



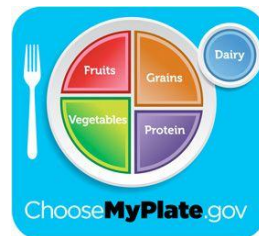
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NUTRITION FOR FIGURE SKATERS



OBJECTIVES

- ◉ Why is nutrition so important for athletes
 - Energy
 - “Looks oriented” sports
- ◉ Combination of macronutrients
 - Carbohydrates
 - Protein
 - Fat
 - Water (hydration)
- ◉ Competitive eating/snacking
- ◉ Myths: carbo-loading
- ◉ Choose My Plate



WHY IS NUTRITION SO IMPORTANT?

- ◉ Food/diet can be an athlete's best friend—use it!
- ◉ Use food to work with your body-food is fuel!
- ◉ Promoting a “healthy diet” for a figure skater is the key to success
 - “Looks-oriented sports”
- ◉ Variety is the spice of life
- ◉ Knowledge of nutrition and food will impact one's ability to train and perform.



IMPORTANCE CONTINUED

- ◉ ENERGY!
 - Storage and use
- ◉ Growth and development
- ◉ Necessary to maintain a strong immune system
- ◉ Prevention of injuries
 - Quick recovery of tissue and muscles



MACRONUTRIENTS: CARBOHYDRATES, FAT AND PROTEIN

- ◉ Carbohydrates + Fat + Protein = Success!



CARBOHYDRATES

- ◉ Carbs: natural, specialized fuel for your body.
- ◉ The body's number one energy source
 - 55-65% of daily calories should be from carbohydrate sources (6-8 servings)
- ◉ Stored in your muscles, allowing you to perform jumps and spins and completing programs.
- ◉ Carbohydrates are stored in the muscle as glycogen (storage form of glucose)

CARBOHYDRATES CONTINUED

- 2 general types of carbs:
 - Complex
 - Simple
- Simple: made up of 1 or 2 sugar molecules and provide a rapid, fast-acting source of energy
- Complex: made up of multiple sugar molecules. Slower to digest and maintain steady blood glucose levels



CARBOHYDRATE SOURCES

- Whole grain breads
- Pasta
- Green vegetables
- Beans/lentils/legumes
- Whole plant foods
- Fruits



PROTEIN

- ◉ protein: made up of amino acids linked together which provide structure for muscles
- ◉ growth maintenance and repair of tissue and muscle
- ◉ Also promotes a healthy immune system
- ◉ Growing teen athlete needs about 1.8-2.0 g/kg of body weight (10-15% of daily calories)

PROTEIN CONTINUED

- ◉ Another energy source
 - Certain amino acids are necessary to manufacture creatine, which is another energy source, comparable to muscle glycogen
 - Creatine is another “muscle builder/maintainer”



PROTEIN SOURCES

- ◉ Lean meats: chicken, pork, turkey, beef
- ◉ Eggs
- ◉ Milk (choose low fat or skim)
- ◉ Yogurt
- ◉ Seafood
- ◉ Beans



FAT (YES, FAT)

- ◉ Benefits: adequate and healthy fat intake allows for optimal storage of carbohydrates (yet another energy source)
- ◉ Carrier of vitamins throughout the body
- ◉ Fuel for muscles (fights fatigue)
- ◉ Protects organs
- ◉ “Brain food” (keeps us positive)
- ◉ Maintenance of tissues and muscles
- ◉ 25-35% of daily calories

FAT CONTINUED

- ◉ Athletes should not be on a low fat diet
- ◉ Limit trans-fat and saturated fat sources (beef or pork fat, stick margarine/butter—usually solid at room temperature)
- ◉ 2 essential fats: Omega 3 and omega 6 (“good fats”)
 - Sources: fish (salmon, trout), fish oil, legumes, nuts (almonds, walnuts etc), leafy greens, avocados, olive oils, corn

HYDRATION



- ◉ Water is everywhere!
- ◉ Hydration will make or break a performance on ice.
- ◉ Water transports nutrients throughout the body, regulating body temperature
- ◉ Dehydration can be very detrimental overall, not just on performance.
- ◉ Dehydration will cause our bodies to overheat, losing energy
- ◉ Crucial for figure skaters

HYDRATION CONTINUED

- Sweating keeps our body temperatures under control.
 - Lose water
 - That lost water needs to be replaced
- Thirsty?
 - Not an adequate indicator of hydration level
 - Should be hydrating before, during and after practice.
 - Drink even when not thirsty

HYDRATION RECOMMENDATIONS

- Before: 2 hours before, 14-20 oz (pint)
- During: In order to prevent increased core body temperature and heart rate, drink 20-30 oz/hour
- After/rehydration: 24-32 oz
- Focus on fluids throughout the day!



SPORTS DRINKS?

- ◉ Provide electrolytes that plain water is lacking (promotes faster rehydration)
- ◉ Be cautious of sugar content
- ◉ when in doubt, stick with plain water



COMPETITIVE DIET

- ◉ Necessary to maximize glycogen (energy) stores
- ◉ Timing is critical! (5-6 smaller meals, more often rather than 3 larger meals)
- ◉ Competition day: eat foods that you are familiar with and have eaten before; now is not the time to experiment with new foods
- ◉ Snacks (see ideas on handout)
- ◉ Determining what's best



RECOVERY (POST COMPETITION/PRACTICE)

- Rehydrate first!
- Emphasis on the carbohydrate rich meals
 - Promotes more efficient use of carbohydrates and energy and increases metabolism



MYTHS OF “CARBO-LOADING”

- Classic carbo-loading
 - Very extreme (decreasing exercise and major increase of carbohydrates very rapidly)
- Beneficial or detrimental?
 - Can lead to GI problems
 - Poor recovery post practice
 - Increased risk for injury
 - Moody
 - Hypoglycemia risk

CARBO-LOADING CONTINUED

- ◉ Maintain adequate protein and fat intake and stay well hydrated
- ◉ Recommended (modified version)
 - Gradually taper exercise
 - Start carbohydrate intake at about 50% of calories and then increase to about 70-75% 3 days prior to a competition

CHOOSE MY PLATE

- ◉ ¼ fruits, vegetables, grains and protein
- ◉ Dairy source (milk, yogurt or cheese etc)
- ◉ Make is colorful!
- ◉ Home cooked is best
- ◉ Balanced diet!
 - Follow the plate (mainly for lunch and dinner)



Check out choosemyplate.gov for even more ideas and information!

RECAP

- ◉ Balanced diet (carbs, protein, fats and water)
- ◉ Eat the rainbow! (Variety is the spice of life!)
- ◉ Be mindful of what you are eating!
- ◉ Try to use “choose my plate” as a guideline for meals
- ◉ Food is fuel—use it to your advantage!

THANK YOU!!

◉ Questions? Comments?

