

Eat to Win

Nutrition for Athletes

Name _____

Hour _____

Pre-Video Quiz

Directions: When you step onto a field, court or track, or dive into a pool, you want to be in peak competitive condition. Your physical and mental preparation is key but there is another factor. As an athlete you will want to put good nutrition at the top of your training program.

What are the best foods for an athlete to eat? It seems everyone has an opinion. Before watching “Eat to Win: Nutrition for Athletes” test yourself on how much you know about sports nutrition by deciding whether the following statements are true or false.

- | | | |
|------|-------|---|
| True | False | If you're not hungry, that means your body has what it needs. |
| True | False | Carbs are bad fuel. Protein is good fuel. |
| True | False | Carbs make you fat. |
| True | False | Eat or drink something with sugar or caffeine for last minute energy. |
| True | False | Carb loading like marathoners do is smart. |
| True | False | If you're thirsty, you should drink water. If you're not thirsty, don't worry. |
| True | False | Soda and ice tea and other drinks that also have caffeine are just as good or even better than water. |
| True | False | Athletes need to cut down on calories. It's part of training. |
| True | False | If you eat healthy food most of the time, you'll be ready for game day. |
| True | False | When the game is over, we can eat whatever we want. |

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Video Review

Directions: After watching “Eat to Win: Nutrition for Athletes” answer the following questions.

1. The three elements of athletic success are training, discipline and _____.
2. Where can you find the most up-to-date information on nutrition?
3. What are the six nutrients that should be on your sports nutrition team?
4. When should an athlete drink water?
5. Why are caffeine drinks such as soda and ice tea not good thirst quenchers for athletes?
6. If an athlete drinks fruit juice as a sports fluid replacement what should she do first?
7. How can an athlete make sure he gets enough glycogen?
8. What is one way an athlete can tell if she is eating enough food for her size and activity level?
9. Why is it important to eat healthy foods even after the competitive activity is over?

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Teacher's Answer Key

Pre-Video Quiz: All the statements are false. They are common myths about sports nutrition. This quiz will help students think about what they believe about sports nutrition and the video “Eat to Win: Nutrition for Athletes” corrects the nutrition record.

Answers to the Video Review:

1. The three elements of athletic success are training, discipline and good nutrition.
2. Where can you find the most up-to-date information on nutrition?
The USDA's MyPyramid Food Guide available at mypyramid.gov.
3. What are the six nutrients that should be on your sports nutrition team?
Proteins, carbohydrates, fats, vitamins, minerals and water.
4. When should an athlete drink water?
Before, during and after practice and competition.
5. Why are caffeine drinks such as soda and ice tea not good thirst quenchers for athletes?
Caffeine acts like a diuretic. Because caffeine increases urine output an athlete can become dehydrated sooner than if he drank water.
6. If an athlete drinks fruit juice as a sports fluid replacement what should she do first?
Dilute the juice with an equal amount of water.
7. How can an athlete make sure he gets enough glycogen?
Eat lots of high quality carbohydrates.
8. What is one way an athlete can tell if she is eating enough food for her size and activity level?
When her weight is stable during weekly weigh-ins.
9. Why is it important to eat healthy foods even after the competitive activity is over?
Eat high carbohydrate foods to replace depleted glycogen stores.

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Main Meal Ideas

These are some examples of high-carbohydrate meals that will help build and maintain adequate muscle glycogen. If you eat one serving of each food, the meals supply 55% to 62% of the energy as carbohydrate, 14% to 17% of the energy as protein, and 22% to 30% of the energy as fat. The milk can be 1% or skim.

Main Meal #1	Main Meal #4
Chicken and noodles with gravy Whole-wheat bread with jelly Candied sweet potato Fresh or cooked broccoli Low-fat milk Orange juice	Spaghetti and meatballs with Parmesan cheese Italian bread with margarine Carrot sticks Peach halves and lettuce Low-fat-milk Apple juice
Main Meal #2	Main Meal #5
Hamburger in a bun Boston baked beans Pear halves and lettuce Cantaloupe Low-fat milk Grape juice	Macaroni and cheese Cooked green beans Fruit salad Whole-wheat bread with peanut butter & jelly Low-fat milk Orange juice
Main Meal #3	Main Meal #6
Baked or broiled pork chop Baked sweet potato Lettuce and tomato salad with dressing Banana Whole-wheat bread with jelly Low-fat milk Pineapple juice	Roast beef with stewed tomatoes Baked potato with margarine Whole-wheat bread with jelly Fresh fruit of choice Low-fat milk Cranberry juice

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Resources on the Net

The following websites contain information about nutrition:

USDA's Dietary Guidelines for Americans

www.mypyramid.gov

American Dietetic Association

www.eatright.org

Teens Health - Food & Nutrition

www.kidshealth.org/teen/nutrition

American College of Sports Medicine (ACSM)

www.acsm.org (go to Health & Fitness Information)

Gatorade Sports Science Institute

www.gssiweb.com

The Physician and Sports Medicine

www.physsportsmed.com/personal.htm#top

Please note that websites are constantly changing and being updated.

You may need to revise this list.