



SPORTS NUTRITION



MACRONUTRIENTS

- Protein –BUILD AND REBUILD
- Carbohydrates- ENERGIZE
- Fats -NOURISH YOUR BODY





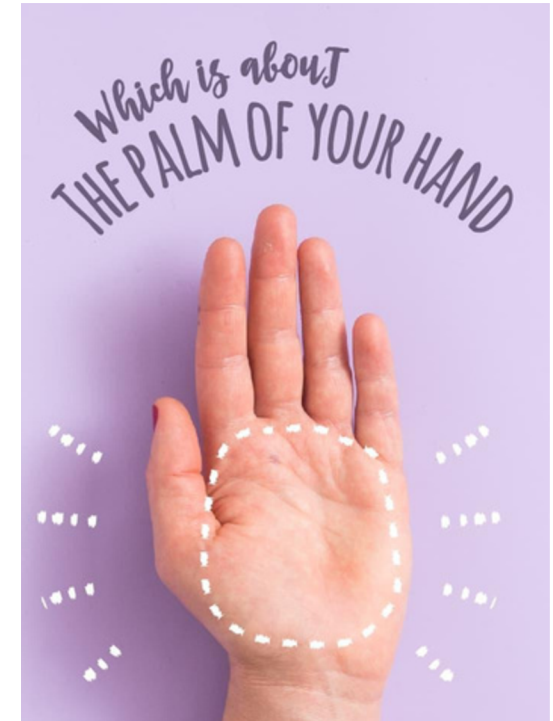
PROTEIN

- 1 gram of protein per body weight
 - Example 150 pounds = 150 grams of protein
- 3-4 ounces per serving



GROUND CHICKEN	
Nutrition Facts	
Serving Size: 4 oz. (112g)	
Servings Per Container varied	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Protein 19g	
Calcium 2%	Iron 4%

Not a significant source of Dietary Fiber, Sugars, Vitamin A or Vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet.





EXAMPLES OF GOOD PROTEIN SOURCES:



- CHICKEN
- TURKEY
- PORK
- BEEF
- PROTEIN SHAKE
- COTTAGE CHEESE
- GREEK YOGURT
- FISH
- EGGS
- MILK



CARBOHYDRATES

- Eat 1 to 2 serving per meal
- GOOD SOURCES
 - Potato
 - Sweet potato
 - Rice
 - Whole grain bread
 - Vegetables
 - Oatmeal
 - Quinoa
 - Fruits
 - Pasta



Nutrition Facts	
About 13 servings per container	
Serving size 1/2 cup dry (40g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg 0% • Calcium 20mg 0%	
Iron 1.5mg 8% • Potassium 150mg 2%	
Thiamin 0.2mg 15% • Phosphorus 130mg 10%	
Magnesium 40mg 10%	
<small>* 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.</small>	





FATS

- 40 -70 grams a day
- Focus more on protein
- Carbohydrates 1 serving is the size of your thumb



HEALTHY FAT SOURCES





STAY HYDRATED

- Water lubricates your joints Electrolytes and water get depleted via sweat Drink half your weight in ounces of water
 - Ex. 150pd 75 oz of water
- Supplement with electrolytes





HOW TO READ A NUTRITION LABEL



SERVING SIZE

Always check the serving size first.

If you eat more than that, you're taking in more calories, fat, and sugar than what's listed.

If needed, measure out one serving size before chowing down.

FAT

Avoid anything that contains trans fats.

Choose foods with more unsaturated fats than saturated fats, and skip foods that contain more than 10 percent of their calories from saturated fat.

PROTEIN

When comparing two products that are similar in calories and sugar, choose the food with more protein.

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250 Calories from fat 10

% Daily Value*

Total Fat 4% 4%

Saturated Fat 1.5% 4%

Trans Fat

Cholesterol 50mg 28%

Sodium 150mg 15%

Total Carbohydrate 10g 3%

Dietary Fiber 5g

Sugars 3g

Protein 16%

Vitamin A 1% • **Vitamin C** 3%

Calcium 2% • **Iron** 2%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR), HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, CALCIUM PROPIONATE, SORBIC ACID, BUTTER, MILK, WHEY, CITRIC ACID, MOLASSES

INGREDIENTS LIST

Long list of hard-to-pronounce ingredients? **Red flag.**

Look for ingredient lists that are as short as possible and contain whole-food ingredients.

If a food contains any sketchy ingredients, make sure it's just one or two and that they're toward the end of the list.

SODIUM

Stay away from packaged foods that contain more than 500 milligrams of sodium per serving.

CARBS

The source of carbs in a food is more important than the amount.

Look for foods that contain as much fiber as possible. (About 3 grams per serving.)

Steer clear of refined simple carbs like enriched or bleached flour, and look for terms like whole-wheat, whole-grain, or whole ingredients like oats or quinoa.

SUGARS

Sugar in foods can either be naturally-occurring or added. The source of that sugar is more important than the amount.

You want to avoid added sugar—which you'll see in the ingredients list as words like sucrose, maltose, dextrose, agave, honey, and corn syrup—as much as possible.

Men should have less than 36 grams of added sugar per day. Women should have less than 25 grams.



FUELING FOR GAMES/PRACTICES



- **1 hour before**

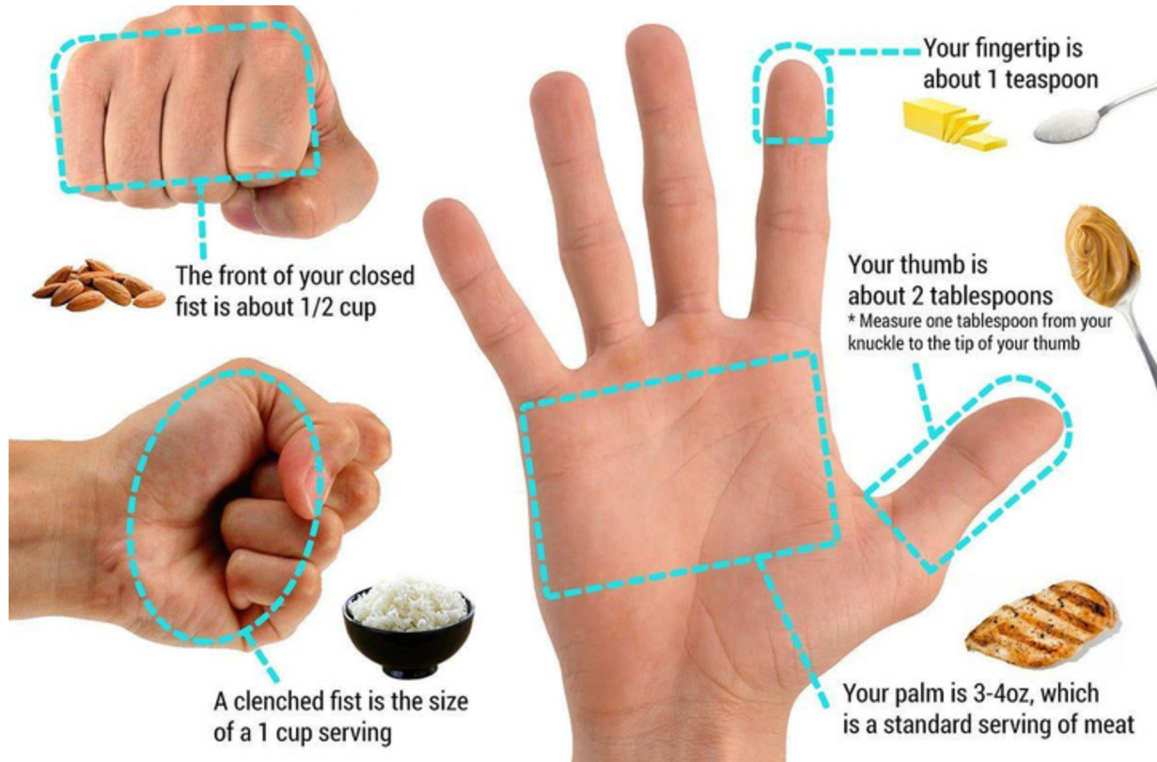
- Banana and Greek yogurt
- Toast and peanut butter
- Fruit and milk
- Greek yogurt and berries
- Protein shake-protein powder, milk, banana and PB

- **2-3 hours before**

- Eggs, oatmeal and Peanut butter
- Veggie omelet with toast and berries
- Chicken, vegetables and rice
- Turkey sandwich



WRAP IT ALL UP



- Eat every 3 hours
- 1 -2 serving of protein and carbohydrates w/ meals
- Drink water/Electrolytes before, during and after workouts