

Sports Nutrition 101

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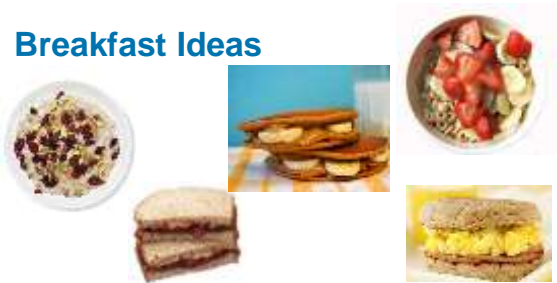
Timing of fuel

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

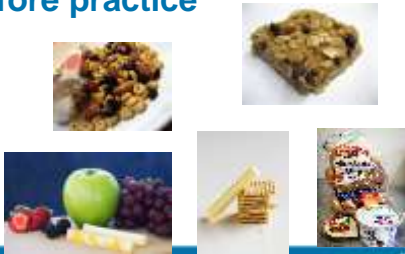
- Banana or apple
- Cereal or granola
- Dry fruit
- Avocado/Guacamole and tortilla chips
- Wraps (whole wheat)

Building Foods

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



Before practice



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Meals

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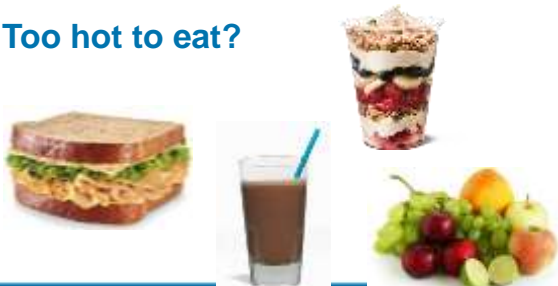


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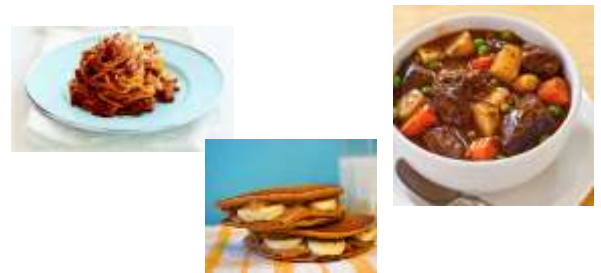


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Too hot to eat?



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Hydration

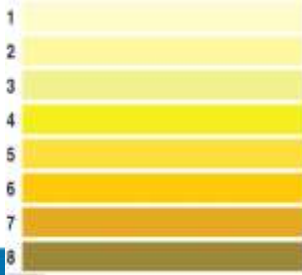
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Hydration?



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Check Urine Color



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Figure 8.6

Recovery

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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>

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Top 5 Fueling Tips

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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

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Resources

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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

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