SANFORD SPORTS

Natasha Hansen, MS, RD, CSSD, LD

Background

Bloomington, MN

University of Wisconsin-Stout, Iowa State University

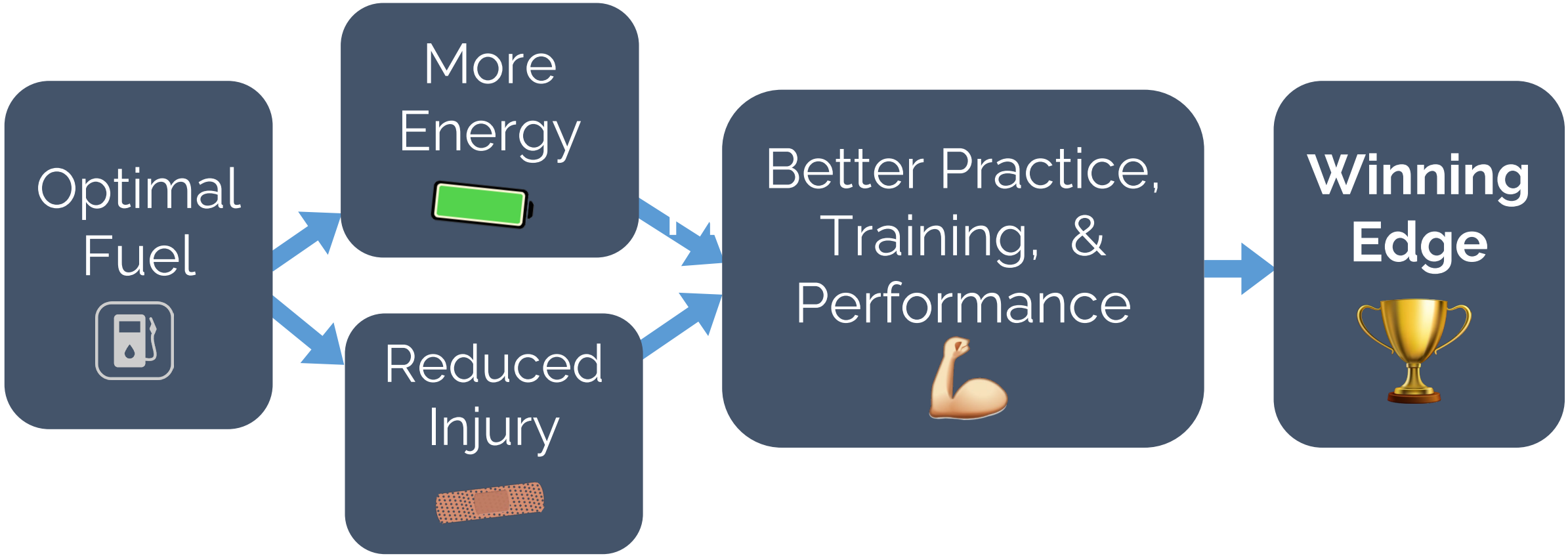
Sports Dietitian
2016-2017

Director of Sports Nutrition
2017-2018

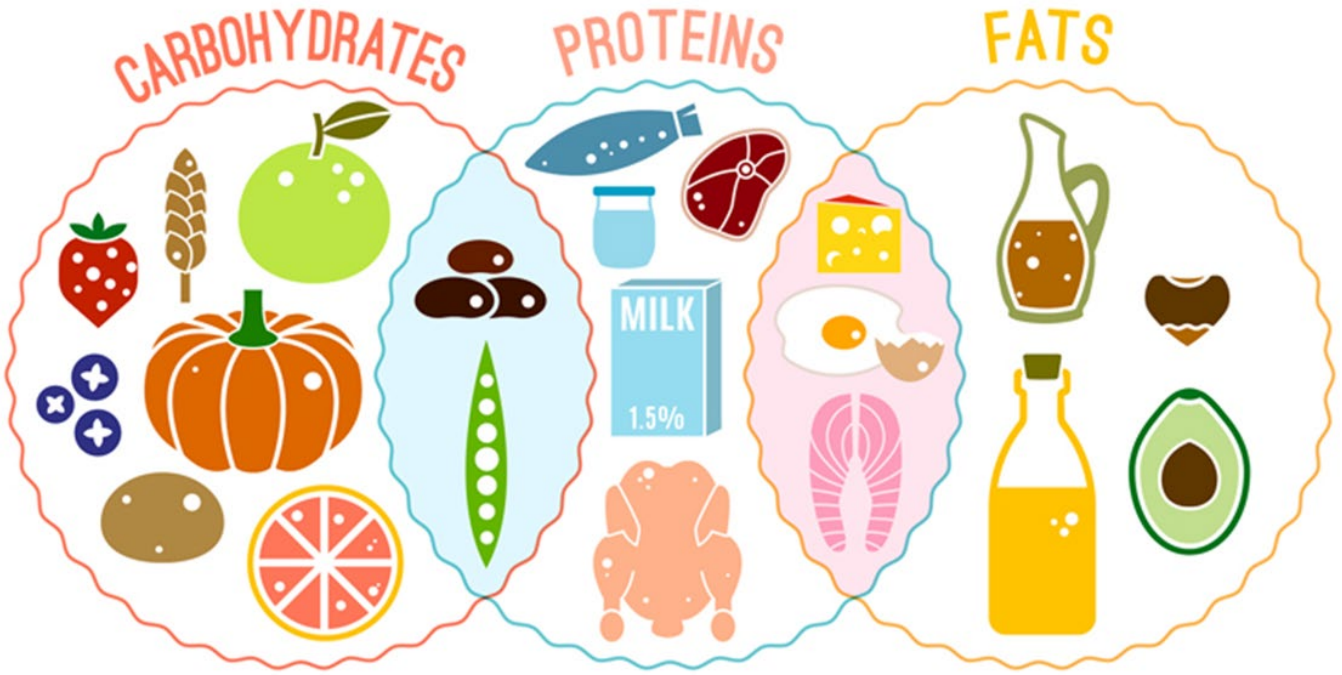
Director of Performance Nutrition
2018-2023

Senior Sports Dietitian
2023-Current

Why is Nutrition Important?



Macronutrients



Carbohydrates

Energy

- Body and brain’s main fuel source
- Prevents muscle breakdown
- Assists in staying hydrated

Proteins

💪 Build

- Helps build and maintain lean muscle mass
- Most beneficial when consumed with carbohydrates
- Consistently throughout day

Fat

Recover

- Decrease inflammation
- Assist with absorption of vitamins
- Immunity
- Reduce muscle soreness

Vitamins & Minerals

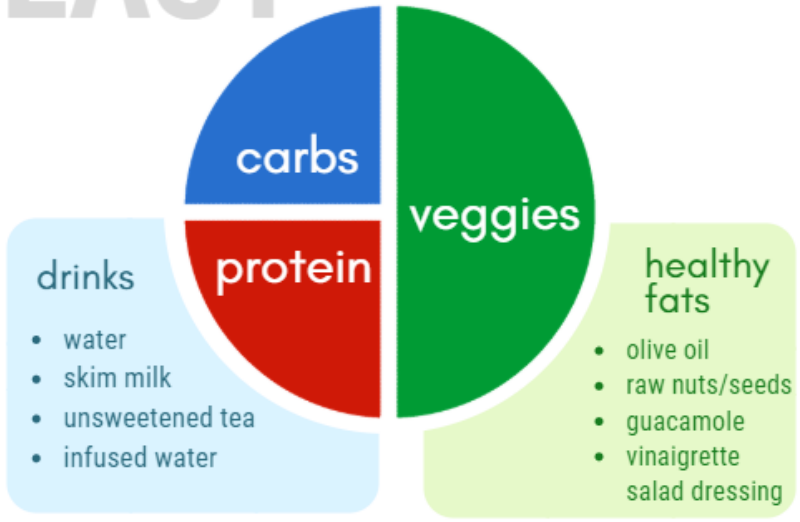
Repair & Maintenance

Micronutrients

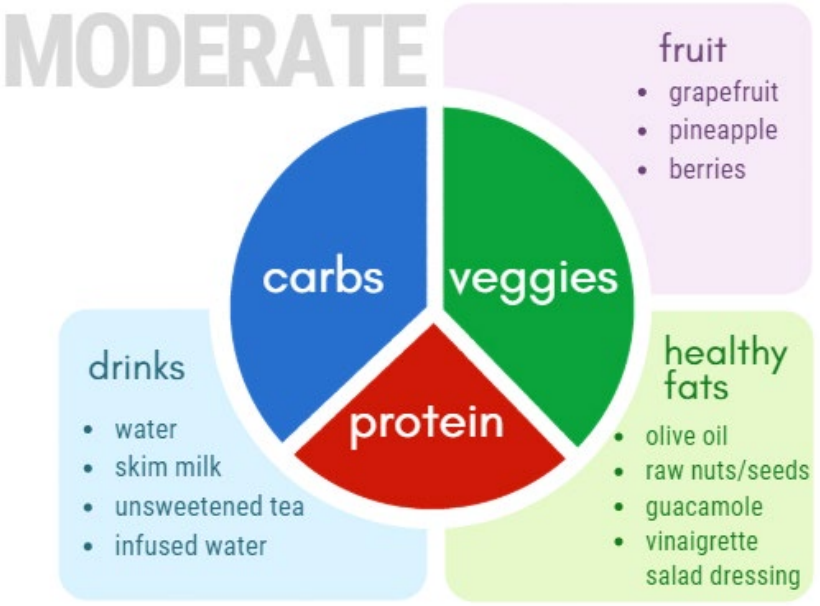
- Immunity, vision, bone health, healing wounds, energy metabolism
- Fluid balance, bone health, oxygen transport
- Foods first!
- Variety of colors with fruits and vegetables

BALANCED ATHLETE PLATES

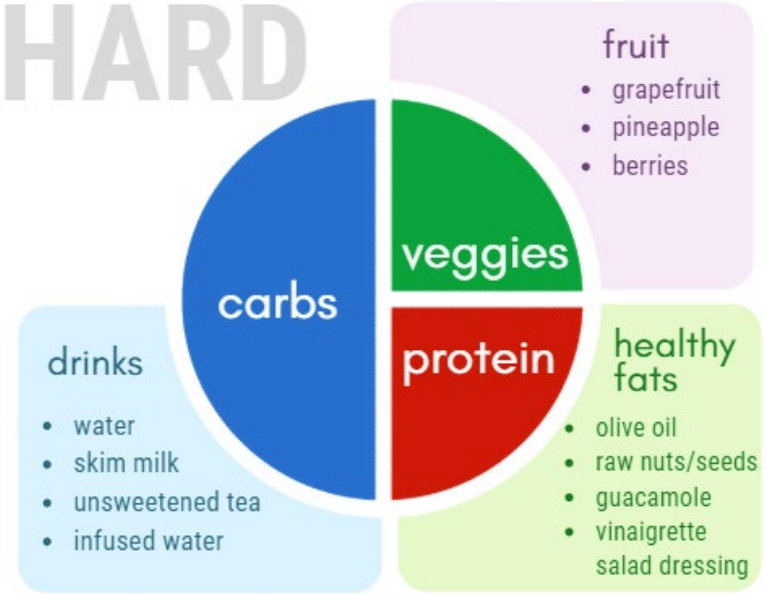
EASY



MODERATE



HARD



MEALS

Get a variety of nutrients from your meals by choosing 3+ food groups

***Always a protein and carbohydrate**

- **Carbohydrates:** Bread, pasta, rice, potato, oats, cereal, quinoa, beans
- **Proteins:** Turkey, chicken, eggs, beef, fish, tofu
- **Fats:** nuts, seeds, nut butter, olives, avocado, olive/coconut oil
- **Fruit:** Banana, apple, pear, strawberries, kiwi, grapes, raspberries, blueberries, pineapple
- **Vegetables:** Broccoli, bell peppers, carrots, asparagus, green beans, tomato, onion
- **Diary:** Greek yogurt, milk, cheese, cottage cheese

NUTRIENT TIMING

- Eat within 30 minutes of waking up
- Eat every 3-4 hours throughout the day
- Eating 50% of calories by the end of lunch

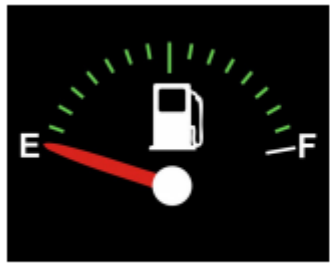
SO THAT YOU CAN:

- Regulate energy/fuel stores
- Gain/maintain muscle mass
- Improve concentration and focus
- Maximize your energy and performance!

Wake Up!	• Break-the-fast! • Proteins, Carbs & Fruit (Eggs, toast with PB & apple)
Morning snack	• Grab a quick snack to refuel • Carbs & Protein (Granola bar & Greek yogurt)
Lunch	• Balanced meal for lasting energy at practice (Turkey cheese sandwich & carrots with ranch) • By end of lunch, should have consumed 50% of daily calorie needs
After school and before practice	• After school, grab a snack with protein and carbs (PB & J) • Grab a carbohydrate snack before practice (Banana)
Dinner	• Balanced meal with lean protein, whole grains, & veggies (Chicken, rice & broccoli)
Evening Snack	• Early Dinner? Enjoy a light snack with protein and carbs (Jerky + Milk) • Add more for weight gain if needed (protein shake)

BREAKING YOUR FAST

WHY IS BREAKFAST SO IMPORTANT?



How far can you go on empty?

Breakfast is the first meal of the day that breaks the fast after the longest period of sleep and should be consumed within 30 minutes of waking

FOOD GROUPS

Ideally 3 food groups:

Protein- eggs, nuts, dairy

Whole grains- bread, cereal, oatmeal, English muffin

Fruits and veggies- Choose a variety of colors

SNACKS

Get a variety of nutrients from your snacks by choosing 2+ food groups.

- **Carbohydrates:** Fruit, popcorn, pretzels, whole wheat bread/bagel, rice cake, crackers, oatmeal, veggies, granola bar

- **Proteins:** Eggs, string cheese, turkey jerky, Greek yogurt, cottage cheese, milk

- **Fats:** nuts, nut butter, hummus, avocado

Pre & During Workout Fueling

Pre-workout fuel gives you energy and helps you get more out of your workouts

1. Meal 3-4 hours before: high carbs, moderate protein

   Turkey sandwich with fruit & Greek yogurt

2. Snack 30-60 minutes before: mostly carbs

    Fruit, pretzels, PB&J, granola bar  

3. During for activity longer than 90 minutes

   Applesauce, dried fruit, dry cereal, sports drink 

Early morning training?

- Eat a higher carb dinner the night before

  Pasta, rice, potatoes, bread

- Top off fuel stores before workout

Grapes, cutie, applesauce, dried fruit, toast, cereal, sports drink

Post-Workout Fueling

Snack within 30-60 minutes

Meal within 2 hours

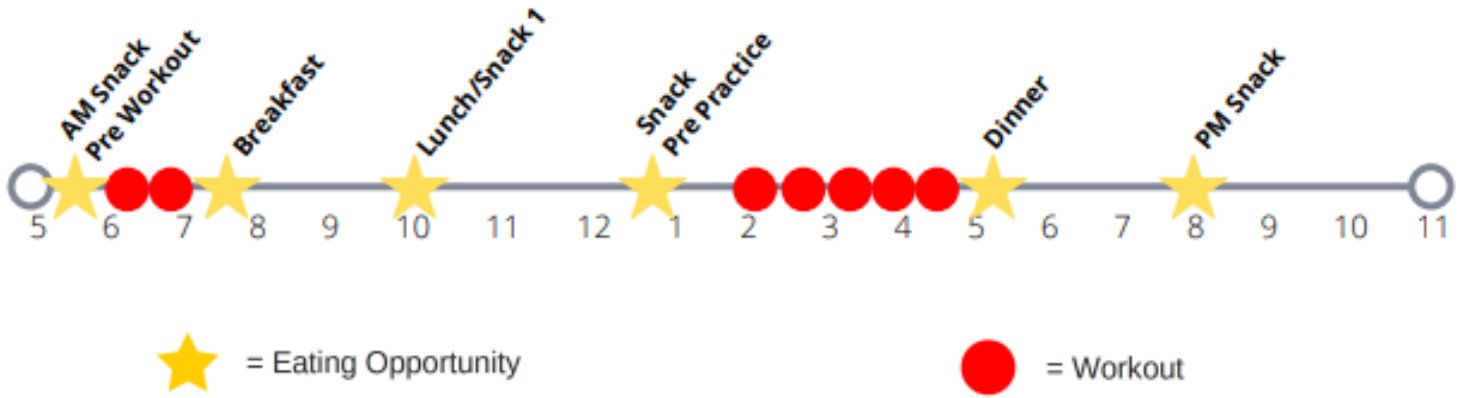
Rebuild with Protein

Greek yogurt, chocolate milk, string cheese, hardboiled egg, deli meat, peanut butter

Refuel with Carbohydrates

Granola bar, fruit, bagel, crackers/ pretzels

Rehydrate with Fluid and Electrolytes



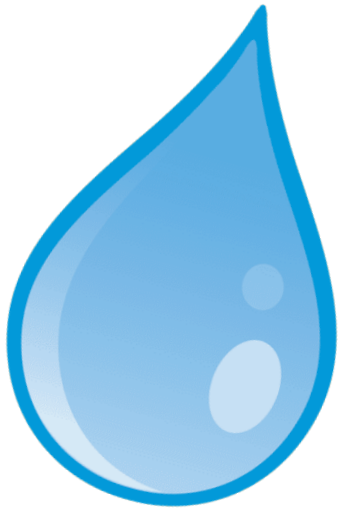
- Meal 3-4 hours prior to exercise
- Snack 30-60 minutes prior to exercise
- Snack during exercise longer than 90 minutes
- Snack or meal within 45 minutes post competition

HYDRATE

- Performance starts to decrease with only 2% water weight loss
- For every 1 lb. weight loss during exercise, replace with 16-20 fluid oz.
- 2 cups 2 hours prior to activity
- ½ cup every 20 minutes during activity (4-5 large gulps)

Calculate your needs:
Divide your weight (lb) by 2
= _____ ounces

HYDRATION IS AN ALL-DAY ACTIVITY!



Are you staying hydrated?

Caffeine

Energy drinks do not give you energy

Cons to Caffeine

POTENTIAL SIDE EFFECTS:

anxiety
jitteriness
insomnia
digestive issues
high blood pressure
rapid heart rate

SENSITIVITY VARIES PER PERSON – SOME MAY EXPERIENCE SIDE EFFECTS AT LOW AMOUNTS OF INTAKE

OTHER NEGATIVES of HIGH INTAKE

- May cause dehydration by increasing fluid loss from urination or diarrhea
- Can increase calcium loss which may affect bone density & osteoporosis risk

NOTE: caffeine is also **addictive**

even with as little as 100mg (1 cup coffee) per day

- Withdrawal can cause headache, fatigue, depression, & irritability

Nutrition Fact VS. Supplement Fact

Not Regulated

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B_6 (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B_{12} (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WASTED WORKOUTS

HOW DOES ALCOHOL IMPACT THE BODY?

SHORT-TERM EFFECTS

- Dehydration
- Motor skills

slower reaction time, decreased hand-eye coordination & impaired balance

- Decreased strength
- Poor endurance
- Impaired sleep

LONG-TERM EFFECTS

- Weight gain
- Nutritional deficiencies
- Disease

Cardiovascular, liver damage, mental health

- Illness & Injury

Injury rate for drinkers = 54.8%

Injury rate for non-drinkers = 23.5%

RECOVERY

POST WORKOUT RECOVERY SNACK: WITHIN 30-60 MINUTES

- 20-30 grams of protein
- 60-90 grams of carbohydrate
  - ½ gram of carbohydrate per pound of body weight
- Replace fluids lost

GOALS:

1. **Repair and build new muscle tissue**
2. **Replenish glycogen stores**
3. **Reduce soreness**
4. **Decrease risk of injury**

SPORTS NUTRITION

QUESTIONS?

Thank you!

Natasha Hansen, MS, RD, CSSD, LD

SANFORD SPORTS