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Sports Nutrition 101

True or False

1. A nutritionist is an expert in nutrition
2. Carbohydrates should make up at least 50% total calories for the day
3. After exercise – you need more protein versus carbs to fuel
4. Portion sizes and serving sizes are the same thing for athletes.
5. The “Keto Diet” can be healthy in young athletes
6. Vegans should take supplements to meet their dietary needs

About Me:

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MEDICINE



Objectives / Outline

- Differentiate Nutritionist vs. Dietitian
- Macronutrients (Foods & Distribution)
- Building Strength / Muscle
- Calorie Needs for Growth/Maturation
- Fueling Pre/Post/During Exercise
- Travel Nutrition Tips
- Label Reading 101
- Choosing Safe Supplements
- 80/20 Guide
- Proper Hydration

▸ Finding Reliable Nutrition Information

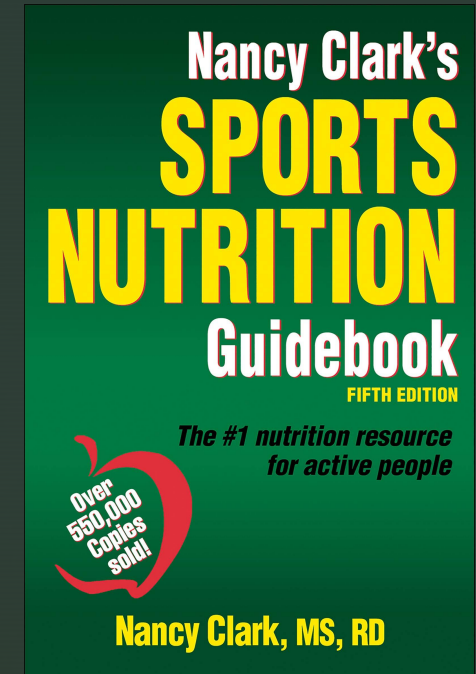
Nutritionist Vs. Dietitian

Look for **RDN** or **RD**, credentials

Nancy Clark Sports Nutrition Books

Olympic website (<https://www.teamusa.org/nutrition>),
eatright.org, Gatorade Sports Science Institute (GSSI)

<https://www.scandpg.org/scan/scan-career-paths/scan-external-resources/sports-nutrition-professional-resources>



Macronutrients

- **Carbohydrates**

- MAIN SOURCE OF FUEL / ENERGY
- Higher carb availability during exercise = better performance

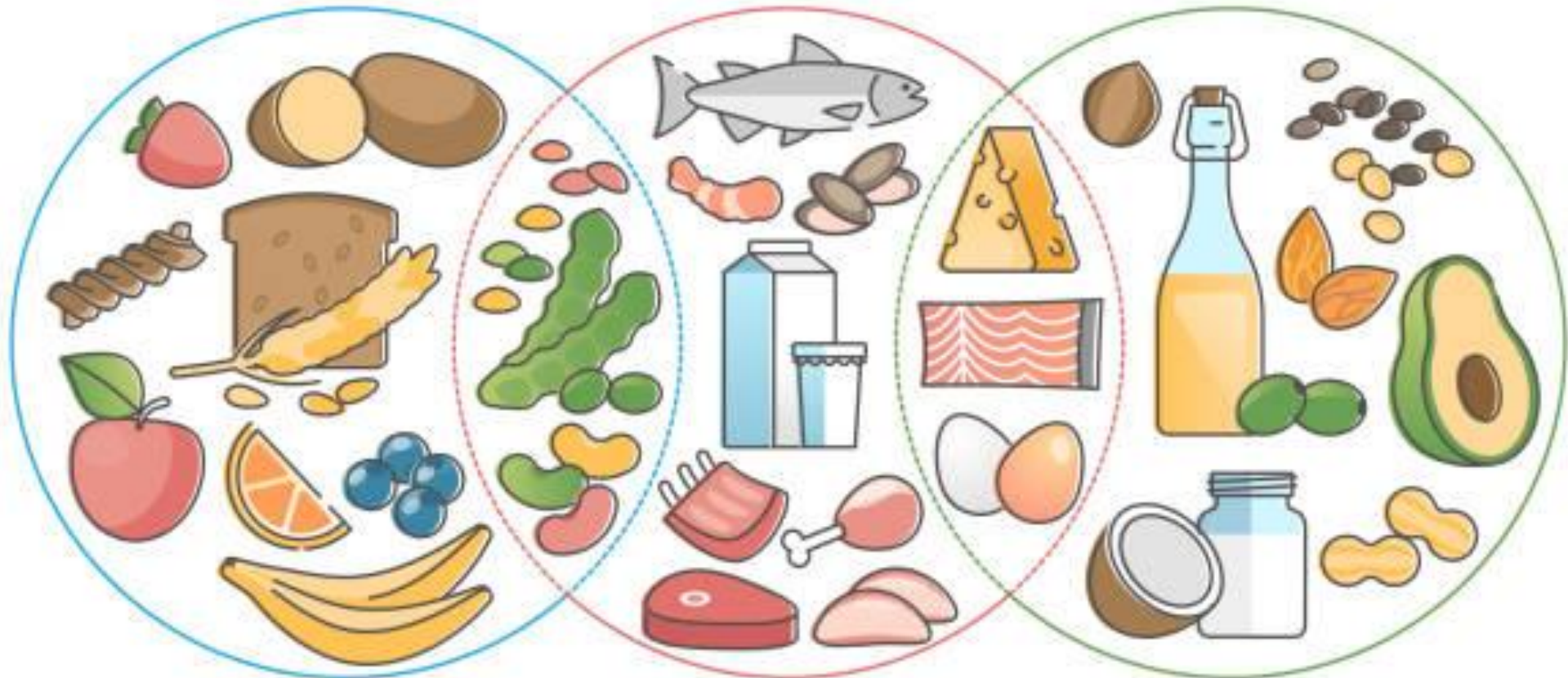
- **Protein**

- Muscle growth, body repair, immune system, carry oxygen
- Sources, Types? Vegetarians?

- **Fat**

- Fat soluble vitamins, long term energy, youth burn more fat
- Types of fat

MACRONUTRIENTS



CARBS

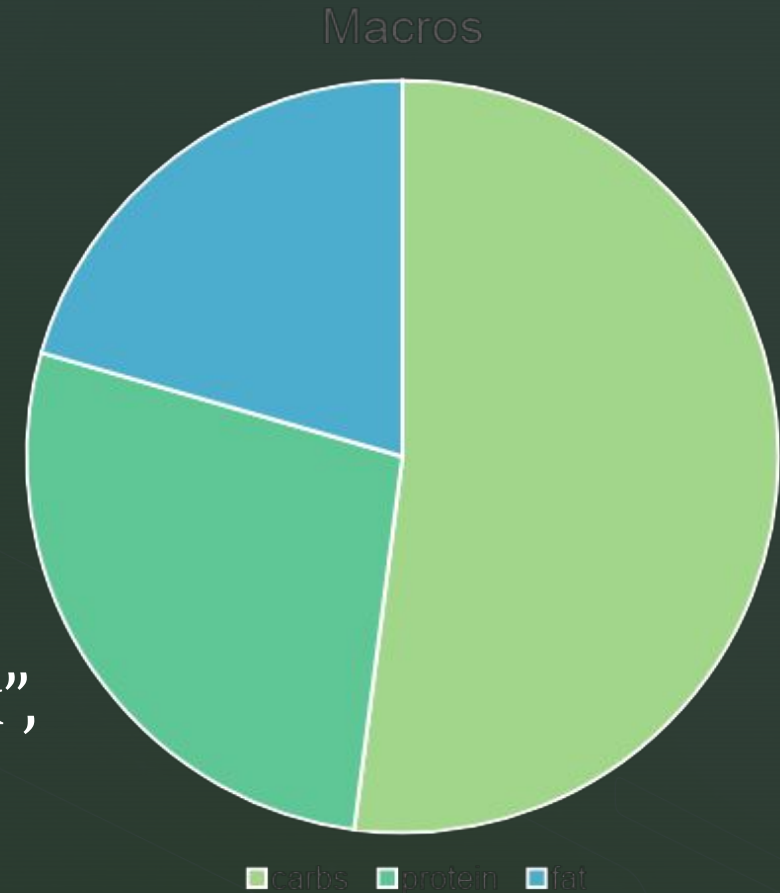
PROTEIN

FATS

Percentages

- Carbs 50-60%
- Protein 15-20%
- Fat 25-35%

If looking to get “leaner” or “bulk”,
which nutrient should be the
variable?



Guess How many grams of protein are in the following items:

- 3 ounces of chicken
- 100 almonds
- 1 cup cottage cheese
- 4 hard boiled eggs





3 oz.
roast turkey



3.3 oz.
flank steak



3 oz.
chicken breast



3 cups
cow's milk



4 cups
soy milk



4 hard-boiled eggs



4 oz. of meat is about the size of a deck of cards



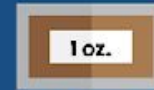
3 oz.
pork chop



3.3 oz.
ground beef



4 mozzarella string cheese sticks



1 oz.
seitan



5 oz.
tempeh



2/3 can of tuna



4.4 oz.
salmon



8 medium shrimp



1 cup
lentils



1 1/4 cup
tofu



1 1/4 cups
black beans



6 medium oysters



4.6 oz. lobster
That's a little more than the average lobster roll.



3 cups
cooked quinoa



7 tsp
smooth peanut butter



17 cashews



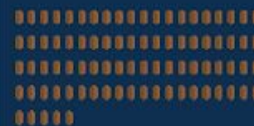
1 cup
cottage cheese



1 cup
Greek yogurt



2 cups
plain low-fat yogurt



95 peanuts
Caution! That's nearly 600 calories and 50 grams of fat!



100 almonds



1-2 scoops
protein powder

Gaining Muscle

- **True/False:** Increasing protein intake alone will lead to bigger muscles.
 - Youth athletes DO tend to eat *enough* protein
- Building Muscle requires **TIME, RESISTANCE training, calorie surplus, AND the right genetics**
- Types/quality MATTER. Food > Supplements
 - Vegans/Vegetarians
- When should you eat protein?

Youth Athlete Needs

Age 14: **Male: 2600-2700 kcal,**

Female: 2300-2400kcal

Age 16: **Male: 2900-3000 kcal,**

Female: 2350-2450 kcal

Age 18: **Male: 3100-3200,**

Female: 2400-2500 kcal

So, How Much Should You Eat?...

Everyone Grows/Matures at their own unique rate.

- Calorie Needs depend on gender, age, activity, and goals
 - Listen to your hunger cues!!
 - Hunger Scale 1-10
- **Can you under-fuel and not lose weight??**

Activity: Fueling around Exercise

- **Before Workout**

- Low fiber, low fat, high in simple carbs
- Eat a meal 3-4 hrs before game/practice

- **During Workout**

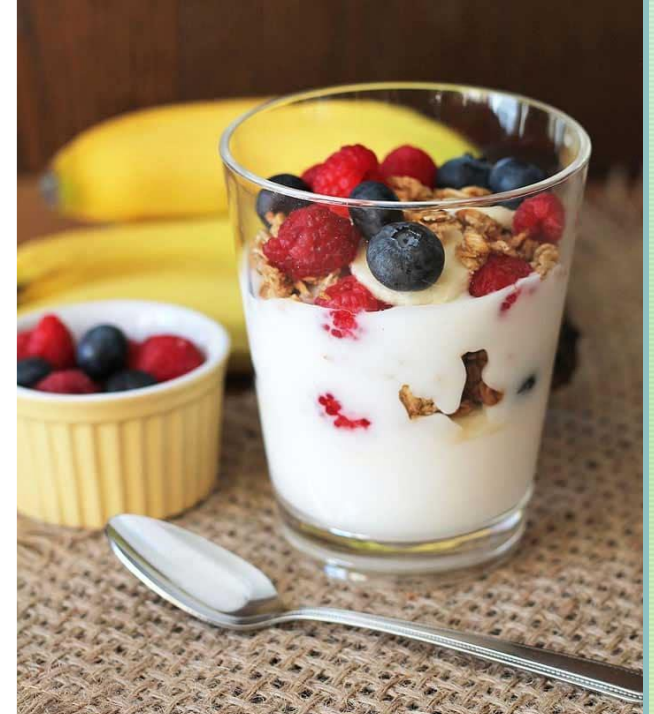
- youth athletes store LESS glycogen, fatigue faster

Game Day Tip: Do NOT try new foods/routines on game day !!!!!

- **After Workout, Ratio?**

- 3-4:1 Ratio
- Approx 20 grams protein and at least 60-80 grams carb)

- Which food is best for when??

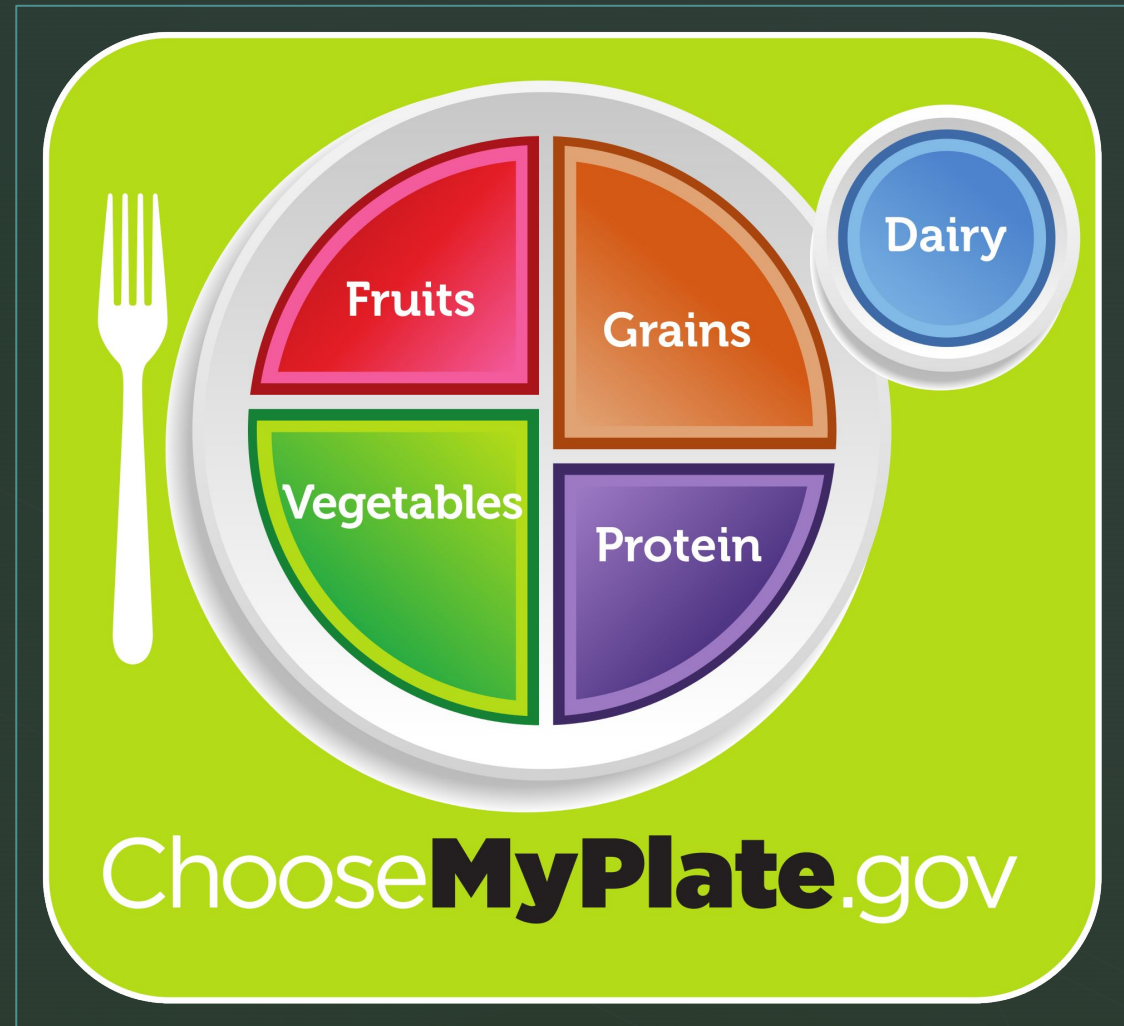


Tips for Traveling

- Optimize **whole foods**
- Pre-cut fruits/veggies
- **Hydrate** – bring extra water/sports drinks
- **Fast Food:** Mindful of servings, pick protein + carb + veggies



MyPlate vs.
Olympic
Athlete
Plates



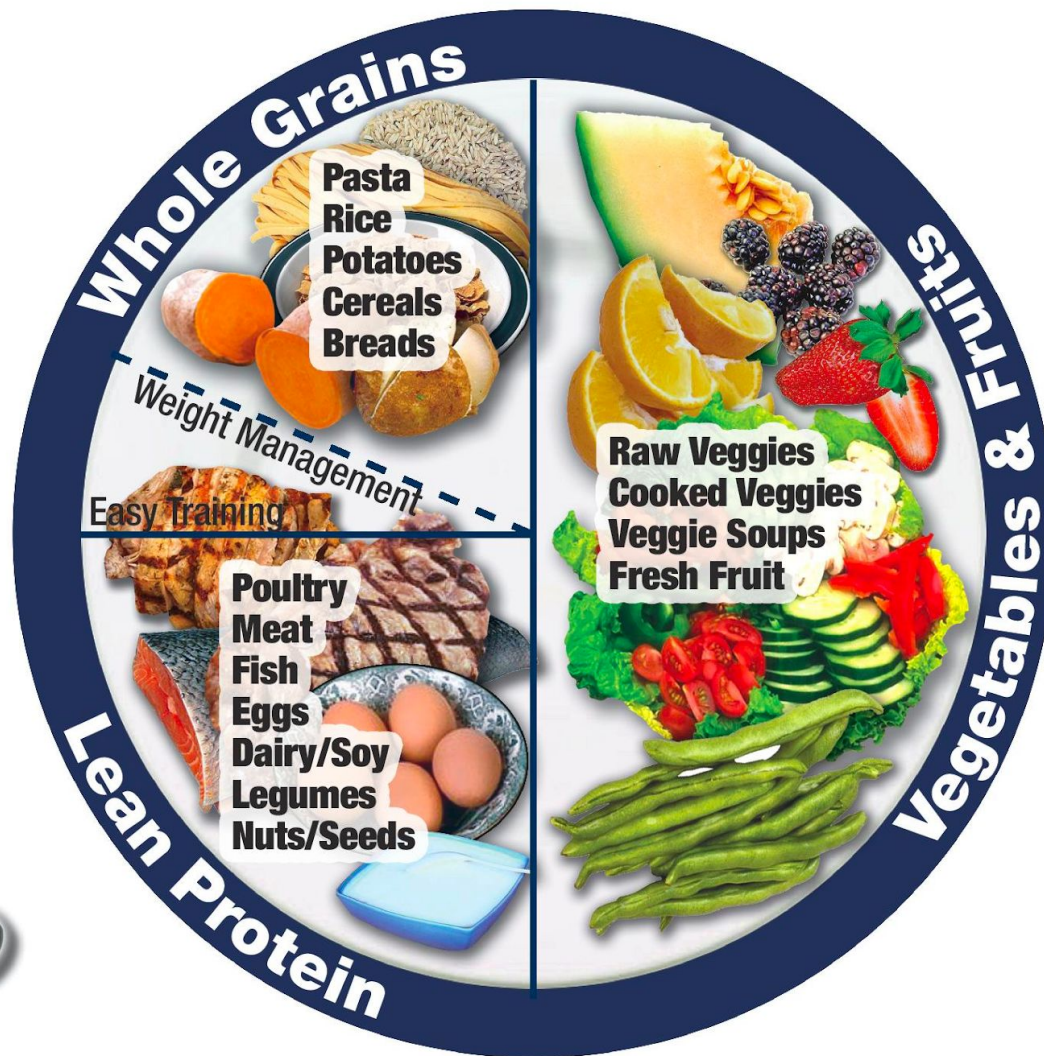
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1-3 Teaspoon(s)



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



MODERATE TRAINING:

FATS

1-2 Tablespoon(s)

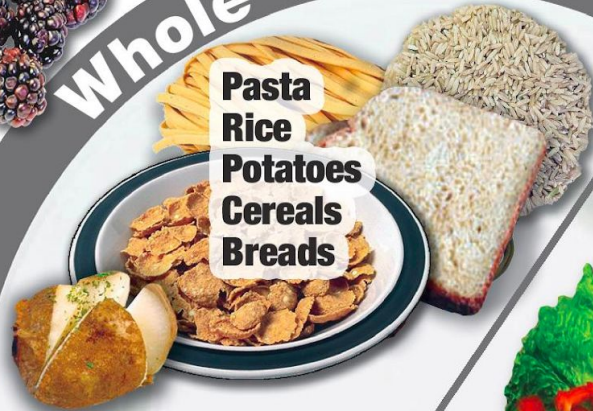


Avocado
Oils
Nuts
Seeds
Cheese
Butter



Whole Grains

Pasta
Rice
Potatoes
Cereals
Breads



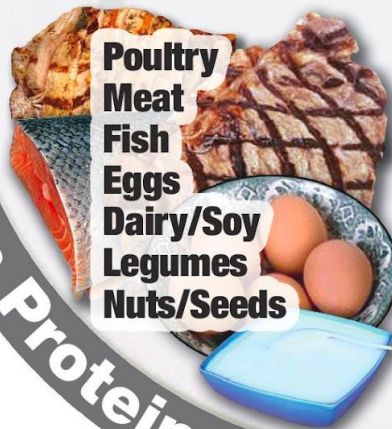
Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

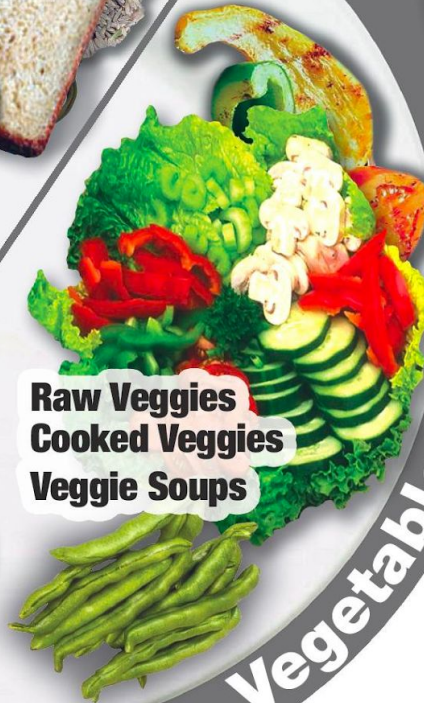


Coffee
Tea

Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds



Raw Veggies
Cooked Veggies
Veggie Soups



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



HARD TRAINING:

FATS

2-3 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter

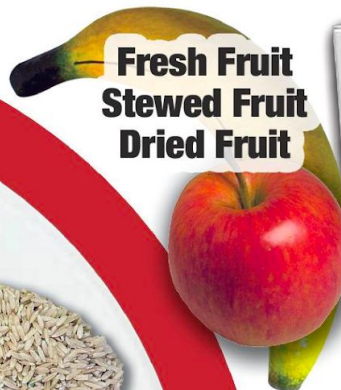


Grains

Pasta
Rice
Potatoes
Cereals
Breads



Fresh Fruit
Stewed Fruit
Dried Fruit



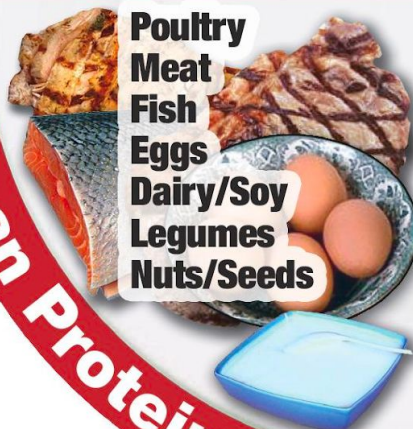
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



Coffee
Tea

Lean Protein

Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds



Cooked Veggies
Veggie Soups
Raw Veggies



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



Activity Label Reading – rank foods by how healthy you think they are

NEW LABEL / WHAT'S DIFFERENT

Label Reading 101

Servings:
larger,
bolder type

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

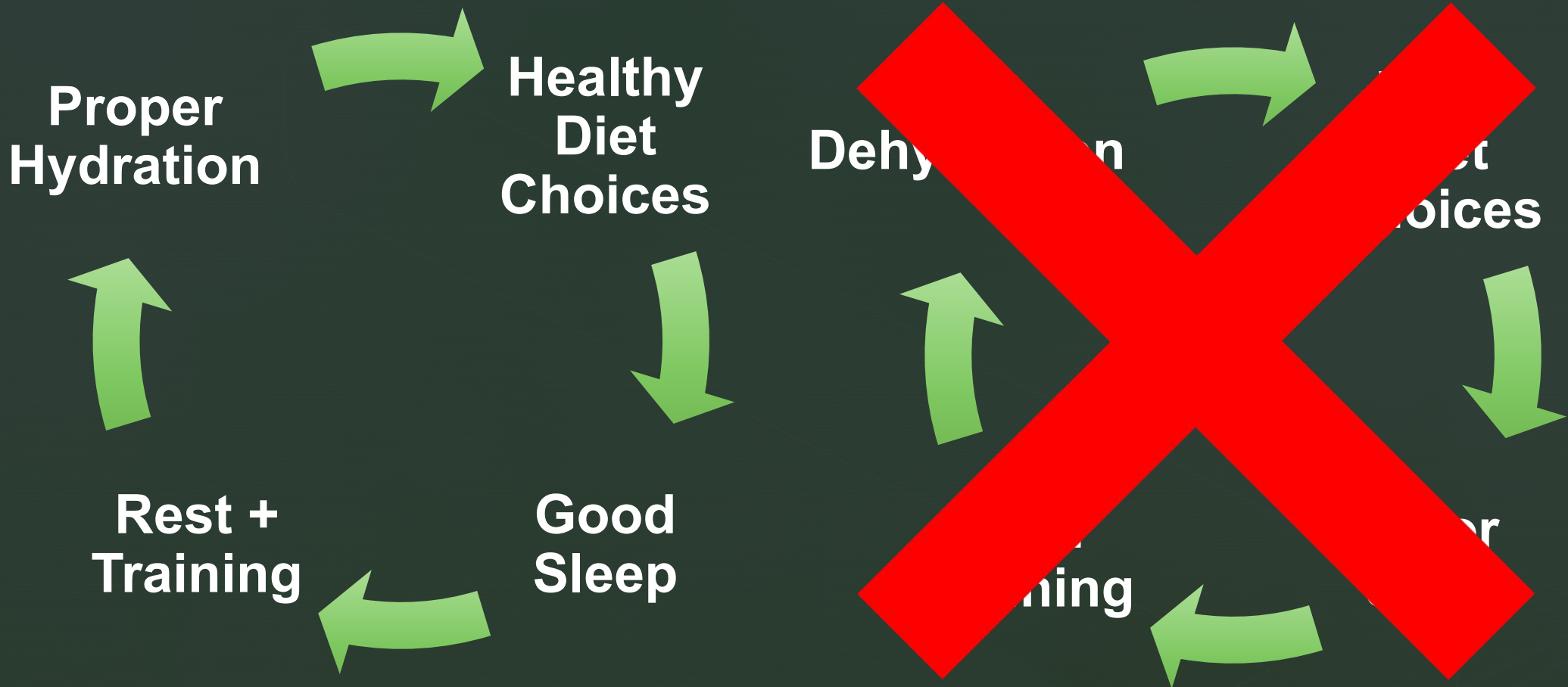
Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required

Avoiding Injury



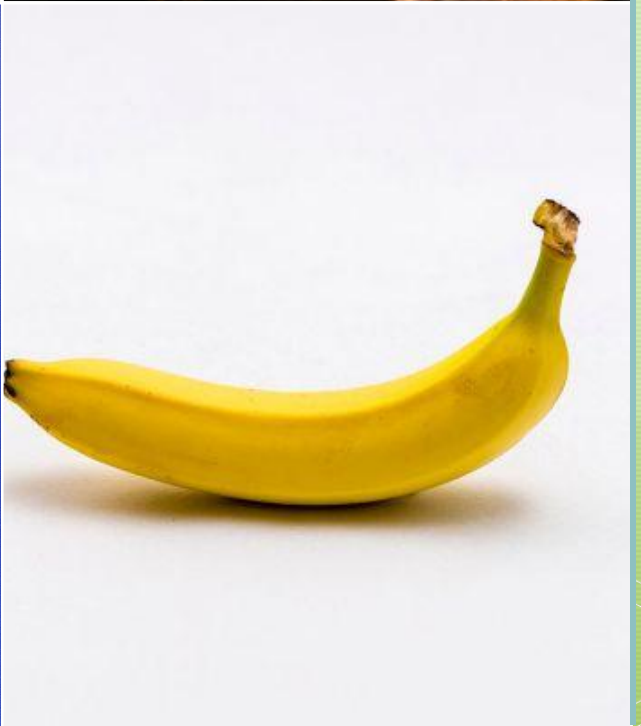
Choosing Safe Supplements

- Third Party Certification
- Your body PREFERS food vs. supplements
- LAB TESTING



Creating Snacks for Athletes

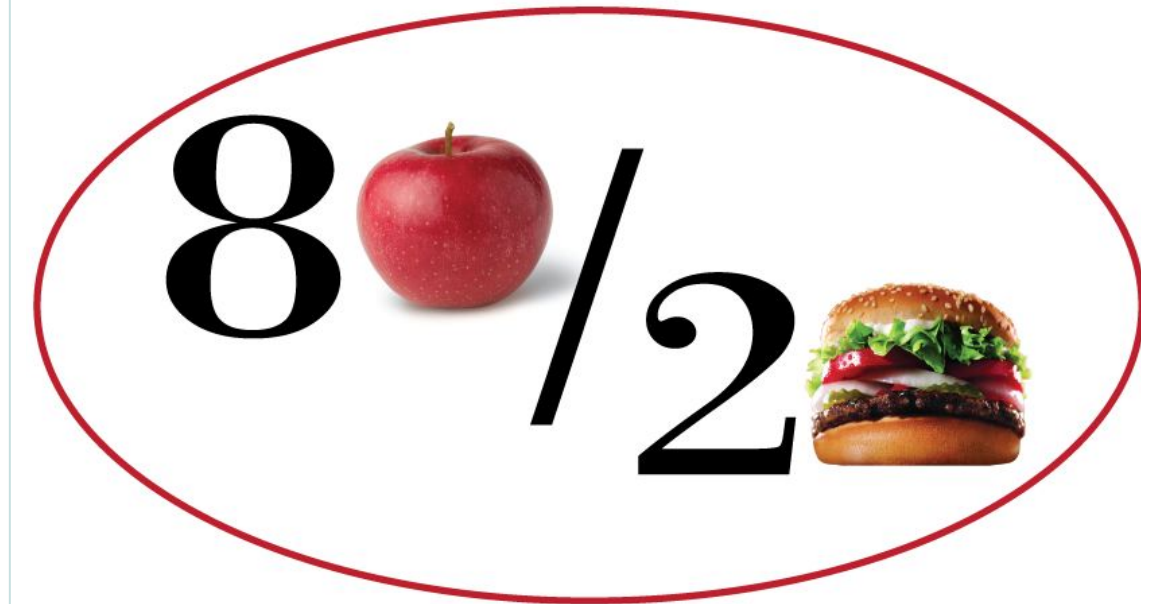
- AT LEAST Two Food Groups
- About 200-350 kcal
- Fiber, Sodium, Protein
- Meals = 3+ Food Groups



80/20 Guide

- Consume highly nutritious foods (lean proteins, fruits and vegetables, whole grains, beans, nuts, seeds and low-fat dairy) **80% of the time**
- Other **20%** - foods higher in fat and sugar

Ideally eat your “20% meal” 24-48 hours post exercise!



Hydration

- Youth have INCREASED fluid needs vs. adults
 - Human % water decreases as we age
 - Youth sweat LESS
- **What is the BEST method to assess hydration?**
- Hydrate BEFORE practice/game
- Why is sugar added to sports drinks?
 - Glucose (sugar) opens the gate to let water into the cells !

Dehydration

- Symptoms?
 - dizzy, headache, cramps, brain fog
- **Dehydrated muscles = weaker muscles**
- Poor performance
- Increase risk injury
- Hotter Outside = More H2O



WHAT THE COLOR OF YOUR URINE SAYS ABOUT YOUR HYDRATION



CLEAR

You might be drinking **too** much water.



PALE YELLOW

Great work! You're well-hydrated.



YELLOW

You're pretty average as far as hydration goes.



DARK YELLOW

You probably need a glass of water soon.



HONEY

Your body needs more water.



BROWN

You're very dehydrated or you may have an underlying condition.

Fruits / Vegetables



- American's do NOT consume enough fruits/veggies
 - Youth in particular do not meet recommendations
- Consume at LEAST 5 servings of fruits/vegetables per day
- Even if you eat vegetables dipped in ranch, it's better than not eating veggies at all !

General Healthy Athlete Tips

- Don't skip meals – aim for at least 3-4 /day
- Snack 2-3 x/day – at least 2 food groups!
- 5 fruit/veggie servings per day
- Increase variety!
- Eat protein consistently throughout the day
- Low fiber/fat before workouts
- High carb / moderate protein post-workout

Example Travel / Game Day

Breakfast: Oatmeal + banana + 1% milk

Snack: Apple + Peanut Butter

Lunch: Egg Salad Sandwich + Trail Mix + Carrots & Hummus

Pre – Game Snack: Whole grain crackers + cheese stick (200 kcal)

During Game: Gatorade + fruit snacks

Post-Game Snack: Chocolate Milk + Granola Bar

Dinner - Pasta + Chicken + Green Beans w/ side salad

Review / Post Quiz

- What percentage of calories should be carbs?
- What is the 80/20 guide?
- If looking to get leaner, what macro should be the variable?
- What is the ratio of carbs to protein post-workout?
- How many food groups should be in a snack?
- What are 2 symptoms of dehydration?
- How many fruits/veggie servings should you eat per day?

Why? Because this is how we
avoid **injury** and become *better,*
*faster, stronger, **HEALTHIER***
athletes

**Thank
You**

Questions ?

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