

ACHIEVING GREATNESS

NSCA COACHES CONFERENCE

JANUARY
3 - 5, 2018

CHARLOTTE
N. CAROLINA



NAVIGATING NUTRITION WITH PARENTS, PEERS AND PRESSURES

Amy Goodson, MS, RD, CSSD, LD

Registered Dietitian and Certified Specialist in Sports Dietetics

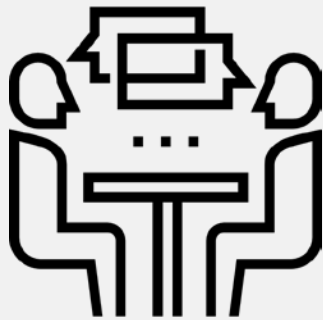
GSSI Speaker and Consultant

www.amygoodsonrd.com

amy.goodson.rd@gmail.com

CONFLICT OF INTEREST STATEMENT

I currently have, or I have had the past 2 years an affiliation or financial interest with Gatorade Sports Science Institute around this presentation including:



CONSULTING



HONORARIUM



MEDIA

OBJECTIVES

1

Attendees will be able to recommend fueling proper meals, snacks and fueling techniques for parents to use with their athletes.

2

Attendees will identify ways to get peers advocating and participating in sports nutrition as a team as well as on their own.

3

Attendees will be able to identify tips for slimming down and gaining healthy weight while understanding the proper use of performance supplements.

NAVIGATING NUTRITION WITH PARENTS

POTENTIAL ISSUES AND OPPORTUNITIES WITH PARENTS

POTENTIAL ISSUES

- Parents often think they know what is best nutritionally
- Parents often recommend what they did when they played sports
- Parents are often influenced by other parents
- Parents are hyper-focused on their child succeeding and excelling at all costs

POTENTIAL OPPORTUNITIES

- Provide proper education for fueling their child's daily life and activity
- Utilize parent groups to fuel practices and games by providing ideal options
- Provide resources to parents like handouts, blogs, meal ideas, etc.

PROVIDE PARENTS FUELING EDUCATION

- Food should be looked at as fuel/energy for performance instead of calories
- Focus on choosing nutrient-rich foods that fuel performance
- No foods is considered “bad” or off limits
- Limit high sugar and fat calories from processed foods and flavored drinks (sweet tea, lemonade, soda, energy drinks, juices, etc.) to a smaller portion of the diet
- Eat when you are hungry (don’t wait until starving), stop when you are satisfied

80/20 RULE

80%

OF THE TIME
EAT FOR PERFORMANCE AND
HEALTH

20%

OF THE TIME
EAT FOR
PLEASURE

PROVIDE PARENTS FUELING EDUCATION

- Eat multiple fueling meals and snacks throughout the day (every few hours)
- Encourage athletes not to skip meals or snacks
- Eat quality, nutrient-rich foods more often (80%)
Combining complex carbohydrates, lean protein and healthy fat each meal/snack, veggies as often as possible and lots of water
- Limit moderate intake or less nutrient-rich foods to less often (20%)
Refined carbohydrates, fried food, high fat foods, baked goods/pastries/doughnuts, creamy sauces/spreads/dips
- Watch high calorie fluids
Sodas, sweet tea, juice, Gatorade (only drink at and around practice)

PROVIDE PARENTS FUELING EDUCATION

FUELING ON ATHLETE'S DAY

Carbohydrate

- Recommendation: approximately 45-60% of daily calories
- Provides energy
- Should be consumed at every meal and snack
- Best choices include whole grains, beans and fruit

Protein

- Should be consumed at every meal and snack
- Helps build and repair muscle mass, helps immune system and helps you get full faster and stay full longer thus regulating blood sugar
- Best choices include lean meats, low-fat dairy, eggs and beans

Fat

- Young females need fat for hormone production and males & females need for energy
- Goal is to consume more “good” fats like peanut butter, nuts, seeds, avocado, healthy oils, hummus and fatty fish
- Meals should be “garnished” with fat

PROVIDE PARENTS FUELING EDUCATION

Quick On-the Go Breakfasts

- Whole wheat bagel with peanut butter, banana and low-fat milk
- Energy bar, banana, string cheese and low-fat milk
- Peanut butter and jelly sandwich on wheat bread and Greek yogurt with fruit
- Peanut butter crackers, baggie of trail mix and low-fat milk
- Smoothie with fruit, milk, Greek yogurt/whey protein powder, nut butter
- Whole grain granola bar (or two) with to-go peanut butter cup, string cheese and low-fat milk
- Overnight oats made with milk and top with nuts/seeds, granola and fruit with a Greek yogurt



PROVIDE PARENTS FUELING EDUCATION

FUELING SNACKS

- Energy bar
- Individual bag trail mix
- Beef jerky and a banana
- Granola bar and nuts
- Whole wheat crackers and string cheese
- Greek yogurt with granola and fruit
- Turkey/cheese roll-ups and apples or grapes
- Hummus and whole wheat pita bread/pita chips
- Apple and peanut butter
- Popcorn and string cheese
- Peanut butter bites
 - Stir $\frac{1}{2}$ cup peanut butter and $\frac{1}{4}$ cup honey together
 - Stir in 1 cup oats and $\frac{1}{2}$ cup whey protein powder
 - Roll into 20-22 balls and refrigerate

PROVIDE PARENTS FUELING EDUCATION

SPORTS NUTRITION

Pre-Workout

- 2-4 hours pre-workouts: Meal of complex carbohydrates and protein with some fat and easy-to-digest veggies and 16-20 oz. fluid
- 20-30 minutes pre-workout Carbohydrates snacks and 5-10 oz. fluid (water/sports drink)

During-Workout

- Consume electrolyte-rich fluids consistently throughout workout: 5-10 oz. every 15-20 minutes
- Carbohydrate foods are needed during workouts over 60-90 minutes to help maintain energy levels

Post-Workout

- Replenish with carbohydrate
- Rebuild with protein
- Rehydrate with fluid
 - 16 oz. per pound of fluid sweated out in workouts or until urine is pale yellow to clear color

UTILIZE PARENTS TO FUEL PRACTICES AND GAMES

PARENTS/BOOSTER CLUB CAN ALTERNATE BRINGING SNACKS

- Energy bars
- Peanut butter crackers
- Peanut butter filled pretzels
- Peanut butter and jelly sandwich quarters/Uncrustables
- Salty snacks like pretzels, gold fish, crackers
- Granola bars
- Fruit and 100% fruit snacks
- Sports drinks



UTILIZE PARENTS TO FUEL GAMES

PARENTS/BOOSTER CLUB CAN ALTERNATE PROVIDING PRE-GAME MEALS

- Eggs, fruit, bagels (with jam and peanut butter) and yogurt
- Breakfast sandwiches on whole wheat bagel/English muffin with ham, cheese, egg and sides of fruit and yogurt
- Spaghetti with meat sauce, salad, bread, fruit and string cheese
- Grilled chicken, green beans, mashed potatoes and rolls
- Fajitas with lean beef and chicken (sides of cheese, lettuce, salsa, guacamole) with rice and fruit
- Sub sandwiches with turkey/chicken and cheese (can add lettuce/tomato), baked chips or pretzels and fruit

PROVIDE RESOURCES TO PARENTS

SCAN – Sports, Cardiovascular and Wellness Nutrition

<https://www.scandpg.org/sports-nutrition>

My Sports Dietitian

<https://www.mysportsdconnect.com>

PROVIDE RESOURCES TO PARENTS

ATHLETE'S PLATE

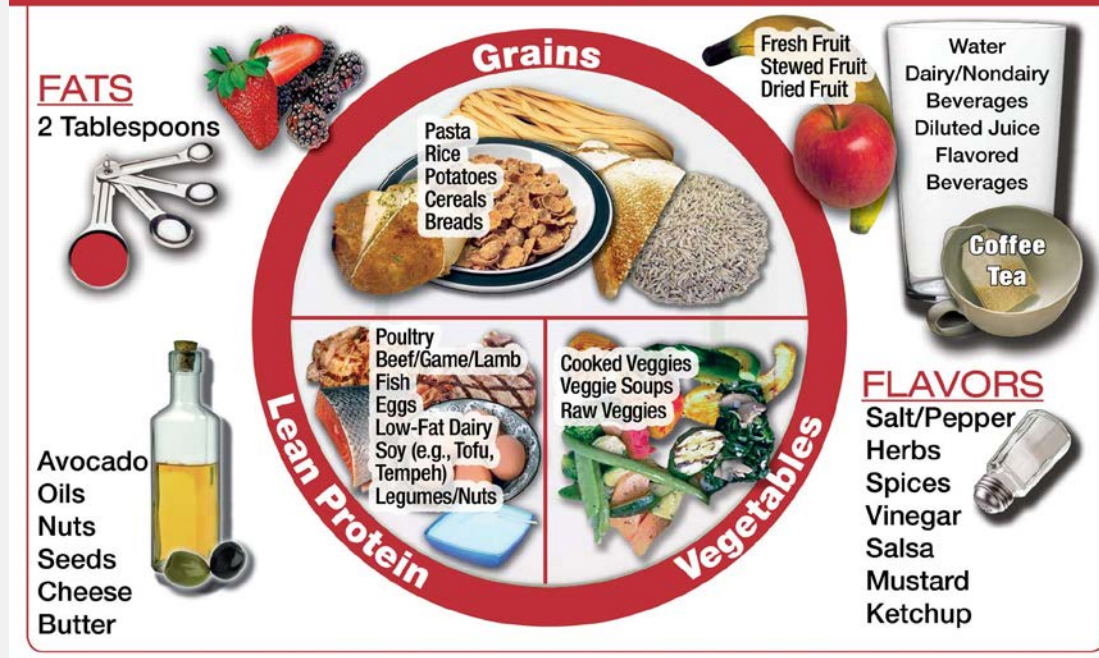
For educational use only. Print and use front and back as 1 handout.

utrition Graduate Program.

PROVIDE RESOURCES TO PARENTS

ATHLETE'S PLATE

HARD TRAINING / RACE DAY:



NAVIGATING NUTRITION WITH PEERS

POTENTIAL ISSUES AND OPPORTUNITIES WITH PEERS

POTENTIAL ISSUES

- Comparison game between members of a team
- Follow the leader with bad habits around eating and supplements
- Associating performance with body image and weight

POTENTIAL OPPORTUNITIES

- Develop leaders on team to keep it cohesive
- Have team discuss meal and snack ideas for practice and games
- Set up fueling accountability partners

DEVELOP LEADERS ON TEAM

- Having team vote on leader can be great for decision making as well as for noticing problems
- Team leaders can be coached to promote healthy habits around eating, hydration and fueling practices, workouts and games
- Team leaders can develop challenges/games that challenge athletes about fueling in a positive way
 - Take pictures of meals and see who has most food groups
 - Track food in an app
 - Have snack board where they check off if they had a pre/post-workout snack



TEAMS BUILDING MEALS AND SNACKS

- Research suggests that when you are part of the food decision making or preparing process, you will be more on board to eat it
- Provide team restaurant or meal options and have them research which meal would be best for fueling
 - Ideally give them a handout or resource to help them learn what and why
 - Give teams local restaurants and have them choose the healthiest fueling options at those places for when they eat out with friend and family
- Have teams come up with nutrient-rich fueling snacks that they like and can make list for parents/booster club to provide
 - Alternating snack schedule can give each athlete a chance to feel like they contributed
- Set up snack schedule where different team members bring snacks for workouts or tournaments

FUELING ACCOUNTABILITY PARTNERS

- Pairing up players, by coach of choice, can give them a healthy reason to encourage each other about eating
- Possibly set up a game where partners can win a prize or award of sorts based on how many times they checked with each other
- Have each partner group make a nutrition handout for the team



NAVIGATING NUTRITION WITH PRESSURES

POTENTIAL ISSUES AND OPPORTUNITIES WITH PRESSURES

POTENTIAL ISSUES

- Many athletes (boys more so) feel they have to be the biggest and strongest
- Many female athletes feel like they have to look like a teammate or model and do not understand the consequences of under-fueling
- Many athletes listen to what supplements other people take and want to copy

POTENTIAL OPPORTUNITIES

- Provide education around healthy weight gain and leaning out
- Educate athletes on the consequences of under-fueling
- Help athletes understand about supplements and their risk

ENERGY MANAGEMENT FOR ATHLETES

- Weight loss and weight gain can be difficult for athletes based on the physical demands put on them by their sport
- The ideal time to manipulate body composition and weight is in the off-season
- Key is to set realistic goals and monitor
- Constantly monitor energy levels and hunger levels of athlete
- Giving athletes easy, real-life eating ideas is key to compliance and thus results

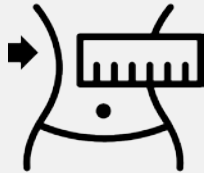


ENERGY MANAGEMENT FOR ATHLETES

4 THINGS MAKE UP BODY WEIGHT



LEAN MUSCLE MASS



FAT MASS



WATER



BONE

Only one of these things do we want athletes to lose: fat mass

- This is typically minimally a 6-8 week process
- Weight lost quickly is water weight, maybe muscle mass
- Dehydrating the body can cause significant detriments to performance

ENERGY MANAGEMENT FOR ATHLETES

4 COMPONENTS DETERMIN TOTAL DAILY ENERGY EXPENDITURE (TDEE)

- Resting Metabolic Rate (RMR)
- Thermic Effect of Food (TEF)
- Exercise Energy Expenditure (EEE)*
- Non-Exercise Activity Thermogenesis (NEAT)

MOST VARIABLE COMPONENT IS **EXERCISE ENERGY EXPENDITURE**

A collage of healthy food images. The top section shows a whole fish on a plate, a wooden bowl with various fruits (lemon, kiwi, tomato, strawberries, eggs), and a loaf of bread. The middle section features several small wooden bowls containing different types of nuts and seeds (peanuts, almonds, sunflower seeds, etc.), along with sliced cucumbers, orange segments, and radishes. The bottom section shows a close-up of a cooked salmon fillet served with a green salad and a lemon wedge. The entire collage is overlaid with a white geometric line pattern.

-
- A collage of healthy food images. The top section shows a whole fish on a plate, a wooden bowl with various fruits (lemon, kiwi, tomato, strawberries, eggs), and a loaf of bread. The middle section features several small wooden bowls containing different types of nuts and seeds (peanuts, almonds, sunflower seeds, etc.), along with sliced cucumbers, orange segments, and radishes. The bottom section shows a close-up of a cooked salmon fillet served with a green salad and a lemon wedge. The entire collage is overlaid with a white geometric line pattern.

ENERGY MANAGEMENT: WEIGHT GAIN TIPS

- Eat 6-8 meals/day – every 2+ hours
- Do not skip breakfast or snacks
- Drink milk and/or 100% juice with meals
- Eat a 30-minute pre-workout snack, every hour during exercise and immediately after post-workout
- Eat a high-calorie meal or shake right before bed
- Make high-calorie food exchanges
- Consume healthy fats throughout day
- Consistency is key – 7 days a week!!!

ENERGY MANAGEMENT: WEIGHT GAIN TIPS

HIGH-CALORIE FOOD EXCHANGES

Choose:

Bagel/Thick rolls -----
Waffles -----
Granola -----
Peanut butter -----
Nuts -----
Trail mix -----
2% milk -----
Sautéed veggies -----
Milk/juice at meals -----
Sports drink at practice -----

Instead of:

Bread
Toast
Cereal
Butter or jelly
Candy
Granola bar
Skim milk
Steamed veggies
Water
Water

ENERGY MANAGEMENT: WEIGHT GAIN TIPS

- Add peanut butter, honey and brown sugar to oatmeal
- Add peanut butter and honey to waffles, pancakes, toast and bagels
- Add low-fat granola to cereal, oatmeal, yogurt or trail mix
- Put nuts on salad, tuna, in cereal and trail mix
- High calorie trail mix = high calorie cereal/granola, nuts, dried fruit, M&M's
- Mix high-calorie protein powder with milk
- Drink Boost Plus or Ensure Plus between meals
- Drink shakes with low-fat chocolate milk as a base
- Eat a PBJ sandwich as a “dessert” post meals

ENERGY MANAGEMENT: LEANING OUT

Excess body fat is detrimental for many athletes because it reduces speed

- Thus decreasing body fat could have a positive effect on performance for males and females

Trying to achieve an ever-lower body fat percentage can have disadvantages to health and performance

- Disrupted hormonal balances
- Disordered eating behaviors
- Fatigue and delayed recovery



ENERGY MANAGEMENT: LEANING OUT TIPS

- Eat smaller, more frequent meals throughout the day to manage hunger
- Encourage athletes to not skip meals or snacks
- Post-exercise snack of carbohydrates and protein is essential for recovery
- Eat quality, healthy foods combining complex carbohydrates, lean protein, and healthy fat at each meal and snack and lots of water (80-90% of time)
- Avoid refined carbohydrates, fried food, high fat foods, baked goods/pastries/doughnuts, creamy sauces/spreads/dips (10-20% of time)
- Watch high calorie fluid intake
- Eat until satisfied, not until full

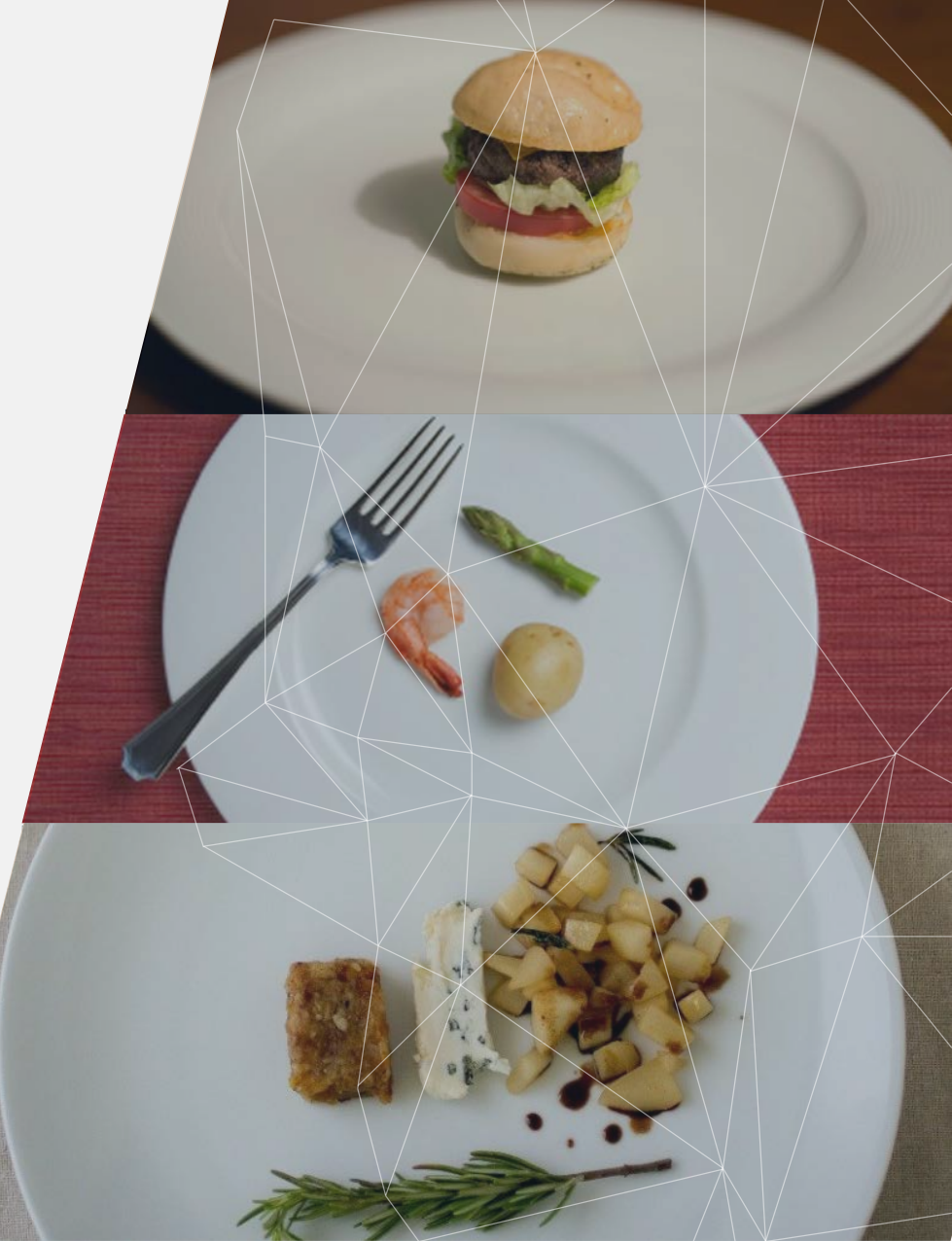
ENERGY MANAGEMENT: UNDER FUELING

WHAT IS UNDER-FUELING?

- An energy deficiency relative to the balance between dietary energy intake and energy expenditure required for health and activities of daily living, growth and sporting activities

WHAT ALL DOES UNDER-FUELING AFFECT?

- Physiological function
- Health of the athlete
- Athletic performance

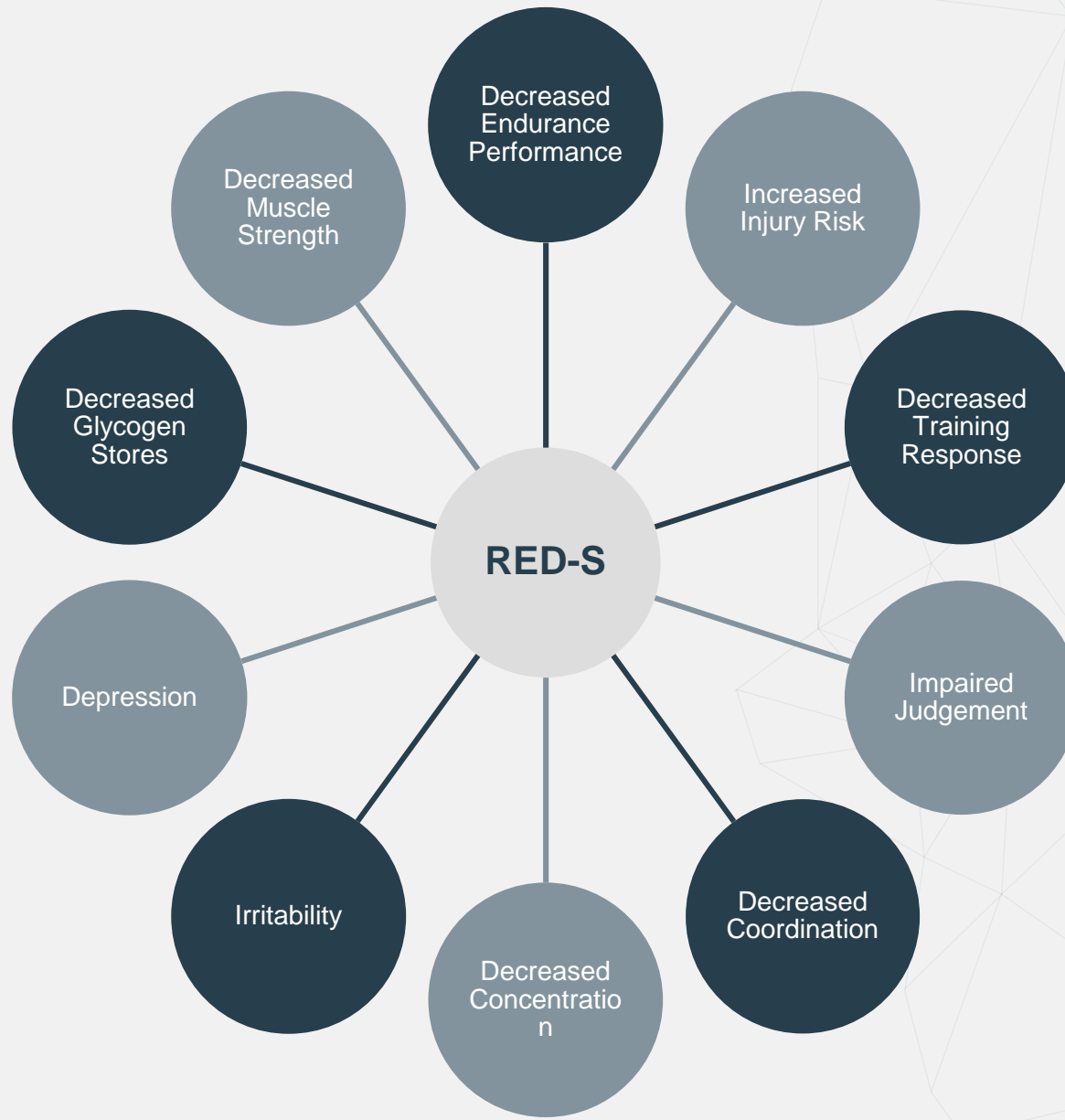


WHY DO ATHLETES UNDER-FUEL?

- Nervousness around a competition or big event that has weight on their career
- Decline in appetite due to nerves
- Trying to be or look leaner for a competition or performance
- Pressures put on them by self, family, peers, etc.



CONSEQUENCES OF UNDER-FUELING



PERFORMANCE SUPPLEMENTS

SUPPLEMENT DEFINITION

- “A dietary supplement is a vitamin, mineral, herb, botanical, amino acid, metabolite, constituent, extract, or a combination of these ingredients.”

ERGOGENIC AID DEFINITION

- Substances or techniques other than training that are thought to improve athletic performance.



THE SUPPLEMENT SITUATION

- FDA does not conduct premarket reviews to determine if a supplement is effective
- There is no law that requires the manufacturer to show evidence of effectiveness before or after a supplement is marketed
- The purity of supplements is of question for athletes who are drug tested
- Issues with purity could be due to poor manufacturing practices and/or the use of tainted substances
- Weight loss and muscle building supplements rank high on the list of those that are likely to be contaminated
- “Legal Supplements” can test an athlete positive on a drug test from being “laced” or contaminated

THE SUPPLEMENT SITUATION

IF an athlete chooses to take a supplement or use a protein powder, he/she should choose a third party tested supplement

- Tests for steroids, illegal substances, maskers, etc.
- Tests that what is in the product is what is on the label
- Tests labs for cleanliness
- Does not mean it is 100% safe, but likely as safe as possible

Top third party supplement testing certifications

- NSF Certified for Sport - <http://nsfsport.com>
- Informed Choice - <http://www.informed-choice.org>

THE SUPPLEMENT SITUATION

- There is no research on supplement use in young athletes
- Most athletes don't eat a diet that supports improving performance, so starting there should be the goal
- Supplements are supplements, not replacements
- There is a time and place for supplements, but FOOD is always legal!

NAVIGATING THE P'S



Education is key for
parents, peers and to
tackle pressures



Providing student
athletes with quality
information sets them
up to make better
choices



Empower students to
help each other fuel
their bodies better



Make fueling a priority
with players and
games

THANK YOU!