal & snack and lots of water
- Eat more carbohydrates in the morning, daytime, & around exercise. Eat a smaller quantity at dinner & late at night; use the fist rule at dinner
- Avoid refined carbohydrates, fried food, alcohol, high fat foods, baked goods/pastries/doughnuts, creamy sauces/spreads/dips

# Mix and Match Snack Ideas

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<b>Carbohydrate</b>	<b>Protein</b>
1 cup of mixed berries	6oz. low-fat Greek yogurt
1 piece of fresh fruit (apple, banana, orange, peaches, grapefruit, etc.)	2% string cheese
1 serving whole-wheat crackers	¼ cup hummus
1 slice whole-wheat bread/ pita pocket	1-2 tablespoons nut butters (peanut butter, almond butter)
1 granola bar (Nature Valley, Kashi, chewy or crunchy)	2 tablespoons almonds
2-4 graham crackers	1 serving pistachios
1 serving popcorn (light, SmartPop)	1-2 oz. turkey roll up
1 Kashi granola bar	8-12 oz. low-fat chocolate milk
1 That's It. Fruit Bar	½ cup low-fat cottage cheese
1 serving pretzels	2 Chobani Greek yogurt tubes
¼ cup banana chips, apple chips, or dried fruit	1 slice 2% cheese
1 serving applesauce (no added sugar)	1 egg
1 cup grapes	Light tuna in water (snack pack)

# Mix and Match Snack Ideas – Lactose Intolerance

<b>Carbohydrate</b>	<b>Protein</b>
1 cup of mixed berries	6oz. lactose-free yogurt or soy yogurt
1 piece of fresh fruit (apple, banana, orange, peaches, grapefruit, etc.)	2% low-fat string cheese (if tolerated well)
1 serving whole wheat crackers	¼ cup hummus
1 whole wheat pita pocket	1-2 tablespoons nut butters (peanut butter, almond butter)
1 Kashi granola bar	2 tablespoons of almonds
2-4 graham crackers	½ cup of pistachios (with shells)
3 cups popcorn (light, SmartPop)	1-2 oz. turkey roll up
1 serving pretzels	8-12oz. lactose-free skim milk
1 That's It. Fruit Bar	8-12oz. lactose-free chocolate milk
1 serving applesauce	8-12oz. cup of chocolate soy milk
¼ cup banana chips, apple chips, or dried fruit	8-12oz. cup of soy milk
½ whole-wheat pita pocket	1 egg
1 cup grapes	2 Chobani yogurt tubes

# BUILD A PERFORMANCE-ENHANCING PLATE

Properly fueling can provide an edge over other athletes who don't focus on their nutrition.

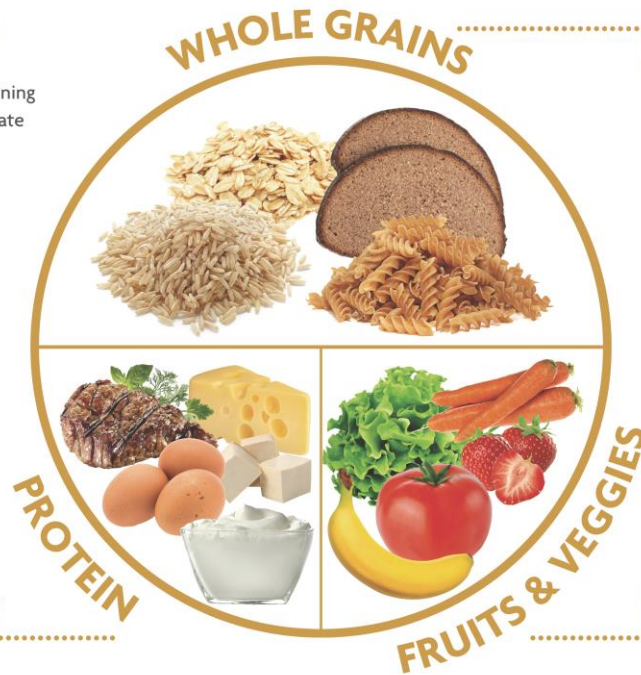
- Calorie and nutrient needs vary depending upon intensity and phase of training.
- This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.



## HEALTHY FATS

Moderate amounts of healthy fats provide a concentrated **energy** source and **essential fatty acids**.

[nuts, seeds, oil and fatty fish]



Carbohydrates fuel muscles and are the quickest source of **energy** for athletes.

## FLUIDS

Stay **hydrated** by drinking fluids at mealtime and throughout the day.



[milk, water, 100% fruit juice]

Protein foods are essential for **building/repairing muscle** and helping to support **immune** function.

Many fruits and vegetables provide **nutrients** that have been linked to **reduced oxidative damage** from hard training.



For advice on customizing a nutrition plan, consult a sports dietitian.