NUTRITION AND THE ATHLETE

PROVIDENCE Sports Medicine

BENEFITS:

- Improved performance during exercise and competition
- Improved recovery from exercise and competition
- Reduced risk of injuries thanks to improved recovery
- Better brain function
- Improved body composition and well-being

CALORIC NEEDS

FEMALES		
ACTIVITY LEVEL	**KCAL per LB[1]**	**EXAMPLE**
Light	16	
Moderate	17	
High	20*	125 lbs x 20 = 2,500 calories per day

MALES		
ACTIVITY LEVEL	**KCAL per LB[1]**	**EXAMPLE**
Light	17	
Moderate	19	
High	23*	125 lbs x 23 = 2,875 calories per day

[1] Recommended number of calories to eat per pound of your body weight
*Denotes activity levels of the athlete

HEALTH AND PERFORMANCE NUTRITION CHECKLIST

Know your needs! Proper nutrition is the fuel your body needs to perform, both on the field and off. Determine your caloric needs and appropriate food intake to match your exercise demands.

Plan your meals and snacks accordingly! The times at which you eat will impact your fueling for, and recovery from, activities:

- ❑ If possible, have a full and balanced meal 3 to 4 hours prior to activity.
- ❑ If you are feeling hungry, it is okay to have light snacks 1 to 2 hours prior to activity.
- ❑ Have a snack or light meal 30 to 45 minutes after activity to help boost recovery.

Your choices matter!

- ❑ For pre-activity meals and snacks, choose healthy foods that are familiar to you to help prevent stomach distress.
- ❑ Great choices for recovery snacks include chocolate milk, fruit, lean meats and low-fat dairy.

Real foods make a difference!

- ❑ Fuel your body with fresh fruits and veggies, nuts, seeds, fresh dairy and unprocessed lean meats.

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MATCHING YOUR FOOD INTAKE TO YOUR EXERCISE DEMANDS

Calculate the grams of macronutrients you need to ingest per pound of your body weight.

PROTEIN

Endurance: 0.7 grams per pound
Speed/Power: 0.7 - 1.0 grams per pound
EXAMPLE: 0.7 grams x 125 lbs = 87.5 grams per day

4 oz of chicken breast: 31 grams

3 oz of sirloin steak: 23 grams

16 oz (1 pint) glass of 2% milk: 16 grams

3 oz filet of salmon: 17 grams

CARBS

Endurance: 2.7 - 3.6 grams per pound
Speed/Power: 2.7 - 4.5 grams per pound
EXAMPLE: 2.7 grams x 125 pounds = 337.5 grams per day

1 banana: 27 grams

1 cup of strawberries: 13 grams

1 apple: 25 grams

Handful of baby carrots: 7 grams

1 cup of spinach: 1 gram

1 cup of white rice: 45 grams

1 cup of oatmeal: 27 grams

1 cup baked sweet potato: 27 grams

FATS

Endurance: 0.4- 0.7 grams per pound
Speed/Power: 0.4- 0.7 grams per pound
EXAMPLE: 0.4 grams x 125 pounds = 50 grams per day

1 Tbsp of peanut butter: 8.4 grams

1/2 cup of almonds: 22 grams

1/2 cup of walnuts: 26 grams

1 Tbsp of olive oil: 14 grams

16 oz (1 pint) glass of 2% milk: 10 grams

1 hard-boiled egg: 5.3 grams

EXERCISE DEMANDS CONTINUUM

ENDURANCE ← → **SPEED / POWER**

- Cross Country
- 800m Swimming
- 200m Swimming, Track - middle distances (800m, 1500m)
- Soccer, Lacrosse
- Track middle sprints, 400m
- Basketball, Hockey, Volleyball, Tennis
- Track- 200m sprint, Wrestling
- Football
- 100m dash, 4x100m relay
- Baseball, Softball, Golf
- Field events (shot put, javelin, discus, long jump, triple jump, high jump)
- Weightlifting