

Page Love's Sports Nutrition Handouts for Coaches / Professionals / Athletes / Teams

Are you constantly spending time trying to create take-away materials that support what you are doing with athletes? Now you can use that time more effectively, while providing athletes with professional and helpful handouts. This packet contains many original fact sheets and questionnaires, with a space provided where you can add your business card to personalize each one. Handouts available in Spanish are indicated with a (S).

TRAINING DIET	Fact Sheet	Work-sheet	Helpful List(s)
Breakfast Ideas for Athletes			X
Building Your Sports Nutrition Grocery Shopping Skills		X	X
Carbohydrate Facts for Athletes (S)	X	X	X
Dinner Ideas for Athletes			X
Fat Facts for Athletes (S)	X	X	X
Healthy Performance Menu Planning (S)	X		
Increasing Appropriate Fluid Intake (S)	X		X
Key Performance Foods for the Training Diet			X
Lunch Ideas for Athletes			X
Preparing for Tournament Travel (S)		X	X
Protein in the Athlete's Diet (S)	X	X	X
Serve Up Your Own Pre-Game Meal Plan (S)		X	
Snacking for Athletes	X	X	X
Sports Nutrition Facts (see attached sample)	X		X
Training Diet Sample Shopping List			X
Tips for the Nutrition Advantage			X

FEMALE NUTRITION ISSUES	Fact Sheet	Work-sheet	Helpful List(s)
Body Image and Self Esteem: Positive Self-Talk		X	
Dealing with Food & Weight Issues for the Athlete			X
Decreasing Your Obsessions: Nutrition and Movement Goals		X	X
Helping Athletes Deal with Nutrition, Body Image & Exercise Obsession		X	X
Increasing Calcium in the Athlete's Diet	X		X

Sports Nutrition Questionnaire (S)			X
Food and Activity Journal		X	

WEIGHT MANAGEMENT	Fact Sheet	Work-sheet	Helpful List(s)
Dangers of Low-Carb, High-Protein Diets	X		
Food Guide Pyramid: Personalized Daily Portions		X	
How to Fight Back Puzzling Diet Fads	X		X
How to Prevent Overeating in Your Training Diet	X		X
Keys to Muscle Weight Gain for Athletes	X		X
Raising Your Metabolism for Sports		X	
Sample Portion Sizes for Your Training Diet	X		X
Top Ten Reasons for Athletes Not to Overfocus on Weight			X
Top Ten Tips to Reduce Fat in the Training Diet			X
Top Ten Weight Management Guidelines for Sports			X

OTHER DIET ISSUES	Fact Sheet	Work-sheet	Helpful List(s)
Dessert Ideas for Athletes		X	X
Dining-Out Tips for Athletes		X	X
Evaluating the Nutritional Adequacy of Your Eating Style (questionnaire)		X	X
Meat Alternatives & Vegetarian Proteins for the Athlete's Diet			X
Quick Fruit Ideas for Athletes			X
Quick Vegetable Ideas for Athletes			X
Red Meat: Why Is It Good for Athletes?	X		X
Ten Helpful Tips for Mindful Eating			X
Top 10 Cereals with High Fiber and Iron	X		X
Top Ten Ways for Athletes to Increase Fiber Intake	X		X
Top Ten Ways for Athletes to Increase Iron Intake	X		X
Top 10 Ways for Athletes to Increase Sodium in Their Diet			X

Each handout is \$10, or choose any 5 for \$30, any 10 for \$50, or the entire set of 45 for \$200. To order, visit nutrifitga.com and "CLICK HERE to order now" in the green box on the left. Check the box for Helpful Handouts, and write in which ones you want in **Comments**. In addition to this set, sport-specific sets are available for **Tennis, Soccer, Wrestling, Track and Cross Country, Swimming, and Golf.**

Tips for the Nutrition Advantage

Pre-Event Eating and Hydration Guidelines

Select pre-event meals and snacks that are:

- Familiar and known to settle hunger
- High in carbohydrates to supply energy for muscle reserves, moderate in protein and low in fat
- Quickly digested (not too high in fiber or fat)

Examples of pre-event meals and snacks rich in carbohydrates are pasta, bread, fresh fruit, granola bars, energy bars and sports drinks.

Meal Guidelines

LUNCH (3-4 hours prior to an event)

Turkey or grilled chicken sandwich with mustard
Saltine crackers
Apple
1 cup of skim milk
8 oz. serving of Gatorade

Pre-Event Snack (1-2 hours prior to an event)

Fruit yogurt or banana
1 cup of water
1 Gatorade energy bar
20 oz Gatorade thirst quencher

Hydration tips before track events:

- Limit/avoid caffeinated beverages (iced teas, coffee, colas) especially right before and after an event. These may cause additional fluid loss as urine.
- The night before, fill and chill squeeze bottles or sports jugs and bring to each practice or event. Each athlete should have a minimum of 2 liters available at an event.
- Consume enough fluids throughout the day so urine is a light or pale yellow color before an event.
- Drink 17 to 20 oz. of fluid within 2 hours pre-event.

Post-Event Nutrition

Eat foods and drink fluids that replenish muscle energy stores and electrolytes lost in competition.

- Eat carbohydrates as soon as possible, preferably within 30 minutes of an event. Begin by drinking a sports drink as you finish.
- Replace 150 percent of body fluids lost or at least 20 oz. per pound of weight loss within 2 hours of an event.
- Eat a high-carbohydrate meal that also contains a lean protein source within 2 hours after play to maximize muscle glycogen recovery (rebuild energy stores) and to support protein synthesis in muscle.
- During a meet, be sure to include carbohydrates, protein, fluid and sodium in the evening meal to quicken recovery. Consider lightly salting foods and consuming foods and beverages that are natural sodium sources.
- Avoid high-protein and high-fat foods as these will contribute to dehydration.



Example of Post-Event Meal

2-3 cups pasta with marinara sauce (light in meat and fat content)
2-3 slices of garlic bread (light on margarine)
Salad with vinaigrette or low fat dressing
2-3 cups of Gatorade or low fat milk or energy drink

OR

2-3 cups of Chinese-steamed rice with vegetables and chicken stir-fry
2-3 cups of Gatorade or low fat milk or energy drink