

NUTRITION CONDITIONING GOALS FOR ATHLETES
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I. UP YOUR FLUID INTAKE

Fluid needs = **body weight** x **.3** for the **MINIMUM** number of ounces you require daily- NOT Including fluid needed for exercise

How should you drink? Gulps are better than sips or water bottles

What should you drink?

NIGHT BEFORE: 16 ounces of water BEFORE bed

MORNING OF PRACTICE: 16 ounces of water AS SOON AS you get up

And if practice is later in the day Another 17 ounces 2 hours before practice

Pre-exercise- 6-8 ounces of water, OR sports drink- 15 minutes before exercise

Try to avoid carbonated beverages or caffeine

- NO fruit juices before exercise- can cause loose stools and gas

During exercise: 4-8 ounces every 15 minutes- water and sports drinks-

Alternate between the two

Post exercise: 24 ounces of fluid for every pound lost! WITHIN 2 hours after exercise!

Best choices- post exercise: Sports drinks, Lemonade, fruit punch, or concentrated carbohydrate drinks (GO, Energy drink- Gatorade)

Not recommended post exercise: carbonated beverages, alcohol

Watch herbal forms of caffeine: guarana, mate and kola nut

BEST WAYS TO REPLACE POTASSIUM AND SODIUM POST EXERCISE:

Orange juice and salted pretzels

A baked potato with ketchup or salt on it

A nectarine and some *Chex* mix

A mix of dried apricots and salted nuts

II. CALORIE NEEDS

Minimum:

Current weight (lb) x 20 = number of calories for males

Current weight (lb) x 15 = number of calories for females

III. MEAL FREQUENCY

Small, more frequent meals will give you consistent energy and digest more quickly to provide available fuel for your body

5 or more eating episodes per day EVERY 3-4 hours

IV. CARBOHYDRATE NEEDS

The optimal fuel for EXERCISE

Intense training depletes carbohydrate stores resulting in poor performance and increase fatigue

Need to consume carbohydrate with every meal

Needs increase with increased training:

3 grams/lb body weight for 1 hour training

4.5 grams/kg body weight for 2 hours training

5 grams /kg body weight for 3 hours training

6 grams /kg body weight for 4 + hours training

SOURCES:

Bread	Bagels	English muffins	Muffins*	Pita
Tortillas	Rice	Pasta	Cereals	Crackers*
Pretzels				
Cookies*	Potatoes	Fruit	Fruit Juices	Candy*
Popcorn				
Vegetables	Sports Drinks	Soda	Chips*	Cereal bars

* May be Higher in fat

NEED TO CONSUME BEFORE, DURING (?) AND AFTER WORKOUTS

All meals should be 2/3 carbohydrate and 1/3 protein

DURING exercise: 30-60 grams of carbohydrate per hour

5-10 ounces of sports drink every 15-20 minutes OR 2 gels per hour

CARBOHYDRATES should be consumed within 15 minutes after workouts or events

GOOD CHOICES:

<i>Poptarts</i>	Cereal bar	Crackers	Pretzels	Dry cereal
Bagels	Graham crackers	Fruit punch/drink		
<i>Chex mix</i>	Frozen yogurt	Fruit ice		

V. PROTEIN NEEDS

Body can't use more than 1 gram of protein per pound body weight!

Not immediately available as an energy source for exercise

Important for recovery AND to boost the immune system

SOURCES

Chicken	Fish	Beef*	Pork*	Veal
Turkey	Eggs	Cheese*	Milk*	Shellfish
Soy burgers	Dried beans	Nuts and nut butters*		

* Higher fat protein sources

VI. FAT REQUIREMENTS

May not be consuming enough

Too much can cause cramps

Not enough can cause you to fatigue more quickly

TRY to limit high fat foods before and during exercise

FOODS TO LIMIT BEFORE AND DURING EXERCISE:

Chips	French Fries	Pizza	Burgers
Ice cream	Doughnuts	Chocolate	Nuts
Nut butters	Fried meats	Bologna, salami, pepperoni	

VII. PRE WORKOUT MEALS

3 hours before	2-3 hours before	1-2 hours before
Pasta	Bagels	Cereal bar
Stir-fry	Crackers	Pretzels
Sandwiches	Pretzels	Fruit drink
Fajitas	Smoothies	Toast
Eggs and toast	Cereal and milk	<i>Instant breakfast</i>
Chicken, potato and vegetables	Waffles/pancakes	Nutrition shake
Veggie burger	Pasta salad	

VIII. EVENING SNACKING

Soft pretzels	Cereal	Crackers	Popcorn
Bagels	Cereal bars	Trail mix	
Frozen yogurt	Sports bar (not low carb type)		
Pudding	Fruit ice	Fruit	

IX. WHAT ARE YOUR GOALS?

WEIGHT LOSS (BODY FAT LOSS)

Keep a record for a week to see what your eating and drinking pattern looks like

Smaller more frequent meals are best for fat loss

CALORIE GOALS FOR WEIGHT LOSS- to lose 1 pound of body fat per week: $\text{Body weight (pound)} \times 20-23 - 250 \text{ calories} = \text{number of calories per day for weight loss}$

Remember, almost everything has calories, and liquids contain calories

Keep some lower calorie foods around:

Fruits	Raw vegetables and salsa	Light popcorn
Frozen fruit bars	Popsicles	Pudding pops
Pretzels	Cereal	Jello/Yogurt

Super size meals can be your biggest enemy!

Remember, 2-3 fewer bites per meal can add up to a few hundred calories per day

Watch the fat intake:

Choose more

Skinless chicken
Baked ham, roast beef
Mustard
Mozzarella cheese
Skim or 1% milk
Pretzels/Light popcorn
Frozen yogurt, Light ice cream
Turkey bacon or sausage
Baked or mashed potato
Regular burger

Choose less:

Fried chicken
Salami, bologna
Mayonnaise
American cheese
Whole milk
Chips
Regular ice cream
Regular bacon or sausage
Biggie fries
Cheese burger

HIGH PROTEIN DIETS WILL LEAVE YOU TOO WEAK TO EXERCISE!

X. ADDING MASS

Goals for weight and strength gain should be **1 pound per week**

10-14 additional grams protein per day can yield an increase of 1 pound muscle mass per week

Be organized about eating- Keep a record to document current eating patterns

The goals are to add **500-1000 additional calories per day**

Increase the **number** of meals, not just the size of meals

Do try to eat a few more bites every time you eat

Add fillings and toppings to food- jelly, syrup, mayonnaise, peanut butter

If you do shakes, consider doubling up- 2 packages to the same amount of milk or juice

Try to boost intake at every opportunity

Everything has to count-no freebies with food or beverages!

Be consistent. You need to do this every day in order to see the gains in mass

Don't rely on weight gainers or high protein powders- they will fill you up before you get in all the calories the body needs!

Choose more often

Granola type cereal
Chocolate chip or peanut butter cookies
2% milk
Cheeseburger
Nuts

Choose less often

Flake cereal
Vanilla wafers
Non fat milk
Plain burger
Pretzels

XI. SUPPLEMENT GUIDELINES

NATURAL and **SAFE** are not the same!!!

Make sure the trainer/ team physician, or your own doctor know what you are taking!

Make sure the product has a label listing dosage and ingredients

If you notice any unusual dizziness, stomach upset or headache, **STOP** taking the supplement **IMMEDIATELY!**

If you have a question about a product, **ASK!!**

Supplements **DO NOT** replace a good conditioning and eating program

DO NOT order supplements by mail or computer

Stay away from:

DHEA

Andro/Norandro

Tribulus Terrestris

Yohimbe

Ephedra (Ma Huang)

GHB/GBL

Caffeine-containing products (guarana, mate, kola nut)

Red Bull