



POWERED BY
LAFAYETTE GENERAL HEALTH

SPORTS MEDICINE DIGEST

April 2020

NUTRITION IN ATHLETICS

Proper nutrition is vital to athletic performance. Eating well can assist in overall health and aid in injury recovery. Variety and balance are keys for the athlete during the competition season. Entire food groups should never be eliminated because each plays a vital role in energy production and recovery. Timing is very important when it comes to nutrition. Consuming the proper foods at the right time will help with the athlete perform at optimal levels during practices and competitions. Below is a quick overview of some nutrition timing suggestions for athletes prior to, during, and after physical activity.

3-4 hours before activity: Optimize carbohydrates to prevent fatigue and restore glycogen content. Consume a carbohydrate-rich meal that is low-fat, low-fiber and low- to moderate-protein to avoid gastrointestinal (GI) discomfort.

Less than 1 hour before activity: Consume additional carbohydrate-rich foods that do not cause GI upset to ensure optimal fueling.

During activity: Provide additional fuel to muscles during prolonged exercise. Carb consumption can improve performance during high intensity, short duration (1 hour or less) activities. For physical activity lasting greater than two hours, carb consumption can help increase endurance.

Immediately after activity: Carbohydrate and protein consumption is needed immediately after physical activity to assist in restoring glycogen and preventing fatigue.

1-2 hours after activity: Recovery is necessary for refueling, rehydration, and rebuilding. Consume carbohydrate-rich and protein-rich foods to aid in muscle repair and improve muscle glycogen storage.

Checklist for Healthy Nutrition Choices

- Stay properly hydrated!
- Eat small meals every 3 hours. Avoid the extremes of eating.
- Read food labels to determine the nutritional content. Check labels for types of fats and sugars.
- Shop the perimeter of the grocery store first.
- Eat breakfast every day.
- Consume a variety of color in fruits/vegetables.
- Avoid processed foods and eat healthy fats.
- Include carbs/fats/proteins into every meal.
- Choose an appropriate post workout recovery snack.
- Establish a good sleep routine. See a previous issue of [Sport Medicine Digest](#) for more information.

MICRONUTRIENTS

Many individuals consider macronutrients, such as carbohydrates, proteins, and fats, when discussing nutrition. Micronutrients, such as calcium, Vitamin D, electrolytes, iron, and Vitamin C, are also essential in decreasing injury. Click [HERE](#) for additional information on micronutrients.



FREE WEBINAR!!

Date: 04/07/20 – **Time:** 7:00 PM – **Audience:** Parents, Coaches, Athletes

TRUSTED RESOURCE

My Sports Dietitian is an excellent and trusted resource for nutritional information for athletes. These sports dietitians are highly qualified experts in the field of sports nutrition and have extensive experience working with athletes at all levels of competition. Their team has also developed an Eat 2 Win Sports Nutrition App. More information can be found [HERE](#).

[Click Here for Registration Link](#)

<https://eat2win.simplero.com/vermilionandacadiaparish>

How to Improve the Eating Habits of High School Athletes

Maximize Body Weight and Performance
Free Webinar



"Join us in the Webinar"
Tavis Piattoly, MS, RD, LDN
Sports Dietitian

ABOUT THE PRESENTER

Tavis Piattoly, MS, RD, LDN is the co-founder and Director of Sports Nutrition education for My Sports Dietitian (www.mysportsd.com), an online sports nutrition education company that helps athletes of all levels improve their eating habits to enhance performance, recovery, and health through the guidance of a Licensed Sports Dietitian.



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