



Nutrition of the Female Athlete

Performance Enhancement & Injury Prevention Clinic

Summer D. Neldner-Scott, MS, ATC, LAT
Trinity Medical Center – Sports Medicine
Chelsea HS Athletic Trainer

Introduction

- Sound nutrition is the 1st step in being a successful athlete.
- A teenager requires nutrients both for growth & for strenuous activity.
- A rigorous training program puts significant demands on your body
- *Multi sport, year round athletes

- Basic Guidelines - to help fuel your training

FLUIDS -

- Loss of 1-3% of the body's water - reduces performance & endurance
- Drink before workout, during workout (dilute sugared beverage), after workout replace quickly (sport drink, juice, non-caffeinated sweetened drinks) – eat fruit, milk, & cereal or crackers
- Lose b/t 3 - 6 lbs of water (1 lb = 2 c of water) - if you really push yourself this must be replaced if you want your best for the next day.



COURTESY/ PEP SICO

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CALORIES –

- Allows your body to function
- Too few calories will leave you w/ no energy & Too many calories will leave you sluggish
- Not training - 60% carbohydrates, 25% fats & 15% protein.
- When training - shift to 50-55% carbohydrate, 25% fat & 20 - 25% protein.
- Combination - high carbohydrate foods w/ a high protein or moderate fat food will balance you out



- **Basic Guidelines** - to help fuel your training

- *To determine the % of these major nutrients in a packaged food, look at food labels. The % of fat can be determined by multiplying the “Calories from Fat” by 100 & then dividing by the “Total Calories per serving”. The % of protein can be determined by multiplying the Grams of Protein by 450 and then dividing by “Total Calories per serving”. The % of carbohydrates can be determined by multiplying Grams of Carbohydrate by 450 & then dividing by “Total Calories per serving”.

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CARBOHYDRATES –

- “Fuel” for the muscles & the brain
- Carbohydrates - pastas, breads, cereals, potatoes, grains, crackers, vegetables, & fruits
- Whole grain breads, crackers, & cereals w/fiber are best



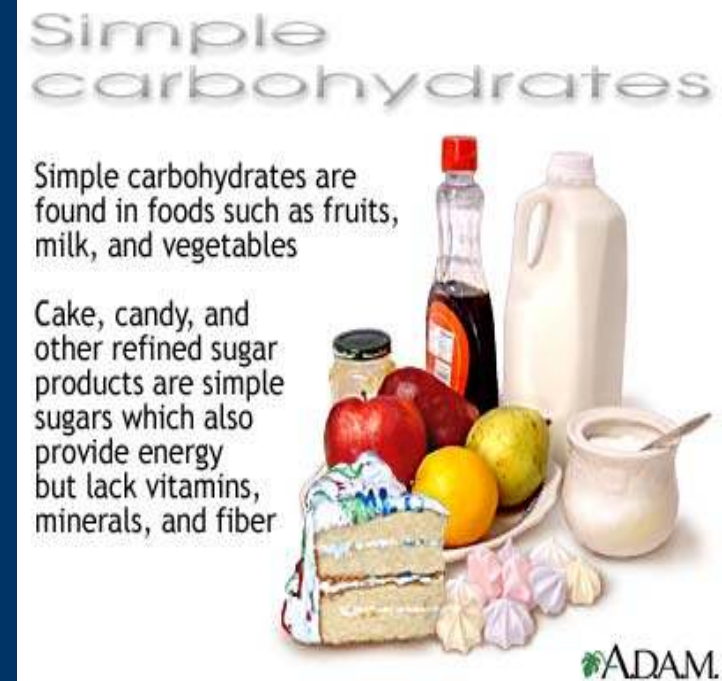
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- Complex carbohydrates = cereals, grains, potatoes, pasta, corn, Slowly digested & absorbed, help regulate blood sugar & control appetite
- Every meal & snack should contain complex carbohydrates

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- Simple carbohydrates = sugar, Rapidly digested & absorbed, (valuable for workouts & games), too many sugars make it difficult to regulate blood sugar & control appetite
- Choose fruit or healthy sweets such as whole-grain foods, Sugary drinks & juices are OK for rehydrating during/after sports, but limit them at other times
- Each soda/juice is 150 cal of sugar w/ little nutrients (except O.J.).



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PROTEIN –

- “Building blocks” of the body
- No matter how hard you workout – not enough protein, you *will not* reach the peak condition.
- Too much protein will also work against you - increases your risk of dehydration.
- 0.9 g of protein per lb – Ex: 120 lb girl needs 108 g of protein per day, 150 lb girl will need 135 g per day
- You need protein everyday.
- Excess on 1 day will not make up for too little the next day – body can only absorb so much at a time!
- Ex: Meats, eggs, dairy products soy products are the best sources.
- General rule for intake: 3-4 servings of dairy products & 2-3 serving of meat, chicken, fish (4 oz.), & a variety of healthy high carbohydrate foods (cereal, whole grain breads, moderate fat muffins) & healthy snacks.

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FATS –

- Important to a athletes diet
- Variety of fats = stay healthy
- Without fats, the body cannot build cells, make hormones, or properly control hunger
- Avg American consumes 40-50% of their calories as fat
- A low fat diet (athlete's) 25-30% of calories come from fat
- The ideal diet - balance fats of animal & vegetable sources
- Fish – salmon or tuna, olive oil, & nuts = Essential Fatty Acids (EFA)
- Avoid or severely limit high-fat (empty calories) - chips (sub crackers), pies & buttery cookies (sub fruits & cookies), ice cream (sub ice milk, Fudgesicles, ice pops or frozen bananas), french fries (salad or bread instead)
- Complement high fat foods w/ high carb foods, Ex:, Peanut butter w/ 2 pieces of bread, McD's order 2 regular cheeseburgers instead of double (skip fries), 1 –2 pizza pieces & Italian bread instead of 3 pieces

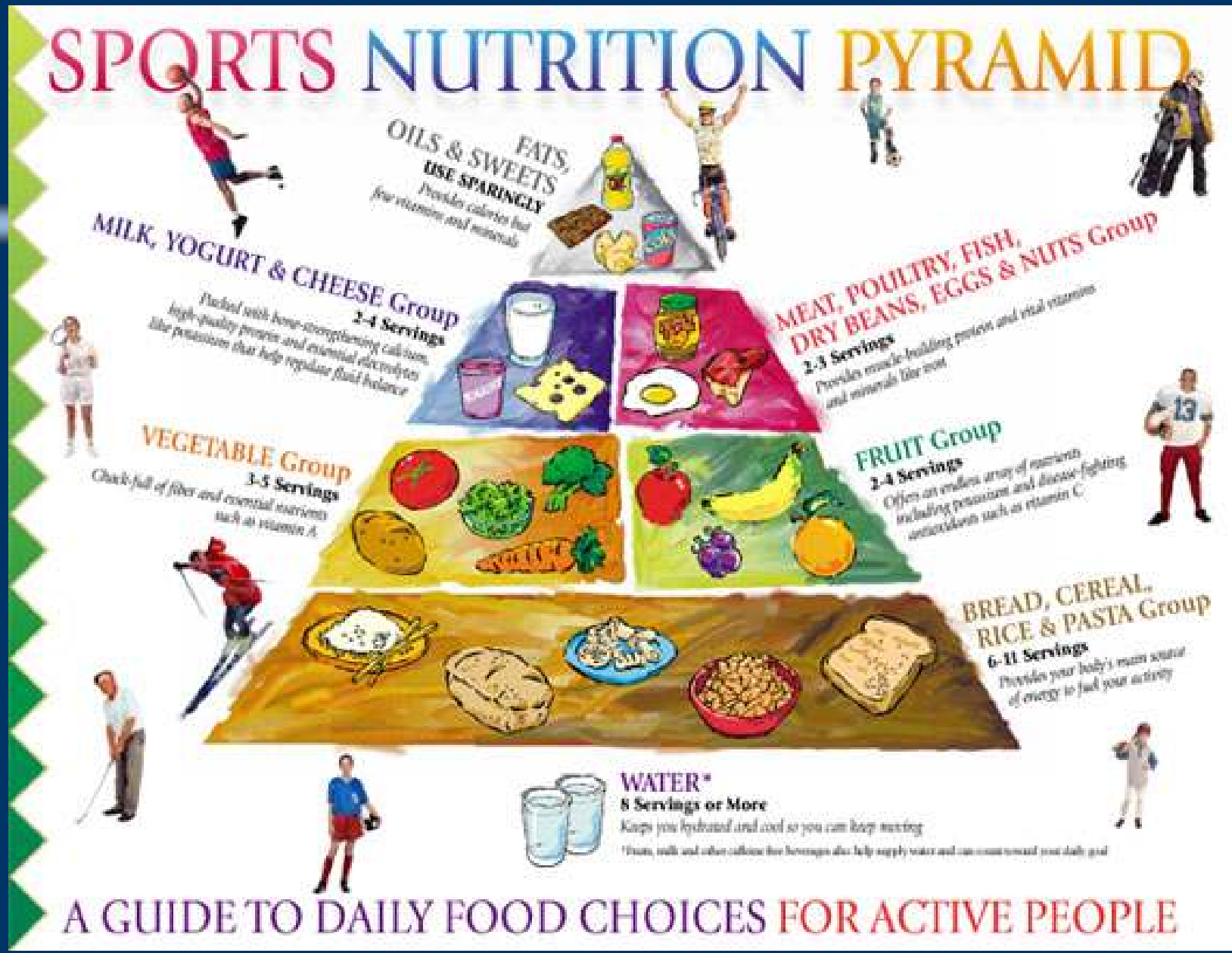
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VITAMINS / MINERALS –

- Conscientious diet – eat variety of wholesome foods (minimally processed) = all the vitamins & minerals needs
- Picky eater? Can't stand vegetables? Won't touch whole wheat? - candidate for a vitamin & mineral supplement (Centrum ?)
- Consume dairy products – may need calcium supplement
- Iron deficiency - serious problem for teenage female athlete
- If you do not eat red meat 2-3 x week, may need iron supplement to assure optimum endurance & performance



SPORTS NUTRITION PYRAMID



A GUIDE TO DAILY FOOD CHOICES FOR ACTIVE PEOPLE

REMEMBER!



- *Especially in sports, the saying “You are what you eat” always holds true.*
- *You cannot be your best if you don’t pay careful attention to your nutrition.*

Other examples:



Resources

- <http://www.nutritionathome.com/>
- www.gssiweb.com

