

Top Nutrition Tips for the Sports Family

including Athletic Directors, Coaches, Parents, and others

1 - Know the basics and speak in generalized terms. *Encourage athletes to:

- a) Start their day with a balanced breakfast
- b) Eat often to meet energy demands; this typically looks like 3 meals and 2-4 snacks every day, but it varies based on the individual and nutrition periodization
- c) Get a variety of foods and avoid cutting out any food or food group
- d) Get a variety of fruits and vegetables
- e) Combine carbs, protein, and fats at every meal
- f) Bookend workouts: Eat carbs and protein before and after workouts.
- g) Sleep 10 + hours each night to allow for rest and recovery
- h) Hydrate

For any specifics related to the above, refer the athlete to a Sports Dietitian

2 - Internal Fitness and Performance over Appearance

To help athletes develop and maintain a positive body image and high performance-intuitive eating habits, keep the focus on what the athlete is doing to support their performance.

Avoid any discussions about weight. If an athlete is concerned about their weight, help keep the focus on *internal fitness* and refer the athlete to a Sports RD. Ask the general questions above about nutrition, and inquire about sleep, hydration, and stress management.

3 - Examine your own relationship with food and your body and your values around weight and dieting

Athletes look to you to take the lead and you can have a tremendously positive influence on them.

Understand the basic fundamentals of nutrition science to help fortify you and your athlete against the deception of fad dieting or what the latest high-profile athlete is doing.

Some of Monica's Favorites:

Fundamentals of Glycogen Metabolism for coaches
<https://academic.oup.com/nutritionreviews/article/76/4/243/4851715>

Australian Institute of Sport: Nutrition Handouts
<https://www.sportaus.gov.au/ais/nutrition>

NEDA: Developing and Modeling Positive Body Image
<https://www.nationaleatingdisorders.org/learn/general-information/developing-positive-body-img>

**Logistics: Plan practices and workouts at times that support athletes making it to the cafeteria or family meals at a reasonable time. Make time for athletes to drink fluids during practice.*

