

Sports Nutrition 101

September 21, 2016

Dawn Holmes, MS, RD, CSSD, LD
Sports Dietitian
Dawn.Holmes@OhioHealth.com



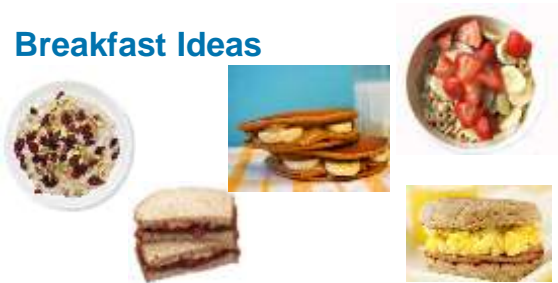
Timing of fuel

When you eat is just as important as **what** you eat

- Carbohydrate + protein consistently throughout the day



Breakfast Ideas



Powerful Pairing = Carbohydrates + Protein

Energy Foods

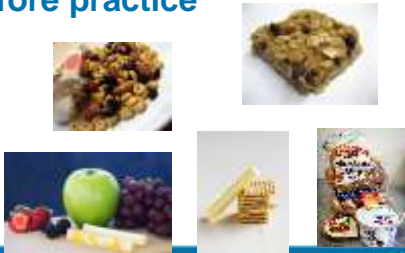
- Banana or apple
- Cereal or granola
- Dry fruit
- Avocado/Guacamole and tortilla chips
- Wraps (whole wheat)

Building Foods

- Peanut butter
- Yogurt
- Nuts
- Black beans
- Peanut butter or eggs, cheese, and guac



Before practice



BEHAVE AS US OhioHealth

Meals

BEHAVE AS US OhioHealth

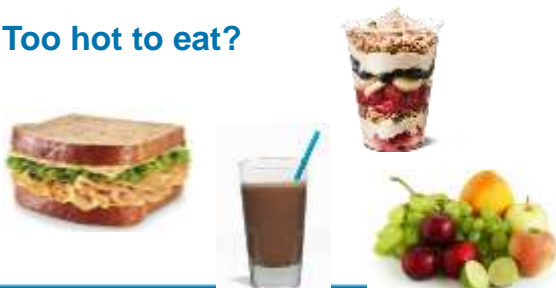


BEHAVE AS US OhioHealth

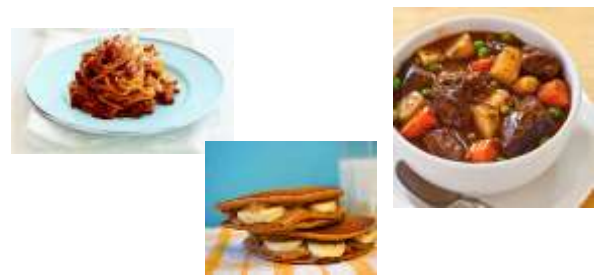


BEHAVE AS US OhioHealth

Too hot to eat?



BEHAVE AS US OhioHealth



BEHAVE AS US OhioHealth

Hydration

BELIEVE IN LIFE  OhioHealth

Hydration?



BELIEVE IN LIFE  OhioHealth

Check Urine Color

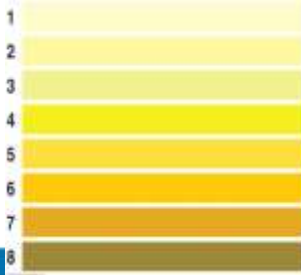


Figure 8.6 

Recovery

BELIEVE IN LIFE  OhioHealth



BELIEVE IN LIFE  OhioHealth

Supplements

- **NSF Certified for Sport**
<http://www.nsf-sport.com/>
 • Check out their app



- **Informed Choice**
<http://www.informed-choice.org/>



- **AIS – Australian Institute of Sport**
 Evaluates and ranks supplements based on research, efficacy, and safety
<http://www.ausport.gov.au/ais/nutrition/supplements>

BELIEVE IN LIFE  OhioHealth

Top 5 Fueling Tips

BELIEVE IN IT  OhioHealth

Top 5 Fueling Tips:

1. Fuel every 3-4 hours
2. Include grains at all meals
3. Pair carbohydrates with protein
4. Snack before practice and games
5. Hydrate before, during and after

BELIEVE IN IT  OhioHealth

Resources

BELIEVE IN IT  OhioHealth

Sports Nutrition: for athletes, parents, and coaches

- OhioHealth Sports Medicine – Nutrition
 - Dawn.Holmes@OhioHealth.com
 - <https://www.ohiohealth.com/sportsmed-nutrition/>
- OhioHealth Sports Medicine – Resources
 - <https://www.ohiohealth.com/sportsmed-resources/>
- SCAN (Sports, Cardiovascular and Wellness Nutrition)
 - great tip sheets for a variety of sports-related topics
 - <http://www.scandpg.org/sports-nutrition/sports-nutrition-fact-sheets/>
- Nancy Clark's Sports Nutrition Guidebook

BELIEVE IN IT  OhioHealth