Dear Parents,

One of our passions at St.Vincent Sports Performance (SVSP) is becoming an educational resource regarding the services we provide to our clients. Sport Nutrition is no different. Here are a few tips to help your student-athlete:

Tip #1:

Please be sure they're eating breakfast in the morning. They will be waking up on low glycogen stores that need to be refilled for attention levels in class, but also for performance that afternoon at practice or in the weight room. Here are a few quick ideas:

- Peanut Butter and Jelly Sandwich
- Carnation Instant Breakfast Shake
- Cereal (>5g protein, 3g fiber)
- Greek yogurt with fruit/granola
- Banana + Nature Valley Protein Bar

Tip #2:

Ideally student-athletes should be fueling their bodies every 3-4 hours to prevent a drop in blood sugar and energy levels. Generally one snack is needed at school (between breakfast and lunch or lunch and practice – if school allows). Going long periods of time without eating will be noticed during an afternoon practice. Packable snack ideas:

- Homemade or Store-bought Trail mix
- String Cheese with Fruit
- Clif bar, Balance, or Powerbar Harvest
- Box Raisins + Nut pack

Tip #3

"Recovery Nutrition" is a hot new topic with great value. The most important time for an athlete to eat is surprisingly not breakfast (although that serves great value), it's directly after a workout. Muscles are most susceptible to fully absorbing protein and carbohydrates 30-60minutes post workout/game. For optimal recovery and muscle building, consider a shake, snack or go directly to a meal post practice.

- Rockin' Refuel Protein Milk
- Lowfat Choc milk (10-20oz)
- Protein Bars (15-25g protein)
- Peanut Butter/Jelly Sandwich

Our Partner Schools, their student-athletes and parents, are very important to us. From athletic department-wide presentations, to team presentations, to individual consultations, there are multiple opportunities for our Performance Nutrition program to benefit your performance goals. Contact me to determine the best fit for you or your organization at 317-415-5747 or lglangfo@stvincent.org.

In Health,

Lindsay Langford, MS, RD, CSSD
Sports Dietitian
lglangfo@stvincent.org

St.Vincent

Performance Nutrition

Eating "Clean" for performance

"Sports nutrition" applies to the elite athlete and the active person equally. A solid sports nutrition plan can support your training and improve your performance, all while promoting health and wellness. To perform optimally, your body needs the right carbohydrates, protein, fat, vitamins, minerals and fluid to fuel it for exercise. Eating "clean" can help you train harder and become more competitive. It can delay the onset of fatigue and aid in your recovery from a workout. A sports dietitian can assist you in developing personalized eating plans to meet the needs of your sport.

Nutrients needed by athletes:

Carbohydrates

A primary source of energy, carbohydrates supply the muscles and brain with the fuel they need to meet the stress of training and competition. The majority of carbohydrates should come from minimally processed fiber-containing foods such as beans, whole grains, legumes, fruits and vegetables. Sports drinks, bars and gels can also be used for convenience to meet the needs of athletes before, during and after exercise.

Protein

This nutrient is needed to build and maintain tissues and increase muscle mass. "Clean" sources of protein include meat, fish, poultry, eggs, beans, nuts, legumes, seeds, and dairy products such as milk and yogurt.

Water

This is the most important nutrient because it is necessary to maintain fluid balance in the body. Water is essential for proper muscle function and regulation of body temperature, especially in hot and humid weather. Plain water or sports drinks are good sources of fluid.

Eating clean can help you:

- Reduce the chance of injury
- Help you train longer and at a higher intensity
- Delay the onset of fatigue and aid in recovery
- Help your body adapt to workouts
- Improve body composition and strength
- Help maintain healthy immune function and reduce the chance of injury
- Improve concentration

Whether you are a professional athlete, sports enthusiast or someone who trains at the gym on a weekly basis, what you eat matters. Enlisting the expertise of a Registered Sports Dietitian, provides you or your team with the latest in sports nutrition research and guidance. Contact Lindsay Langford, MS, RD, CSSD at lglangfo@stvincent.org or 317-415-5747 for detailed service offerings.

Hydration for athletes

- Staying hydrated will automatically increase performance. Beat your opponent by taking hydration seriously.
- In times when sweat is high, sports drinks are often encouraged to replace electrolytes, aid in fluid absorption, and replace carbohydrate depletion.
- Monitor urine color. Pale yellow to clear is the goal.
- General Guidelines for hydration:
- 1-2 hours prior to activity - 16-24 oz. fluid
- During activity - 6-12 oz. every 15-20 min. (~20 oz./hour)
- After activity - replace every pound lost with 16-24 oz. fluid for optimal rehydration.
- For athletes needing a more customized hydration plan to meet their particular needs, please consult our certified sports dietitian.

Build-a-snack

Build-a-snack: choose one item from each column.

Eating a carbohydrate and a lean protein/healthy fat will stabilize blood sugar and give you more energy.

Carbohydrate (quick energy)	Protein/Healthy Fat (slow energy)
1 cup whole grain dry cereal	2% string cheese
¼ cup low-fat granola	1 slice 2% cheese
1 whole wheat mini bagel/Thins™ bagel	1-2 oz. deli meat
1 slice whole wheat bread	1 egg
Fiber One™/All Bran™ granola bar	6 oz. yogurt or Greek yogurt
Nature Valley™ granola bar	8 oz. low-fat milk
Kashi™ chewy/crunchy granola bar	1/2 – 1 cup cottage cheese
¼ cup oats/1 packet plain oatmeal	½ scoop whey protein powder
1 serving whole wheat crackers	3 oz. can tuna fish in water
1 serving pretzels	12 oz. turkey or beef jerky
1 serving multigrain pita chips	1 cup Edamame
1 serving baked chips or sun chips	¼-½ cup hummus
3 cups popcorn (air-popped)	¼-½ cup avocado
1 individual fruit	1/8 cup or ½ oz. nuts
1 cup berries or chopped fruit	2 Tbs. flaxseed
15 bite size fruit	100cal Plantar/Emerald Nut Pack
1/4 cup dry fruit	¼ cup Sunflower/Pumpkin Seeds
2 Fig Newtons™	1-2 Tbs. peanut butter

If a bar or shake has 10+g of protein and 15+g of carb = 1 carb + 1 protein

For questions, comments, or appointments contact:
Lindsay Langford, MS, RD, CSSD lglangfo@stvincent.org or 317-415-5747

St. Vincent