

# SPORTS NUTRITION

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Complete each action item. Fill in what you need and how you will make it happen for this season.

ATHLETE NAME: \_\_\_\_\_

ACTION ITEM	HOW TO	INITIALS
<b>Morning snack</b> (between breakfast and lunch can stabilize energy and improve muscle recovery by delivering both carbs and protein). What food will you eat and how will you have access to it?		
<b>During practice fueling</b> (30-60 grams of carb and 5-10 grams protein per hour of training can delay muscle breakdown, improve hydration, and provide constant fuel). How much do you need per practice and how will you get it?		
<b>Postworkout fueling</b> (you need 0.6-1.2 grams carbohydrate per kilogram (kg) body weight after training. As well as 20-40 grams protein total). What is your Postworkout meal and how will you make it happen within one hour of practice ending?  KG= weight in lbs divided by 2.2		
Do I get about <b>15-20 grams of protein every 3 hours</b> to improve muscle recovery? If not, how will I change that?		
How often do I eat <b>fried food</b> each week? Fried food and foods using vegetable oil promote inflammation. By eating these I choose to increase my soreness levels. Ideally these would be no more than bi-weekly. What can you eat in place of your fried options?		
How often do I eat almonds, walnuts, seeds, salmon, avocado, olive oil? These <b>healthy fats</b> promote healing and reduction in inflammation. How can I do these on a daily basis?		
How many <b>anti-inflammatory</b> meals do I eat each day? Every meal should include berries, cherries, dark leafy greens like spinach and kale, red/yellow/orange		

ACTION ITEM	HOW TO	INITIALS
vegetables, beans, lentils. How can I include one of these in every meal daily?		
<b>Nutrient timing</b> can improve body composition, energy levels, decrease injury risk, and improve immune function. How many meals are you having per day? Do you eat every 2-4 hours and include a pre/Postworkout meal within an hour of training?		
<b>Maintaining your weight</b> during a practice is important for reducing injury risk and maximizing the time spent within training. How many lbs of weight do you lose in a workout? Replace every lb lost with 16 oz water or carbohydrate solution.		
<b>Sleep</b> is the time for recovery and muscle rebuilding. Are you getting 7-8 hours per night? If not, how can you make that happen? (ie shut off screens 1 hour before bed, read a book, tart cherry juice to increase melatonin, study earlier, etc)		
<b>Changing body composition</b> can sometimes be helpful for performance. Discuss your calorie demands with a sports RD before making significant changes in calorie intake. You need to have a body composition assessment don't to know what you should be consuming. You can use myfitnesspal as a way to track intake, but the calorie goals they set are not always realistic for young athletes.		
<b>Supplements</b> are unregulated and can contain harmful, illegal ingredients. Download the NSF for sport app. Use this as a reference for potentially safe supplements. Always discuss this with a sports RD prior to beginning supplementation. Food first is always best.		