



OhioHealth Sports Medicine

Breakfast

When to eat

- Eat within 1 hour of waking
- 20-30 minutes prior to morning workout

What to eat

- Powerful pairing
 - Carbohydrates for energy
 - Protein to rebuild muscle
 - Healthy fats to keep you satisfied
- Choose 2-3 different food groups
 - Grains, fruits, vegetables, protein and dairy
- Include a beverage
 - Milk, water, 100% juice
 - Limit caffeine intake, your body needs energy from food first
- Try non-breakfast foods
 - Leftovers from dinner or pizza from the weekend

Examples

- Cereal and low-fat milk
- Fruit smoothie made with yogurt
- Peanut butter toast, banana, glass of milk
- Yogurt, granola, fruit
- Whole wheat bagel, egg, cheese
- Granola bar and cheese stick
- Trail mix with dry cereal
- Turkey and cheese sandwich
- Cold pizza

Why is breakfast a good thing?

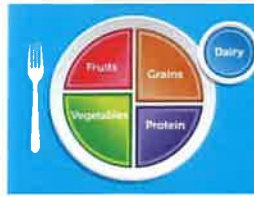
- More energy
- Better concentration
- Healthy weight
- Better grades
- Improved athletic performance

Morning hydration is important too!

- Drink water, a sports drink, or small portions of 100% juice.
- 16-24 oz. 2-3 hours before activity
- 5-10 oz. 20 minutes before activity
- 4-8 oz. every 15 min during activity

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Snacks for Performance

Energy Foods (Carbohydrates)	Building Foods (Protein)
Banana	Almonds or any nut
Apple, pretzels or celery	Peanut butter
Granola and berries	Yogurt (dairy is a good source of carbohydrates too)
Whole grain crackers	Hard-boiled egg or cheese stick
Mini bagel	Low-fat cheese
Sliced red or yellow bell pepper	Hummus
Graham crackers	Yogurt
Dried fruit and cereal	Walnuts, pistachios, almonds
Pineapple or peaches	Cottage cheese
Tortilla chips	Black beans mixed into salsa or guacamole
Whole wheat wrap	Low-fat cheese, peanut butter, or ham
Pita bread	Tuna salad kit

Smart Snacking Tips

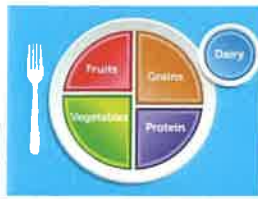
- Choose a combination of foods to keep you energized and satisfied.
- Pair carbohydrates and protein.
- Eat every 3-4 hours.
- Add a snack before training and competition – 30 to 60 minutes is ideal.

Hydration

- Drink water, sports drink, or small portions of 100% juice.
 - 16-24 oz. 2-3 hours before activity
 - 5-10 oz. 20 minutes before activity
 - 4-8 oz. every 15 min during activity

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Maintaining Healthy Weight

Effective strategies for Healthy Weight Loss:

- Best time for athletes to lose weight is during the off-season or early preseason. A gradual weight loss of 1/2 - 2 lbs. a week is the best way to maintain muscle mass. For female athletes losing weight, if their menstrual cycle stops they should notify their physician and/or athletic trainer.
- Each breakfast, lunch, and dinner
 - Include a protein source, whole grain, and fruit or vegetable
 - Choose low-fat or fat-free dairy options
- Include small snacks before and after
 - Pretzels with string cheese
 - Granola bar with low-fat yogurt
 - Graham crackers with low-fat pudding
 - Veggies and hummus
- Reduce portion sizes – try cutting them by 1/2 to 1/3 at meals and snacks

Effective strategies for Healthy Weight Gain:

- Adding an extra 300-500 calories a day will promote muscle gains rather than body fat, as long as resistance training is included.
- Eat breakfast lunch and dinner
 - Try to include – protein, fruits/vegetables, and dairy in every meal
- Add snacks between meals and before bed
 - Trail mix with dried fruit
 - Cottage cheese and pineapple
 - Cheese and crackers
 - Guacamole and tortilla chips
 - Peanut butter and jelly on whole wheat bread
 - Granola and yogurt/milk
 - Smoothies or meal replacement shakes/bars
- Bump up portion sizes
- Eat before and after training
 - 40-80 gram of carbohydrates for energy
 - 10-20 grams of protein for muscle repair and growth

Hydration is Important Too!

The body is over 60% water. Losing even a small amount of that fluid, 2% of body weight, can result in dehydration. This can increase effort, heart rate and risk overheating. Drinking water, sports drink, or small portions of 100% juice is vital for all athletes.

All athletes should be drinking 16-24 oz. of fluids 2-3 hours before activity and 4-8 oz. every 15-20 minutes during activity. If it is hot and humid, the amount and frequency of fluids needs to be increased. For every pound of body weight lot during exercise, consume 16-24 oz. with your recovery meal. For those trying to gain healthy weight, drink 1% or 2% milk during meals for extra calories.

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Optimal Performance: Gymnastics

What foods will help you perform your best?



MyPlate is a great guide for establishing a solid nutrition foundation to fuel the demands of gymnastics.

- + Try 3 meals + snacks to keep a steady supply of energy, carbohydrates, protein, fats and fluids during the day.
- + Choose foods from each food group, especially at lunch and dinner.
- + See the food below for specific ideas — choose a variety each day.

choosemyplate.gov/

Grains	Vegetables	Fruits
<ul style="list-style-type: none"> + Whole grain bread + Brown Rice + Whole wheat pasta + Oatmeal + Barley + Popcorn + Whole wheat crackers + Pita bread + Cornmeal + Quinoa + Millet <p>*Portions: 1/2 cup rice, pasta, oatmeal = light bulb 1 cup cold cereal = baseball Pancake or Waffle = CD Bagel = 6 oz can of tuna Crackers = 7</p>	<ul style="list-style-type: none"> + Broccoli + Cauliflower + Squash + Potatoes/sweet potatoes + Greens – kale, spinach, Swiss Chard, collards + Tomatoes + Mushrooms + Green Beans + Beets + Brussels Sprouts + Cucumbers + Lettuce <p>Portions: Potato = computer mouse 1 cup cooked or leafy vegetables = baseball</p>	<ul style="list-style-type: none"> + Apples + Banana + Apricots + Kiwi + Oranges + Mangoes + Berries - strawberries, blueberries, raspberries + Grapes + Cherries + Melons + Pineapple <p>Portions: Apple, orange, peach = baseball 1 cup strawberries = 12 berries Grapes = 16 Dried fruit = golf ball</p>
Protein – Meats/Nuts/Beans/Fish	Dairy	Healthy Fats
<ul style="list-style-type: none"> Chicken, Turkey, Pork Beef - lean cuts Fish - salmon, shrimp, tuna Eggs Nuts - almonds, pecans, walnuts, pistachios, etc (~ 24 nuts) Lentils or Edamame Beans - kidney, black, pinto, refried <p>*Portions: 3 oz meat = smart phone 2 T. Peanut butter = golf ball</p>	<ul style="list-style-type: none"> Milk (low-fat or fat-free) Chocolate milk Ice Cream or frozen yogurt Yogurt- plain, fruit or Greek Cheese Cottage Cheese <p>*Portions: 1 oz cheese = 2 dice 1/2 c. cottage cheese, ice cream = light bulb</p>	<ul style="list-style-type: none"> + Avocado + Olive Oil + Canola Oil + Fish Oils + Nuts + Seeds <p>Portions: 1 tbsp oil = poker chip 1 oz. nuts ~ 23 1/2 an avocado</p>

**These may seem small, keep in mind you'll need multiple portions during the day to meet your energy and nutrient needs.*

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Ketogenic Diet

Brief Summary

Low carbohydrate, high fat diet designed to use fat as fuel. The body shifts into a state of 'ketosis' after 3-6 weeks where it uses fat instead of carbohydrates as fuel.

Underlying theory – If we use fat as fuel, then we have a virtually unlimited fuel supply to support physical activity and improve performance.

Diet Composition

- Low carbohydrates <50 grams per day (~2 bananas)
- High fat > 70-80% of calories
- Moderate protein ~ 15% of calories
- Higher sodium – 3-5 grams per day
- Moderate potassium – 2-3 grams per day

Performance Improvement?

Fat is a primary fuel for low intensity and long duration activities when oxygen is readily available to the muscle. As exercise intensity increases, oxygen delivery to the muscle cells declines and the muscle shifts to stored carbohydrate (glycogen) as a primary fuel. The body has 'metabolic flexibility' or the ability to shift back and forth between fat and carbohydrate.

With the Ketogenic Diet (KD) the body shifts from carbohydrate metabolism to fat metabolism. KD research has not shown performance improvements during high intensity activity – short or long bursts of activity – the body is unable to shift back to carbohydrate utilization. This is seen even with short term KD use of ~4 weeks.

Caution for Athletes

- Research consistently shows carbohydrates are desirable fuel for athletes at any intensity.
- KD significantly restricts carbohydrate intake. Is this practical, feasible or sustainable?
- Multiple weeks for body to fully adapt to ketosis and achieve diet benefits. Can easily slip out of ketosis with an extra carbohydrate serving, like a banana.
- Body composition changes have been observed in the literature.
 - As with any weight change, it is best to do this in the off-season, then switch back to a more traditional athlete's diet with proven performance benefits.
- Adherence is key, otherwise this is simply a high fat, low carbohydrate diet, which can impair high intensity events by reducing training capacity, increasing effort and heart rate.

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What diet is best for you?

If you choose to pursue a Ketogenic Diet, it is essential to work with a registered dietitian and your physician.

Each person has unique energy and macronutrient needs depending on their sport, training phase or daily activities. Food preferences and lifestyles vary as well. Diet trends could impair performance.

A licensed sports dietitian can work with you to develop a customized nutrition plan to boost energy, performance and recovery.

