

Diet and Nutrition “Eating to Win”

DAILY CALORIC INTAKE:

SEDENTARY: 10 – 12 x (Body weight in pounds)

MODERATE: 12 – 15 x (Body weight)

HIGH: 15 – 18 x (Body weight)

DOUBLE-DAYS: 18 – 22 x (Body weight)

SIMPLE CARBOHYDRATES: Less nutrients, less vitamins, higher calories, higher fat

1. Avoid simple carbs if you can, especially high fructose corn syrup
2. Examples: white bread, cakes, cookies, candy, soda pop, juice, white pasta

COMPLEX CARBOHYDRATES: More nutrients, more vitamins, less calories and fat

1. Choose complex carbohydrates when possible
2. Stabilizes blood sugar and keeps energy level consistent
3. Examples: whole grain breads and pastas, oatmeal, fruits, veggies, yogurt

PROTEIN: Choose “healthy” proteins, such as nuts, beans, cheese, lean meats (such as chicken, turkey, or fish) rather than red meat, lamb, and pork.

FAT: Choose “healthy” fats, such as nuts, avocado, olive oil, fish, rather than fast food, simple carbohydrates, or processed foods.

THE TRAINING DIET:

1. **RATIO OF FOOD TYPES:** 55 – 58% CARBS; 12 – 15% PROTEIN; 25 – 30% FAT
2. **CONVERTING POUNDS TO KG:** 2.2 lbs. = 1 kg. [Divide your body wt in lbs by 2.2]
3. **PRE-EXERCISE:**
 - ✓ *Fluids:* Water, 400-600mL at 2-3 hrs before exercise
 - ✓ *Carbs:* 4g/kg at 3-4 hrs before exercise; then 0.5-1g/kg at 1-2 hrs before exercise
 - ✓ Choose familiar foods, low fat & low fiber foods to minimize stomach upset
4. **DURING EXERCISE:**
 - ✓ *Fluids:* Water (if <1 hr exercise); Sports drink (if >1hr exercise or heavy sweating), 150-350mL (6-12 oz) every 15-20 minutes.
 - ✓ *Carbs:* 0.7g/kg (30-60g) per hour divided every 15-20 minutes
 - ✓ *Sodium:* if heavy sweating or prolonged exercise
5. **AFTER EXERCISE:**
 - ✓ *Fluids:* Sports drink and water, 450-680mL per 0.5kg of body weight lost during exercise event; begin immediately after event is completed.
 - ✓ *Carbs:* High glycemic index and simple sugars (glucose, sucrose), 1-1.5g/kg every 2 hrs; begin immediately after event and through 4 hrs after event.
 - ✓ *Protein:* 0.2-0.4g/kg every 2 hrs; begin immediately after event through 4 hrs after event.
 - ✓ *Sodium:* moderate amount with each meal; i.e. pickles, ketchup, soup, pretzels

Source:

Rachel Coel MD, PhD Children’s Hospital Colorado Sports Medicine for Young Athletes