

Resources

- American College of Sports Medicine
<http://www.acam.org>
- American Council on Exercise
<http://www.acefitness.org>
- American Sport Education
<http://www.asep.com>
- Gatorade Sports Science Institute
<http://www.gssiweb.com/>
- The President's Council on Physical Fitness and Sports
<http://www.fitness.gov/>
- Wellness Council of America
<http://www.welcoa.org>



Center for Hygiene & Health in the Home and Community

Overview

Sports Nutrition is related to diet and athletic performance. An athlete's food and fluid intake directly affects his/her performance. Good nutrition can improve body composition, speed, mobility and strength. Most importantly, proper sports nutrition can enhance overall health.



Simmons College

300 The Fenway
Boston, MA 02115

<http://www.simmons.edu/hygieneandhealth>



Sports Nutrition for the Recreational Athlete

June 2010

Dietary Guidelines

- Health professionals recommend a diet comprised of 55-60% calories from carbohydrates, 10-15% calories from protein and less than 30% calories from fat.

Caloric Intake

- Guidelines may vary slightly for athletes depending on body type and activity level.
- An athlete should never dip below 1,800 calories per day.
- An average person burns 293 calories jogging, 261 calories swimming, 171 calories walking and 191 calories bicycling for 30 minutes.
- Calorie replacement does not need to be excessive.
- Snacks such as trail mix, a peanut butter sandwich or whole grain cereal and milk are good choices.
- Sufficient caloric intake allows for maintenance of ideal weight range.

Fluid Replacement

- It is important to stay hydrated to maintain your body's fluid level.
- Before a workout, consume 10-14 oz of water. During exercise, drink 3-4 oz of water every 15 minutes of exercise. Post-workout, consume 16 oz of water for every pound of weight lost. If no weight is lost, drink at least 8 oz of water.



Fluid Replacement (cont'd)

- Water is sufficient for activities less than 90 minutes.
- Those participating in activities for greater than 90 minutes can benefit from sports drinks.
- Look for a beverage with 15-18 g of carbohydrate per 8 oz.

Electrolytes

- Electrolyte balance affects blood pH, muscle action and fluid balance.
- The body loses electrolytes through sweat. You must replenish them with fluid intake and a balanced diet.
- Sports drinks help with electrolyte replacement after greater than 90 minutes of physical activity.

Protein and Muscle Mass

- On average, the American diet includes more than enough protein. Protein supplements are not necessary.
- Protein intake ranging from 1.0 to 1.5 g per kg of body weight is appropriate for gaining muscle mass in addition to a varied diet.



Carbohydrates



- Carbohydrates are found in foods such as grains, fruits, vegetables, sugar, honey and syrups.
- Carbs provide 4 calories per gram.
- Carbs are the preferred source of energy for the body.
- The body uses glycogen, carbohydrates stored in the muscle, during exercise.
- Inadequate carbohydrate intake results in glycogen depletion and fatigue.
- Sugars and starches from food are effective in glycogen replenishment.
- Use the chart below to choose the best carbohydrate for your energy needs:

Food	Carbohydrate (g)
Bagel (3 inches in diameter)	37
Whole Wheat Bread (1 slice)	20
White Bread (1 slice)	23
Brown Rice (1 cup)	45
Pasta (1 cup)	36
Apple (5 oz)	21
Banana (3.5 oz)	23
Baby Carrots (10 medium)	8