

# MOUNTAINEERS

**West Virginia University**  
Intercollegiate Athletics

## NUTRITIONAL RESOURCES

It is important as an athlete to make sure you are getting everything that you need to perform in the classroom and on the field.

### What athletes tend to do that may detract from performance

- Skip Meals
- Wait too long to refuel after exercise
- Not drink enough before/during/after exercise
- Not always getting enough calories

### Carbohydrates are IMPORTANT!

If you are not injured or ill, carbohydrates should be the emphasis of your meal. They are the source of fuel for your brain and your muscles. Fill 2/3 of your plate with rice, pasta, potatoes, bread, cereal (try to have for ½ of these serving to be whole wheat), fruits and vegetables

### Protein Needs

- Protein is key for muscle growth and healthy immune function, however protein's main role is in recovery!
- Half of your body weight (in pounds) is the minimum number of grams of protein you need a day
- The maximum is based on your goals as an athlete and should be calculated on an individual basis
- Your body doesn't care what type of protein you are consuming, however animal protein is absorbed easier
- Protein powders and drink can HELP, but should not be your main source of protein or calories
- Your body needs Carbohydrates and protein to build new muscle
- Too much protein usually means too little carbohydrates

### Fat is Fuel!

- There is no need to cut fat out of the diet
- Add fat as part of every meal as a spread (hummus, peanut butter, etc), light salad dressing (try to stay away from fat free dressings), or in a food such as cheese, meat, or nuts

### Timing is everything

- Try to eat something every 2-3 hours to give your body maximal energy over the day. This doesn't have to be a meal, it can be something as simple as an apple, handful of almonds, a string cheese, a granola bar, etc.
- Eat something within 15-20 minutes of finishing a workout such as a sports or recovery drink, granola bar, trail mix etc. Aim for 3 times as many carbohydrates as protein

### Know how much you eat

- If you are overly hungry, chances are you aren't eating enough
- If you are never hungry, you may be eating too much
- When you are finished eating, you should feel like you could eat a little bit more
- If you want to feel satisfied, see, smell and taste what you eat...don't eat too fast!

### Body changes do not happen overnight

- Bodies lose about ½ pound of body fat a week
- Bodies can gain 1 pound of muscle a week
- Make changes to eating gradually by:
  - Knowing what you eat
  - Eating regularly (3 meals and 2-3 snacks per day)
  - Including foods that you like/enjoy
  - Being consistent by eating this way 7 days a week

### Be realistic about your body

- You can't change your height, body frame or body shape
- Focus on what your body allows you to do
- Seek help if you need assistance in gaining or losing weight
- You can change your attitude
- Speak up if someone is asking you to drastically change your weight

### Be smart about supplements

- They are not a replacement for food
- What you see is often not what you get
- Let someone know before you take anything
- The goal is performance enhancement – NOT upset stomach, headaches, or worse
- Supplements don't take the place of training, eating or hydration and don't necessarily make you a better athlete
- If food is restricted or an entire food group is eliminated, supplements can be beneficial

### How much fluid is enough?

- Minimum number of oz per day = body weight (in pounds) x 0.3
- All fluids count (except alcohol and caffeine containing beverages)
- 2 cups 2 hours before exercise
- 20-40 oz per hour of exercise
- Drink 2-3 cups of fluid for every pound lost during exercise
- Sports drinks are not created equally
- Larger gulps over sips
- Drink, don't pour on your head EVER