

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.



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



Sports Nutrition For the Recreational Athlete

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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 |