

Nutrition for Running Success



Why is Nutrition Important for Female Athletes?

- ▶ Maintain a healthy body weight
- ▶ Sustain lean muscle mass
- ▶ Support menstrual function
- ▶ Promote growth and development
- ▶ Increase bone density
- ▶ Strengthen the immune system
- ▶ Decrease risk of injury and fatigue

1

CARBOHYDRATES

Source of vitamins, minerals and antioxidants, and used for energy within the body and needed to replenish the stores in the muscles to help with recovery

2

PROTEINS

Provides the structural support to allow for skeletal muscle contraction and relaxation as well as regulates energy metabolism via enzymes within chemical reactions.

3

FATS

Also acts as a source of energy, provides fat-soluble vitamins and essential fatty acids like omega 3's (Fish & Seeds), which can act as an anti-inflammatory.



Carbohydrates
Fruits, Vegetables,
Grains, and Milk
Products



Protein
Meat, Poultry,
Seafood, Legumes,
Eggs, Soy, and Nuts



Fats
Avocado, Oils, Nuts,
Seeds, Cheese, and
Butter

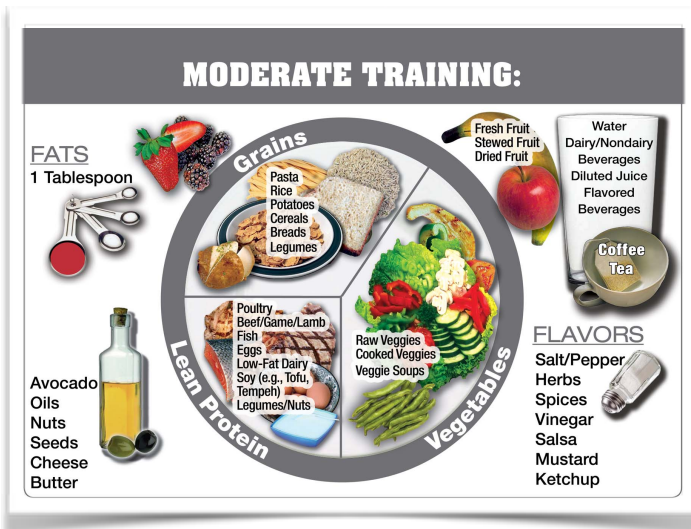
RECOVERY RUN / TAPERING

- 1/2 of the plate fill with Fruits and Vegetables
- 1/4 of the plate fill Lean Meats
- 1/4 of the plate fill with Whole Grains
 - Ex: Pasta, rice, potatoes, cereals, breads and legumes
- 1 teaspoon of Fat or Oils
- Recipe: 3 -4 oz. Orange Boneless Skinless Chicken Breast, Asparagus, Carrots and Garlic Seasoned Potato Wedges
- 16 oz. of Water



LONG RUN / WORKOUT DAY

- Slightly more than 1/3 of the plate filled with Vegetables
- Slightly more than 1/3 of the plate filled with Grains
- 1/4 of the plate fill with Lean Meats
- 1 Tablespoon of Fats and Oils
- One piece of Fresh Fruit or handful of Dried Fruit
- Ex: Banana, apple, peach, nectarine, orange
- Recipe: 3-4 oz. Lemon Seasoned Salmon Fillet, Brown Rice, Baked Sweet Potato Fries, Cooked Spinach and Broccoli
- 16 oz. of Water



COMPETITION DAY / MULTIPLE EVENTS

- 1/2 plate filled with Grains
- 1/4 plate filled with Lean Meats
- 1/4 plate filled with Vegetables
- 2 Tablespoons of Fats and Oils
- One piece of Fresh Fruit or handful of Dried Fruit
- Recipe: 3-4 oz. Lean Tri-Tip or Sirloin Steak, Green Beans or Eggplant, Butternut Squash with a Bread Roll or Garlic Bread
- 16 oz. of Water



ACTIVITY: MAKE YOUR OWN PERFORMANCE PLATE AND SHARE IT WITH THE PERSON NEXT TO YOU!



Set a New Food Timing PR!

Have you ever wondered what to eat before, after or between races to provide energy, prevent stomach cramps and limit fatigue? I feel like this is a question we all think about a lot as runners. I always thought it was a trial and error process, and to an extent it kind of is because foods that sit well with your stomach may not sit well for someone else's. So you have to experiment a little. Thankfully, there is research to prove that some foods may be better than others with sustaining energy **BEFORE** and **AFTER** exercise.

CARBOHYDRATE

30 min. prior:

- **Need:** 30g or ~1kcal/lb
- **Foods:** Easy to digest = 1 package of Clif Shot Bloks or GU Energy Gel

1 hour prior:

- **Need:** 0.5 g/lb or 2 kcal/lb
- **Food:** 3/4 Banana + 3/4 Bagel or 1 Cliff Bar + Slice of Whole Wheat Bread with Peanut Butter

2 hours prior:

- **Need:** 1g/lb or ~4 kcal/lb
- **Food:** Slice of Bread with Jam or Banana + Egg White Scramble + Side of Blueberries

30 min. after:

- **Need:** 0.25g/lb or 1kcal/lb
- **Foods:** 16 fl.oz. Gatorade + Raisins, or Piece of Fruit: Nectarine or Peach

1 hour after:

- **Need:** 0.5g/lb or 2kcal/lb
- **Foods:** Greek Yogurt + Handful of Blueberries and Granola

2 hours after::

- **Need:** 1g/lb or 4kal/lb
- **Foods:** Pasta Salad + Slice of Sourdough Bread + Cookie + 8oz. Orange Juice

PROTEIN

30 Min - 2 hour:

- **Need:** < 5g = ~ 20kcal
- **Foods:** Peanut Butter, Egg Whites, or Chicken

30 Min - 3 hour:

- **Need:** 5-7g / hr (TOTAL: 15 - 20g) = 60 - 80 kcal
- **Foods:** Trail Mix, Chocolate Milk, Protein Bar

Activity: Create your own Pre and Post Race / Workout Meals or Snacks!

Healthy Snacking On the Go!

I understand that it can be difficult to eat regularly throughout the day simply because you guys have so much going on! Your daily routine probably consists of school, homework, volunteering, practice, and/or work, which can result in you either forgetting to eat or leaving you too stressed to eat. So it's best that you prepare your snacks in advance, so you never go hungry!



Snacking is important because **TEENAGE ATHLETES NEED to EAT MORE CALORIES** to help with **GROWTH** and **DEVELOPMENT** as well as **RECOVERY** and **PERFORMANCE!**

Snack Combinations to Try:

- Trail Mix: Nuts, Dried Fruit, Seeds, Chocolate Chips
- Low-Fat String Cheese and Pear Slices
- Low-Fat Yogurt with Blueberries and Almonds Slivers
- Whole Wheat Crackers with Hummus, Cucumber Slices and Feta Cheese
- Celery Sticks Filled with Almond Butter and Apple Slices
- Whole Wheat Bread with Avocado and Tomato Slices



Eat a Snack 2 - 3 Times a Day to Get All Your Calories



Get Out of Your Comfort Zone and Change It Up



Avoid Purchasing the Pre-Packaged Snacks High In Fat and Sugar

ACTIVITY: THINK OF A HEALTHY SNACK OPTION, WRITE IT DOWN AND SHARE IT WITH YOUR TEAMMATE

Vegan or Vegetarian Athletes

We have been told for most of our life to eat poultry, beef, pork and seafood in order to get our protein, vitamins and minerals. However, there are foods other than meat such as lentils, tofu, black beans and quinoa that can provide these important nutrients for your body. With that said, Vegetarian or Vegan diets are **NUTRITIONALLY ADEQUATE** for athletes, but it is essential that you eat more of these non-meat protein sources in order to **PREVENT NUTRIENT DEFICIENCIES**.



Vegetarian Diet:

- Eats no animal flesh, but may consume eggs (Ovo-Vegetarian) or dairy (Lacto-Vegetarian)
- NO: poultry, salmon, beef or pork etc.

Vegan Diet:

- Does not consume any foods of animal origin
- NO: meat, animal sources like gelatin (desserts and fruit snacks), rennet (cheese), and honey
- Plate to the LEFT



VEGANS AND VEGETARIANS NEED TO PAY MORE ATTENTION TO CERTAIN NUTRIENTS:

Vitamin B12: Essential for proper nervous system function, DNA and blood cell synthesis (soy/ almond milk and fortified cereal)

Omega 3's: Anti-inflammatory, may improve cardiovascular function (flaxseeds and walnuts)

Vitamin D: Controls calcium release for skeletal muscle contraction and relaxation (fortified cereals, tofu, mushrooms)

Calcium: Strengthens the bones and support the muscles to prevent stress fractures and injuries (calcium, dark leafy greens)

Iron: Used for oxygen transport to the muscles. Lost during menstruation as well (spinach, lentils and beans)

Protein: Supports muscle synthesis, as well as hormone production for metabolism and cell signaling

Fiber: Helps with maintaining regular bowel movements, strengthens the immune system by feeding the bacteria of the intestines.