



Healthy Eating for Athletes

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MyPyramid

Athletes should follow the guidelines as outlined in MyPyramid. Whether you are trying to gain, lose or maintain weight, it is important for you to choose foods from all food groups.



Fluids: A Key Nutrient

With all of the activity you do, it is important to drink plenty of fluids.

- Do not rely on thirst as an indicator of your body's hydration status. Signs of dehydration are: dry skin, dry mouth and throat, rapid heart rate, lack of energy and weakness.
- Drink fluids before, during and after an event.
- Drink fluids even if you are not thirsty.
- Caffeine containing drinks are not the best fluid replacer. They can actually make you dehydrated.
- Make sure to drink enough fluids if the weather is very hot or humid.
- Sports drinks are more expensive than drinking water.
- Weigh yourself before and after an event. For every pound you lose, drink 2 cups of water.



Why Are Carbohydrates So Important?

- * Carbohydrates are needed to fuel your body. Without enough carbohydrates, you will not run like you should.
- * Make sure that 60 to 65% of your diet is coming from carbohydrates. If you eat 2200 calories per day, 60% is 330 grams of carbohydrate.
- * Eating lots of complex carbohydrates will help you to work out longer. Complex carbohydrates include bread, cereal, pasta, rice, and vegetables.
- * When you need a short burst of energy such as for sprinting, the fuel your muscles use is carbohydrates.
- * Carbohydrates are also burned off during intense exercise.
- * Foods high in carbohydrates are not high in calories. It's the fatty toppings you put on them like butter and sour cream that add lots of calories.



