“Nutrition Matters”

St. Vincent Sports Performance

Lindsay Langford, MS, RD, CSSD
Sports Dietitian
Obesity Trends* Among U.S. Adults
BRFSS, 1990

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1991

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)
Obesity Trends* Among U.S. Adults

BRFSS, 1992

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1993

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1994

(*BMI ≥ 30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1995
(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)
Obesity Trends* Among U.S. Adults
BRFSS, 1996

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1997

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1998

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1999

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2000

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2001

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2002

(*BMI ≥ 30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2003

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)

No Data          <10%           10%–14%           15%–19%           20%–24%           ≥25%

THE SPIRIT OF CARING*
Obesity Trends* Among U.S. Adults

BRFSS, 2005

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4'' person)
Obesity Trends* Among U.S. Adults
BRFSS, 2005

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2006

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
# Obesity Trends* Among U.S. Adults

**BRFSS, 2007**

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person*)

<table>
<thead>
<tr>
<th>Weight Class</th>
<th>No Data</th>
<th>&lt;10%</th>
<th>10%–14%</th>
<th>15%–19%</th>
<th>20%–24%</th>
<th>25%–29%</th>
<th>≥30%</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
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<td></td>
<td></td>
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</tr>
</tbody>
</table>

![Map of Obesity Trends in the U.S.](image_url)
Obesity Trends* Among U.S. Adults
BRFSS, 2008

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4'' person)
Obesity Trends* Among U.S. Adults
BRFSS, 2009

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

(*BMI ≥30, or about 30 lbs. overweight for 5’4” person)
How does nutrition affect performance?

> **Performance Enhancer: Food!**

- Minerals to help muscle contract
- Vitamins to absorb food properly
- Provide instant energy
- Provide long lasting energy and endurance
- Decrease recovery needed
- Injury prevention
- Injury healing
- Increasing immune system
- Enhance muscle mass
- Staying hydrated
- Lowering perceived exertion
- OVERAL PERFORMANCE ENHANCING
What are athletes saying about nutrition?

>Boston Herald, Sports Section ‘11

> “Alfredo Aceves credits improved nutrition for success with Red Socks”

> “She does good work for us, teaching us how to eat well, better than we used to eat,” Aceves said last night. “This year I learned how to eat. I didn’t even know what was behind the food. I didn’t know the carbohydrates and the proteins.”
What are athletes saying about nutrition?

> ESPN Rise Magazine, 2010

> “Perfect 10 – Advice on Taking Game to Next Level”

> “I think the biggest part that people underestimate is nutrition. If you don’t eat right, if you don’t give your body the right fuel, it won’t go.” - Hayward
What are athletes saying about nutrition?

> Boston Marathon Winner, Alberto Salazar

> “One of the greatest advances over the last 20 years has occurred in the application of a healthy diet. In the old days, us distance runners felt that we could eat anything we wanted because we would always burn it off during training. We didn’t understand that just because we weren’t gaining weight, regardless of what we ate, that eating better would allow us to train harder, recover faster, and ultimately perform at a higher level...you are only as good as the food you put into your body.”
What are athletes saying about nutrition?

Grant Hill, Phoenix Suns

"I'm of the mind-set that food can heal. If we wanted, we could eat anything we want and still look in shape because we burn so many calories and because we're always running around. But this is about how you feel. And at the end of this past season, I felt great. I wasn't sore at all."
SPORTS NUTRITION TIPS FOR COACHES

#1. HYDRATION

#2. SUPPLEMENTS
**HYDRATION**

Effects of Increasing Dehydration on Physical Performance

<table>
<thead>
<tr>
<th>BODY WATER LOSS</th>
<th>EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5%</td>
<td>Increased strain on the heart</td>
</tr>
<tr>
<td>1%</td>
<td>Reduced aerobic endurance</td>
</tr>
<tr>
<td>3%</td>
<td>Reduced muscular endurance</td>
</tr>
<tr>
<td>4%</td>
<td>Reduced muscle strength; reduced fine motor skills; heat cramps</td>
</tr>
<tr>
<td>5%</td>
<td>Heat exhaustion; cramping; fatigue; reduced mental capacity</td>
</tr>
<tr>
<td>6%</td>
<td>Physical exhaustion; heatstroke; coma</td>
</tr>
</tbody>
</table>

- Most important nutritional aspect in heat
- 75% of muscle is water
- Helps to:
  - Lower heart rate
  - Lower core temp
  - Prevent cramps
  - **INCREASE PERFORMANCE!**
- Realistic goal: lose no more than 2% body weight

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Excerpt from The Performance Zone by Dr. John Ivy

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St. Vincent Sports Performance
3 ways to determine if you’re drinking enough

2. Lose less than 2% of body weight in a workout
3. Monitor Urine Color

**AM I HYDRATED?**

**Urine Color Chart**

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>If your urine matches the colors 1, 2, or 3, you are properly hydrated.</td>
</tr>
<tr>
<td>3</td>
<td>Continue to consume fluids at the recommended amounts.</td>
</tr>
<tr>
<td>4</td>
<td>If your urine color is below the RED line, you are DEHYDRATED and at risk for cramping and/or a heat illness!!</td>
</tr>
<tr>
<td>5</td>
<td>YOU NEED TO DRINK MORE WATER!</td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>
HYDRATION

>Sweat Testing
Caffeine can be beneficial for performance, but not when mixed with other herbs = danger

Not as dehydrating as once was believed to be

1 cup coffee, 1hr prior is safest protocol

http://espn.go.com/video/clip?id=5730779
http://sports.espn.go.com/espn/e60/news/story?id=5726418
SUPPLEMENTS

> 2 Critical Questions
  > Is it safe?
  > Is it effective?

> **Creatine**: naturally found in red meat
  > Safe: for adults over 18yr old
  > Effective: increase muscle size, strength (5-15%) and speed (5-15%)
SUPPLEMENTS

> Protein Powders
  > Safe: Very safe if taken in appropriate amounts
    > Whey protein is found in milk
    > No more than 10-25g. Max= 40g(300+lbs)
  > Effective: serves as a convenient protein source if needed through day or post workout
No matter how hard or how long you train, you cannot out-train poor nutrition!
EAT WELL, FEEL WELL!!!

Contact:
St. Vincent Sports Performance to make appointment 317-415-5747

Or email: lglangfo@stvincent.org