

September 6, 2023

Zoom Meeting about Nutrition and Cross Country/Track

Coach Bob Leetch

Jacqueline Folkert: director of marketing and outreach from UCLA Health

Dr. Jason Hove: UCLA Health family doctor

#### Eating Habits for a Performance Sport

- Nutrition to fuel workouts
- Whole foods (not processed food) for slow release carbohydrates
- Processed foods release sugars too quickly which triggers insulin and then you get sugar highs and lows
- Nutrition to recover

My plate: <https://www.myplate.gov/>

- Half is fruit and vegetables
- Quarter is proteins
- Quarter is carbohydrates (whole grains like ancient grains - millet, farro, quinoa)
- Lots of colors for macro and micro nutrients
- Higher fiber in fruits, vegetables, and carbohydrates slow down the release of sugars

US Anti-Doping Agency Nutrition Guide: <https://www.usada.org/athletes/substances/nutrition/>

- Breaks down which carbs and proteins are good
- What you should eat at hour increments before the event (serving sizes and options)
- Cooler foods for nutrition for a long period of time (all-day meets)
- Don't experiment before a big race
- Look into Cooler Foods (see screenshots below)

#### Recovery

- If you pushed hard for competitions and performance, you deplete your stores
- Within the first 15-30 minutes after exercising, your body goes into a mode to replenish your glycogen
- Eat 15-30 minutes into an exercise and then eat right after you've depleted
- Chocolate milk is one of the best recovery drinks (good combination sugar, healthy fats, and protein)
- See list below

#### Supplements

- Your body doesn't absorb supplements and vitamins very well.
- Each vitamin works well with certain vitamins.
- Multi-vitamins are not proven to work
- Micro and macro nutrients are absorbed best from whole foods.
- Supplements aren't well regulated and often are recalled.
- Protein powders and weight gainers aren't good
- Iron is important, especially during menstruation (careful to avoid over-replacing iron)

#### Hydration

- Gatorade isn't necessary. Designed for football players in Florida.
- Check pee. Should be pretty clear.

#### Snacks

- Trail mix
- Fruit (blueberries, apples, bananas)
- Nuts

Sports go together. Cross training helps to avoid overuse injuries and burnouts. One sport isn't going to inhibit another sport. Mixing sports helps developing kids grow.

Sleep is also so important.

Cooler Foods:

## COOLER FLUIDS

### Food

Baby carrots

Peanut butter pretzels

Celery

Cherry tomatoes

Chocolate milk (lowfat)

String cheese

Dried mango

Sports drink

Snack bar (oatmeal raisin walnut)

Fresh fruit

Ginger snaps

Hummus

High protein milk shake

Nuts (mixed)

Peanut butter

Pita bread (whole wheat large pita)

Turkey sandwich (3 slices deli meat, mustard, 2 slices whole wheat bread), baby carrots

Vanilla wafers

Whole grain bagel

Whole grain cereal

Whole grain crackers

Greek yogurt tubes

## RECOVERY SNACK IDEAS

- Cereal with milk
- Fruit and nonfat yogurt
- Pita and hummus
- Trail mix
- Chocolate milk (lowfat)
- Banana with peanut butter