

Healthy Eating for Athletes

Undergraduate Public Health Students

Objectives

By the end of the lesson, participants will be able to:

1. List two key nutrients to help boost performance as indicated by post-test questions.
2. List at least 1 vitamin or mineral and its benefits.

Poll Question

What is one sport you enjoy and how do you think healthy eating supports your performance?

Healthy Diet

- Having a balanced diet with the correct amount of fats, carbohydrates, and proteins is key to having enough energy for growth and energy.

My Plate

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Healthy Tips

- Limit foods in saturated fats
- Limit foods and drinks high in salts
- Don't over consume fatty foods
- Eats lots of carbohydrates
- Drink Plenty of water

Important Nutrients for Performance

- Carbohydrates
 - Provides energy
 - Helps with brain and body functions
 - Broken down into glucose molecules to provide fuel
 - Delays fatigue
- Proteins
 - Growth and maintenance of muscles
 - Provides energy

Food Choices

- **Breakfast:**
 - Breaking a fast during sleep
 - Replenish energy
 - Kickstart metabolism
- **Lunch:**
 - Where student athletes gain energy for practice or game
 - Allows time for body to digest food
- **Dinner:**
 - Recovery meal
 - Regain spent nutrients and energy
- **Snacks:**
 - Frequent eating to prevent loss of important nutrients
 - Maintain optimal athletic performance

My Plate Activity

DRAW YOUR MENU!



Choose **MyPlate**.gov

#MyPlateMyState

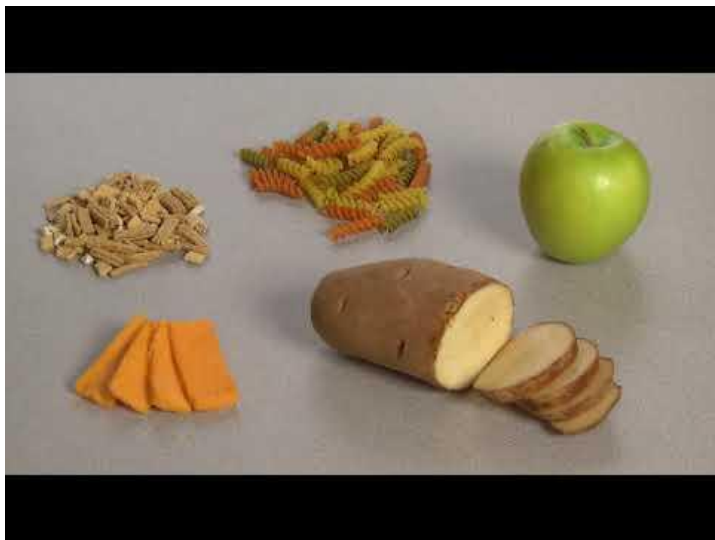
Vitamins and Minerals

- Thiamin
 - Grain products, pork, peanuts and blackbeans
- Niacin
 - Poultry, fish, brown rice
- Vitamin B6
 - Bananas, tuna, lentils
- Vitamin B12
 - Seafood, meats, milk and eggs
- Iron
 - Turkey, fortified breakfast cereal, beef, beans

Supplements

- Sports supplements help build muscle, lose weight or improve endurance
- Supplements are **optional**
- Creatine:
 - Making energy for muscle contraction
 - Short bursts of intense energy with short recovery times
 - Ideal for sprinting and powerlifting
- Protein supplements:
 - Most widely used
 - Builds muscle
 - Provides extra protein
- Warning: can cause bodily harm if used in excess

Videos



Resources

Insert local available resources here

Post-Test Questionnaire

1. Go to [menti.com](https://www.menti.com)
2. Enter the code _____

Conclusion

- Takeaways
 - Food choices matter in the long run
 - Remember to keep improving your MyPlate
 - “You are what you eat”
- Online resources:
 - [Kidshealth.org](https://kidshealth.org)
 - [UWhealth.org](https://uwhealth.org)

Are there any questions?

References

Mitchell, M. (2020, February 18). *A Simple Plan for Educating High School Athletes on Nutrition & Performance*. SimpliFaster.

<https://simplifaster.com/articles/high-school-athletes-nutrition-performance/>

National Institutes of Health. (2020, March 30). *Vitamin B12 Fact Sheet for Health Professionals*.

<https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

U.S Department of Agriculture. (n.d.). *Nutrients and Health Benefits. Nutrients and Health*

<https://www.choosemyplate.gov/eathealthy/protein-foods/protein-foods-nutrients-health>