

PERFORMANCE EATING

WHAT EVERY ATHLETE NEEDS TO KNOW

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- 1. Drink enough** MINIMUM number of ounces per day = M 90 ounces F-70 ounces
 - **ALL fluids count (except alcohol!)**
 - 20 oz 1 hr before exercise
 - 14-40 OUNCES Fluid per hour of exercise
 - Drink 3 cups of fluid for every pound lost
 - Sports drinks over water during exercise
 - All energy drinks are not created equally!
 - Larger gulps over sips
 - Swallow fluids
 - Drink, don't pour on your head
 - No reason to overdrink
- 2. Add salt if necessary**
 - If you are a salt loser, you need to use more!
 - Salty sweat or salty residue on skin or uniform/clothes
 - Eat salty foods such as pickles, pretzels
 - Use salt, Soy or Worcestershire sauce
- 3. Emphasize carbohydrates on the plate**
 - Carbohydrates are not BAD foods!
 - 2/3 of the plate as rice, pasta, potato, bread, cereal, fruit, vegetables
 - Fuel for muscles during activity
 - Fuel for the brain during exercise
- 4. Eat enough protein for muscle growth & healthy immune system**
 - 0.5 x body weight (pounds) is the MINIMUM number of grams of protein a day
 - 1 x body weight(pounds) is the MAXIMUM number of grams of protein a day
 - 1/3 of the plate as chicken, fish, meat, eggs, cheese, soy foods nuts, seeds, beans
 - Body doesn't really care what type of protein as long as you eat enough!
 - Protein powders are not necessary
 - Body needs carbohydrate and protein to build new muscle
 - Too MUCH protein usually means Too LITTLE carbohydrate!
- 5. Fat is an essential fuel for exercise**
 - Add some as part of every meal as a spread, peanut butter, salad dressing, or in a food such as cheese, meat, or even a fried food
 - There is no need to cut fat out of the diet
 - Try to limit the amount of fatty foods you have BEFORE exercise as they can upset your gut!
- 6. Timing is everything**
 - Try to eat every 3-4 hours to give your body maximal energy over the day

- Eat something within 15 minutes of exercise such as sports drink, cereal bar, trail mix to help your body recover

7. **Know how much you eat**

- If you are overly hungry, chances are you aren't eating enough
- If you are never hungry, you may be eating too much
- When you finish eating you should feel like you could eat a little bit more
- If you want to feel satisfied, see, smell and taste what you eat

8. **Body changes do NOT happen overnight**

- Bodies lose about ½ pound of body fat a week
- Bodies can gain at most 1 pound of muscle a week
- Make changes to eating gradually by:
 - Knowing what you eat
 - Eating regularly
 - Including foods you like
 - Being consistent by eating this way 7 days a week!

9. **Be realistic about your body**

- You can't change your height, body frame and body shape
- You can change your attitude
- Seek help if you need assistance in gaining or losing weight

10. **Supplements**

- **Be smart about supplements**
- They are NOT a replacement for food
- What you see is often not what you get
- Let someone know before you take anything
- The goal is performance enhancement- NOT upset stomachs, headache or worse!
- Supplements don't take the place of training, eating, or hydration and don't necessarily make you a better athlete!
- **Ephedra, Ma Huang, Bishops's tea, Mormon's tea, synephrine, bitter orange, citrus aurantium, zhi shi, Red Line- DANGEROUS/BANNED in college**
- **Red Bull- USELESS**
- **Weight loss pills: USELESS!!**
- **NO2- Useless!**

EATING CHECKLIST AND GAME PLAN

- ✓ **Drink Enough Fluids**
- ✓ **Eat Breakfast**
- ✓ **Eat Lunch**
- ✓ **Eat a Pre-Workout Snack**
- ✓ **Eat Post-Workout Snack**
- ✓ **Eat Dinner**

FLUIDS:

- Drink 3-4 , 20 ounce bottles of fluid, or 9-11 cups a day:
- Drink 20-40 ounces per hour
- Gulps over sips
- Replace what you lose
- 1-20 ounce bottle of water or sports drink BEFORE practices/lifting
 - ✓ Water
 - ✓ Milk
 - ✓ Juice
 - ✓ Sports drinks

MEALS:

Eat Breakfast, Lunch, Dinner and eat pre and post workouts

WHAT TO EAT:

- 2/3 of the plate at every meal/snack as
- Carbohydrate: Rice, pasta, potato, bread, cereal, fruit, vegetables
- 1/3 of the plate as protein: beef, pork, veal, lamb, venison, chicken, fish, eggs, cheese, nuts, yogurt, milk, beans such as baked beans

SALT LOSERS:

- If your sweat stings your eyes, you cramp often, or skin feels a little gritty or looks salty after you workout, you need to do the following:
- Drink sports drinks instead of water during exercise
- Salt your food
- Eat salty foods such as pickles, salted nuts, pretzels

FOR EXERCISE:

Eat BEFORE: some carbohydrate and protein:

- Yogurt
- Glass of milk and a nutrigrain bar
- 2 handfuls of trail mix
- A package of peanut butter crackers
- A bar such as Balance, Power, Clif, Zone, Pria, Luna,

Have something during exercise:

- Sports drinks, honey, gelatin, gel

Eat something within 15 minutes of finishing a workout:

- Chex mix with nuts added
- A peanut butter sandwich
- A bar
- 2 handfuls of cereal
- 2 granola bars
- A banana and sports drink

FOR WEIGHT GOALS:

- Work on it every day
- Weigh to assess progress
- Pay attention to what you eat
- Think about the quantities
- Expect changes of 1 pound a week either fat loss or increasing muscle mass

FOR CONDITIONING

- Bring a water/sports bottle to practice, or a cup
- Bring a snack to have after practice
- EAT Before practice or lifting
- Make sure you replace what you lose with fluid
- Make sure you eat something after every training session
- Don't come to morning workouts on empty

FOR SEASON

- Eat a little more 3 days before games/events:
- Add a little more carbohydrate to every meal
- If you are cramp prone, add a little more salt to every meal

PERFORMANCE DETRACTING BEHAVIORS:

- Skip meals
- Not drink enough before, during and after practices/events
- Wait too long to refuel after exercise
- Not always get enough calories
- Not getting enough sleep
- Abusing the body: fad diets, under eating/overeating, alcohol, drugs