

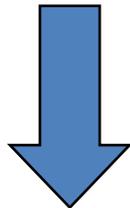
Roslyn Public School District Girls Teams

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When you make
the decision to
take control of
your nutrition
some interesting
things begin to
happen...

- You recover faster between workouts.
- You perform better during and after competition.
- You reduce risk of Injury and speed up healing.
- You have higher, more consistent energy levels.
- Your overall focus and concentration improves.
- You improve immune function.
- You enjoy your sport more!

Unrefined
Carbohydrates



GLYCOGEN

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Oxygen

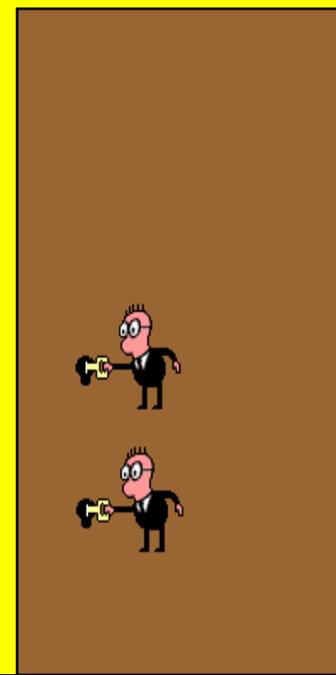
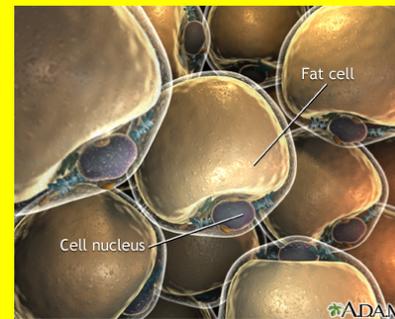
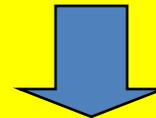


Glycogen
(Stored
Carbohydrate)

Glucose

KAREN SOSSIN
NUTRITION

Healthy Fats



Nutrition Game Plan

Which tip suits YOU?

1. Ditch the Diets
2. Choose Carbs for Fuel
3. Protein for Power
4. Fear Not Your Fats
5. Calcium Concerns

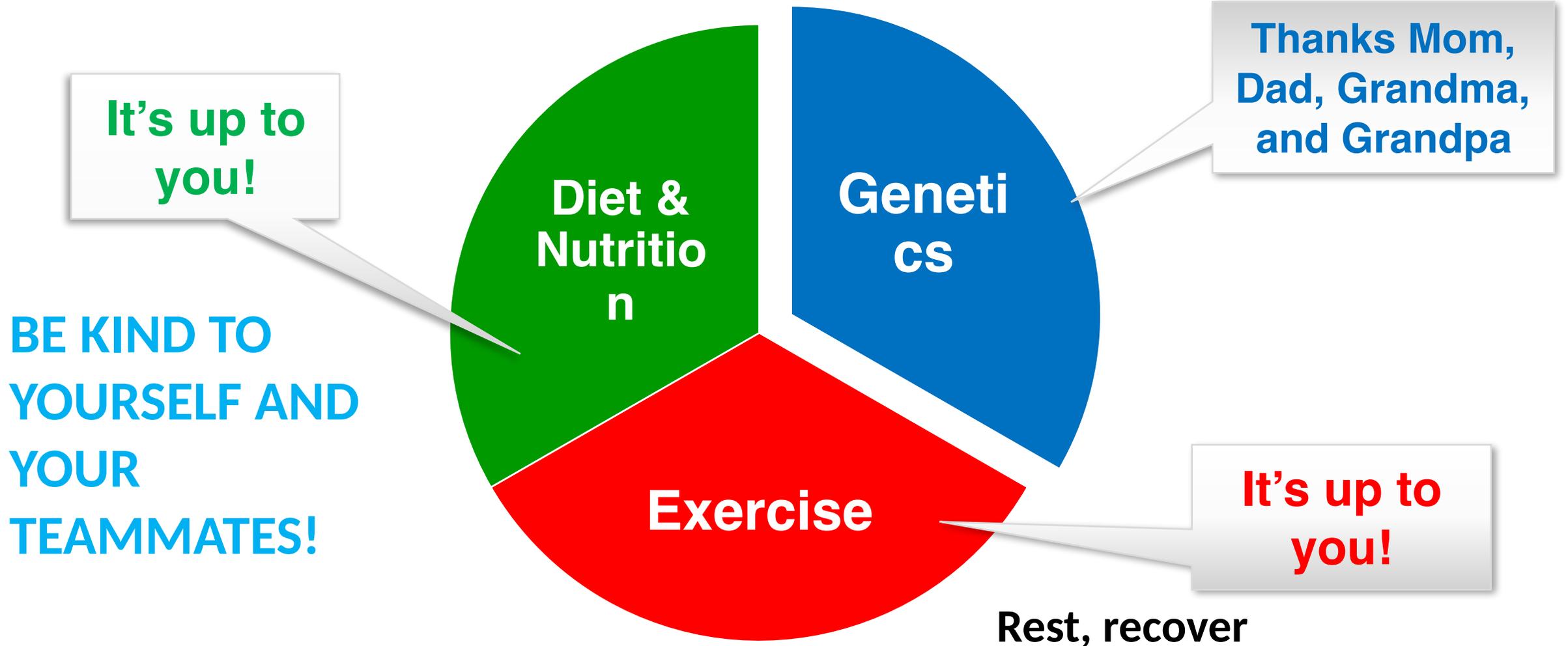
6. Iron Intake
7. Stay Hydrated
8. Fuel your tank before practice/ game
9. Recovery is Everything
10. Unrefined Carbohydrates + Quality Protein + Healthy Fats = Personal Best

Ditch the Diets!

- Restricting food groups, skipping meals, focusing on calories, thinking about food in terms of good and bad, can lead to an unhealthy relationship with food and obsessive thoughts and feelings of shame and guilt.
- Ironically, diets can ultimately lead to unhealthy weight gain, over and above the natural size dictated by our genes.
- Under eating and under fueling can lead to poor athletic and academic performance as well as nutrient deficiencies.
- Honor Hunger and Feel Fullness - trust and respond to your appetite to teach you what your body needs
 - How does it feel to feel hungry? Am I hungry? Know How your body feels when hungry. How does this food fuel me on the field, in the classroom?



Three Primary Factors that Influence Body Composition



**Speak to yourself the way you would
a friend, someone you genuinely care
about. That means NO FAT TALK!**



Fuel Your Game, Nourish Your Soul



How to Fill your Fuel Tank

- **Carbohydrates**

- **Variety of Colorful fruits and veggies, whole grains (oatmeal, quinoa, brown rice, amaranth), legumes (black beans, chickpeas, kidney beans, white beans)**
- **5 servings of Fruits and Veggies/day**
- **Glycogen stores will determine your performance**
- **Choose according to training intensity; more some days, less others..**

- **Fats**

- **Salmon, avocados, almonds, pistachios, walnuts, flaxseeds, chia seeds, hemp seeds, nut butters, olive oil**
- **Choose fats close to the source, Not all are created equal**
- **Absorbs nutrients, balances energy levels, essential fatty acids, hormone production, protects vital organs, insulator, fuel source, feeling of fullness and satisfaction**



Protein

- **Fish, chicken, beef, cottage cheese, eggs, greek yogurt, lentils, tempeh, chickpeas, black beans, quinoa, nuts, seeds, nut butter**
- **Essential for growth, build, repair, hair, nails, skin, organs, immune system**
- **Growing athletes have increased needs, easily met through real food. Relying on supplements can leave one short of other nutrients**
- **Not a major source of energy unless energy needs are not met.**
- **Time accordingly. Spread required amount/day over 4 -6 meals and snacks; 15 - 25 g/meal; 10 - 15g/snack**



Nutrients of Interest for Growing Athletes

You don't need dairy to get
Calcium



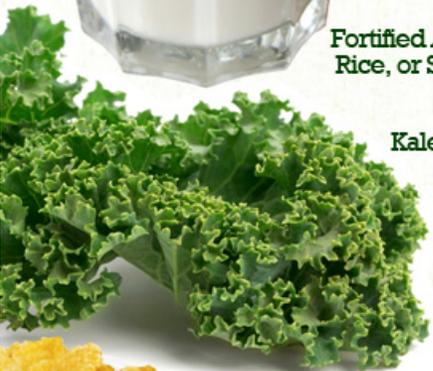
Fortified Almond, Rice, or Soy Milk



Edamame (Soybeans)



Sesame Seeds



Kale



Collard Greens



Fortified Orange Juice



Fortified Breakfast Cereal



Tofu



Broccoli

VeganStreet.com
NUTRITION

good sources of
plant based **IRON**

chickpeas, kidney beans, butter beans and other legumes



quinoa



oatmeal



pepitas, flaxseeds, chia seeds and other seeds



dark chocolate and cocoa powder



spinach and other dark green leafy vegetables



peanuts, almonds, cashews and other nuts



dates, raisins, dried apricots and other dried fruits



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25 foods high in calcium

Produce	Serving size	Estimated calcium in milligrams
Collard greens, frozen	8 oz	360
Broccoli rabe	8 oz	200
Kale, frozen	8 oz	180
Soy Beans, green, boiled	8 oz	175
Bok Choy, cooked, boiled	8 oz	160
Figs, dried	2 figs	65
Broccoli, fresh, cooked	8 oz	60
Kidney Beans	8 oz	154
Seafood	Serving size	Estimated calcium
Sardines, canned with bones	3 oz	325
Salmon, canned with bones	3 oz	180
Shrimp, canned	3 oz	125
Dairy	Serving size	Estimated calcium
Ricotta, part-skim	4 oz	335
Yogurt	6 oz	310
Milk,	8 oz	300
Yogurt	6 oz	260
Mozzarella, part-skim	1 oz	210
Cheddar	1 oz	205
Greek yogurt	6 oz	200
American cheese	1 oz	195
Feta cheese	4 oz	140
Cottage cheese	4 oz	125
Fortified food	Serving Size	Estimated calcium
Almond milk, rice milk or soy milk, fortified	8 oz	300
Tofu, prepared with calcium	4 oz	205
Orange juice fortified with calcium	4 oz	150
Cereal, fortified	8 oz	100-1,000

Source: International Osteoporosis Foundation

HYDRATE – PERFORM GREAT!

2-3 Hours Before Exercise



**One Water Bottle
(17-20 ounces)**



Every 20 Minutes of Exercise



**Half of One Water Bottle*
(6-10 ounces)**



After Exercise

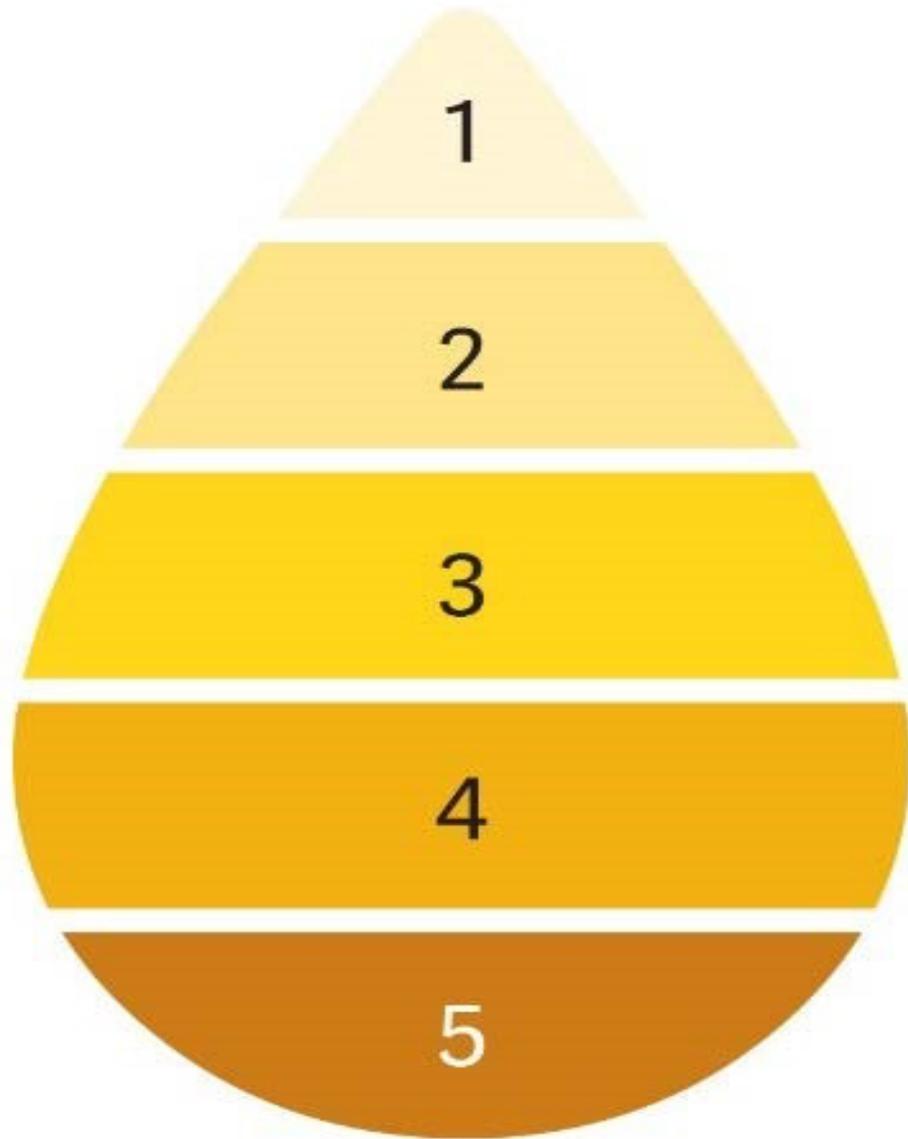


**One and a Half Water Bottles for
Every Pound of Sweat Loss
(20-24 ounces)**



*May vary by exercise.

**Recommended by the National Athletic Trainers Association



1

2

3

4

5

Hydrated
Ideal

Mildly dehydrated
Start to increase water intake

Dehydrated
Drink more water

Pre-Training/ Competition

- Your glycogen stores come from your training diet..NOT from one meal..
- The purpose of pre comp nutrition is simple to offset fatigue by topping off energy levels.



Pre-exercise Fueling Windows

≤ 1 hour	~2 hours	~3 hours	≥ 4 hours
Keep it simple: water and easy to digest carbs	Water/Sports Drinks, Carbohydrates	Mini mixed meal with fluids	Pre-game meal with fluids
Low protein, fat, and fiber	Low protein, fat, and fiber	Include some protein, fat, and fiber	Whole grain foods, low fat protein, starchy vegetables
100-200 kcals	200-300 kcals	300-400 kcals	400 + kcals
<u>Examples:</u> sports drink, small banana OR ½ sport bar & water/juice	<u>Examples:</u> Toast/bagel with jam and water/juice	<u>Examples:</u> whole wheat turkey sandwich, fruit, fluids	<u>Examples:</u> chicken, bean and rice burrito and water or low fat milk/juice

THREE-STEP RECOVERY NUTRITION

- Within 30 minutes post-workout:

Step 1. Refuel your body's energy reserves with at least 60 grams of carbohydrate in order to maximize this *window of opportunity for glycogen storage*.

Step 2. Repair and rebuild stressed muscle tissue with at least 15 grams of protein. Carb:Pro 3 or 4:1 24g Carb:8g Pro

Step 3. Rehydrate with at least 20 ounces of water and/or electrolyte beverage for every pound lost during practice.

Practice may end with a cool down and stretching, but practice is not completely finished until a recovery snack/meal and fluid is consumed.



Pre comp

- 3 – 4 hours
 - Whole Wheat Turkey and Avocado sandwich
 - Yogurt with mixed Nuts, Banana and Berries
 - Taco with meat, lettuce, tomato
 - Water or Sports Drink
 - Oatmeal with nuts and fruit
- 1 -2 hour
 - Bagel, English Muffin
 - Rice Cakes
 - Carbohydrate Based Energy Bar
 - Banana
 - Water or Sports Drink
 - Applesauce



Recovery

Carbohydrate and protein

Chocolate Milk

Nut butter sandwich

Energy Bar = 3:1 or 4:1

CHO:Pro (24g:8g)

**Greek Yogurt, Granola and
Banana**

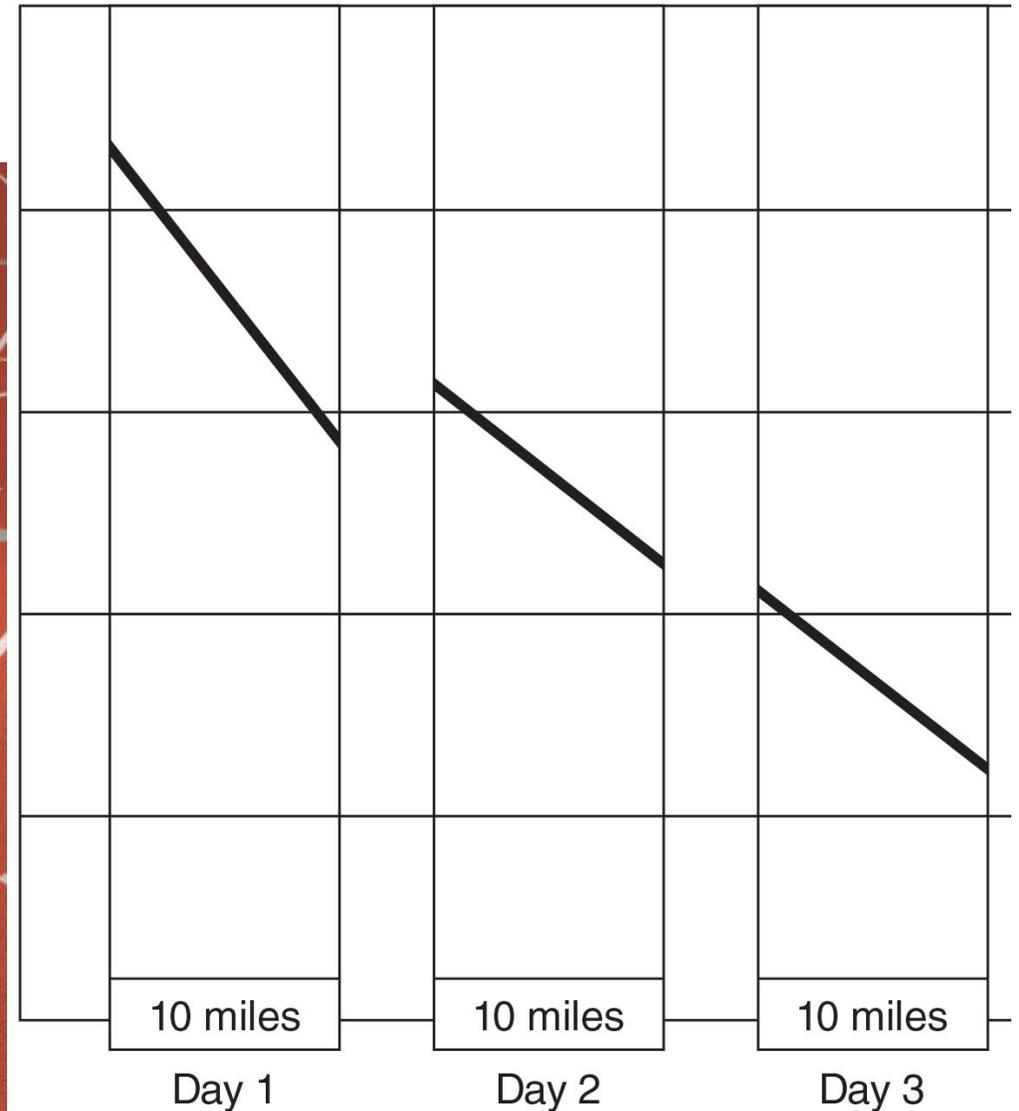
Trail Mix

Carbohydrates replace depleted glycogen stores

- Day 3

Glycogen Fuel Tank

2.5

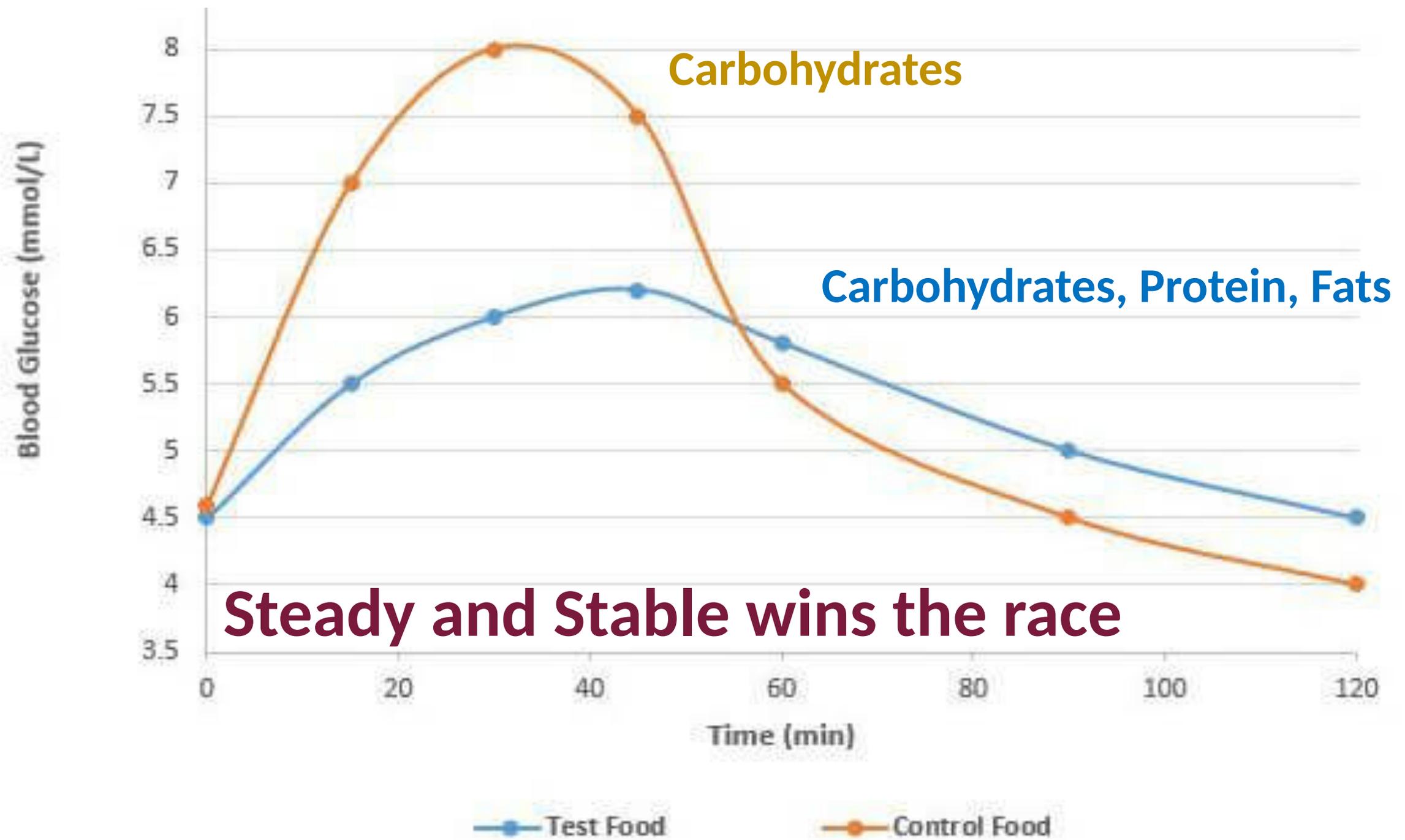


Formula for Success

Unrefined Carbohydrates + Quality Protein + Healthy Fats =
Personal Best

You Choose!

Unrefined Carbohydrates +	Quality Protein +	Healthy Fats +
Whole Grain Bread	Sliced Turkey	Avocado
Quinoa	Chick Peas	Walnuts
Sweet Potato	Grilled salmon	Green salad with olive oil
Arugula	Grilled Chicken	Slivered almonds
Strawberries	Greek Yogurt	Sunflower Seeds
Spinach	White Beans	Drizzle olive oil
Banana	Almond Butter	Sprinkle or Dip with flax seed
Whole grain flat bread	Hummus	Sliced tomatoes with olive oil
Farro	Edamame	Pumpkin seeds
Brown Rice	Black beans	Slivered almonds
Asparagus	Eggs	Avocado
Whole grain pasta	Chick peas	Pesto
Tomato sauce	Lentils	Walnut oil
Blueberries	Cottage Cheese	Pistachios



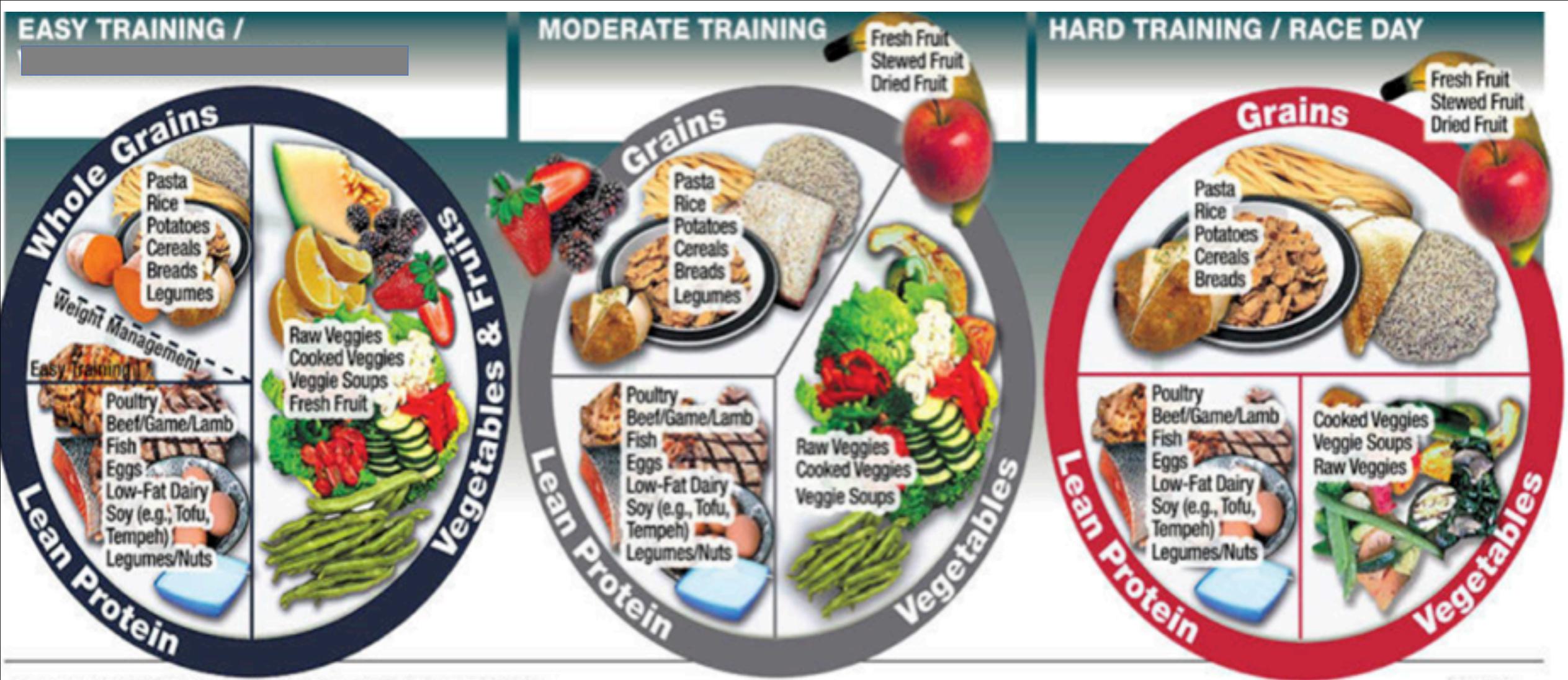
Carbohydrates

Carbohydrates, Protein, Fats

Steady and Stable wins the race

● Test Food

● Control Food



SOURCE: United States Olympic Committee Sport Dietitians
University of Colorado Sport Nutrition Grad Program

JOURNAL

• Use the Moderate Plate to fuel Up or Down

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