



EMPOWERED FUELING: Supporting Team Nutrition Culture

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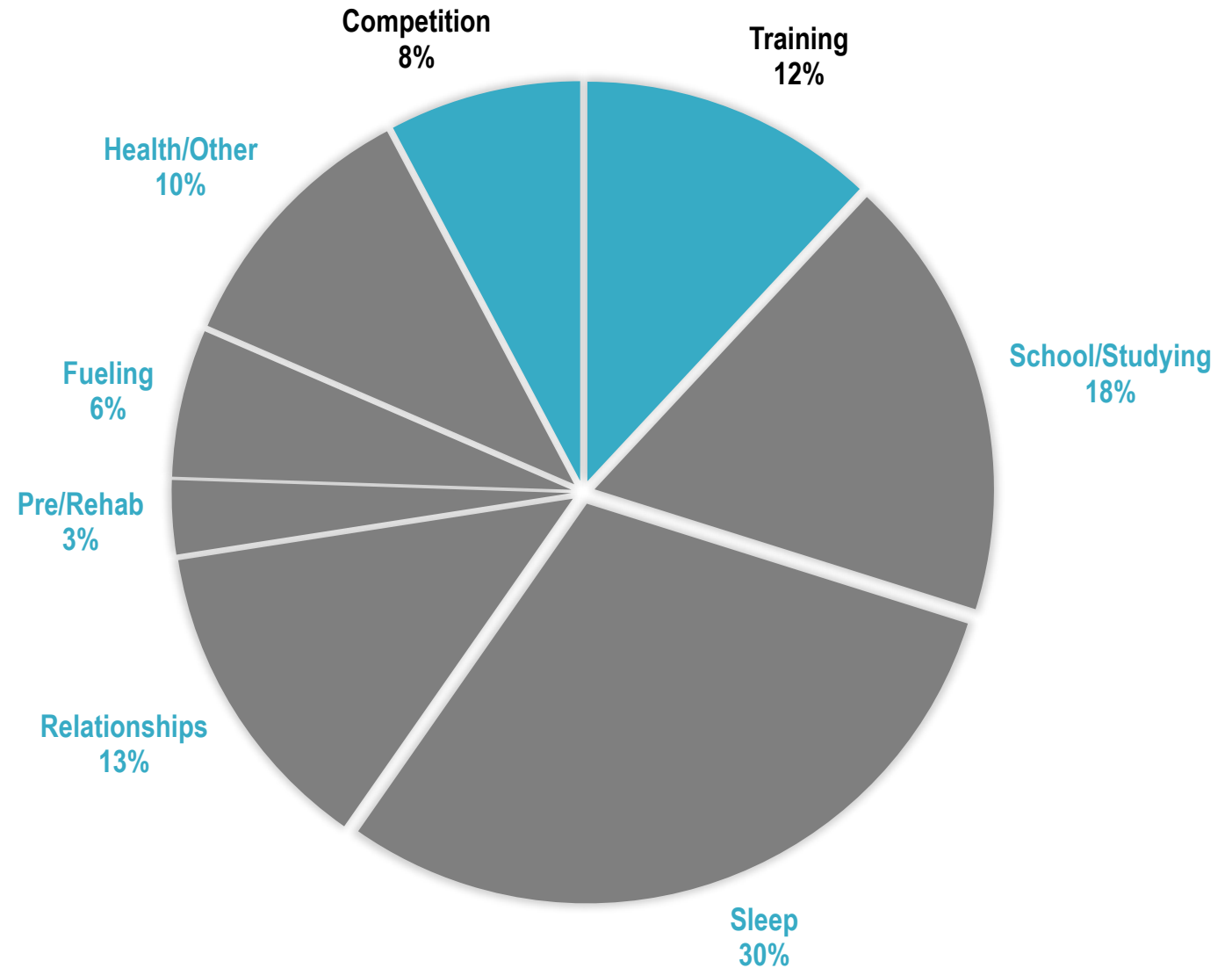
IMPACT TODAY



ENERGY AVAILABILITY

Student- Athlete Time

Managing energy levels is a daily priority for student-athletes to stay healthy & to perform in the classroom as well as in your sport!



HOW DO ATHLETES GET ENERGY

Energy (ability to work) comes from food (calories) found in macronutrients: Carbohydrates, Protein, Fat

Energy needs and macro. periodization depend on the demand of the sport, time of season, environment and athlete's goal.

LOW TRAINING LOAD

FATS
1 Teaspoon

LEAN PROTEIN

VEGETABLES & SLIMS

GRAINS

Easy Training

FLAVORS

Dairy/ Non-Dairy Beverages
Diluted Juice
Electrolyte Solutions
Tea

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Avocado
Oils
Nuts
Seeds
Cheese
Butter
Egg Yolk
Hummus

Fresh Fruit
Fruit Sauces
Dried Fruit

Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (Tofu, Tempeh)
Legumes
Nuts/Seeds

Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

MODERATE TRAINING LOAD

FATS
1 Tablespoon

LEAN PROTEIN

VEGETABLES

GRAINS

FLAVORS

Dairy/ Non-Dairy Beverages
Diluted Juice
Electrolyte Solutions
Tea

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Avocado
Oils
Nuts
Seeds
Cheese
Butter
Egg Yolk
Hummus

Fresh Fruit
Fruit Sauces
Dried Fruit

Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (Tofu, Tempeh)
Legumes
Nuts/Seeds

Raw Veggies
Cooked Veggies
Veggie Soups

HIGH TRAINING LOAD

FATS
2 Tablespoons

LEAN PROTEIN

VEGETABLES

GRAINS

FLAVORS

Dairy/ Non-Dairy Beverages
Diluted Juice
Electrolyte Solutions
Tea

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Avocado
Oils
Nuts
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Raw Veggies
Cooked Veggies
Veggie Soups

Adapted from the United States Olympic Committee's Athlete's Plate

Cellular Maintenance
Temperature Regulation
Maintaining Homeostasis

- Daily Activities
- Workouts



Homeostasis for
SURVIVAL

Calories Consumed



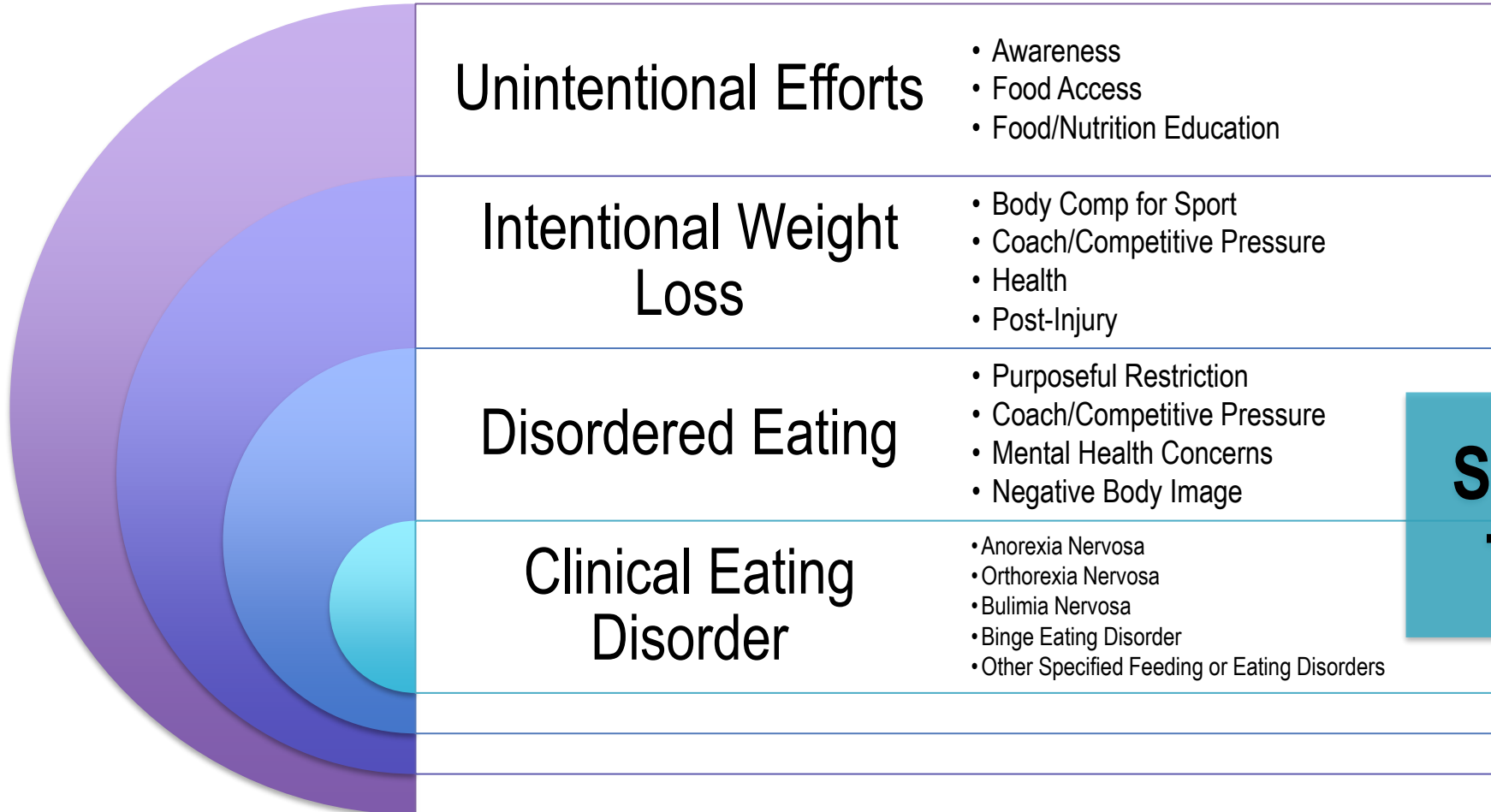
Immunity
Growth and Repair
Recovery from workouts
Healing
Menstrual Cycle

BE AWARE: SIGNS & SYMPTOMS OF LEA

- ❑ Rapid and unsustainable **weight loss**
- ❑ **Training hard, but not improving performance**
- ❑ Inability to gain or build muscle or strength
- ❑ Decreased muscle strength & performance decrements
- ❑ **Stress fractures or repeated bone injuries**
- ❑ Always being hurt or injured, **not healing as expected**
- ❑ Frequent Illness
- ❑ Chronic fatigue with or without anemia
- ❑ **Absent or irregular menstrual cycles (females)**
- ❑ Increased Irritability, Depression
- ❑ Decreased Competitive and libido (males)
- ❑ Gastrointestinal problems
- ❑ Disordered-eating thoughts such as skipping meals, or avoiding certain foods, fad/crash dieting

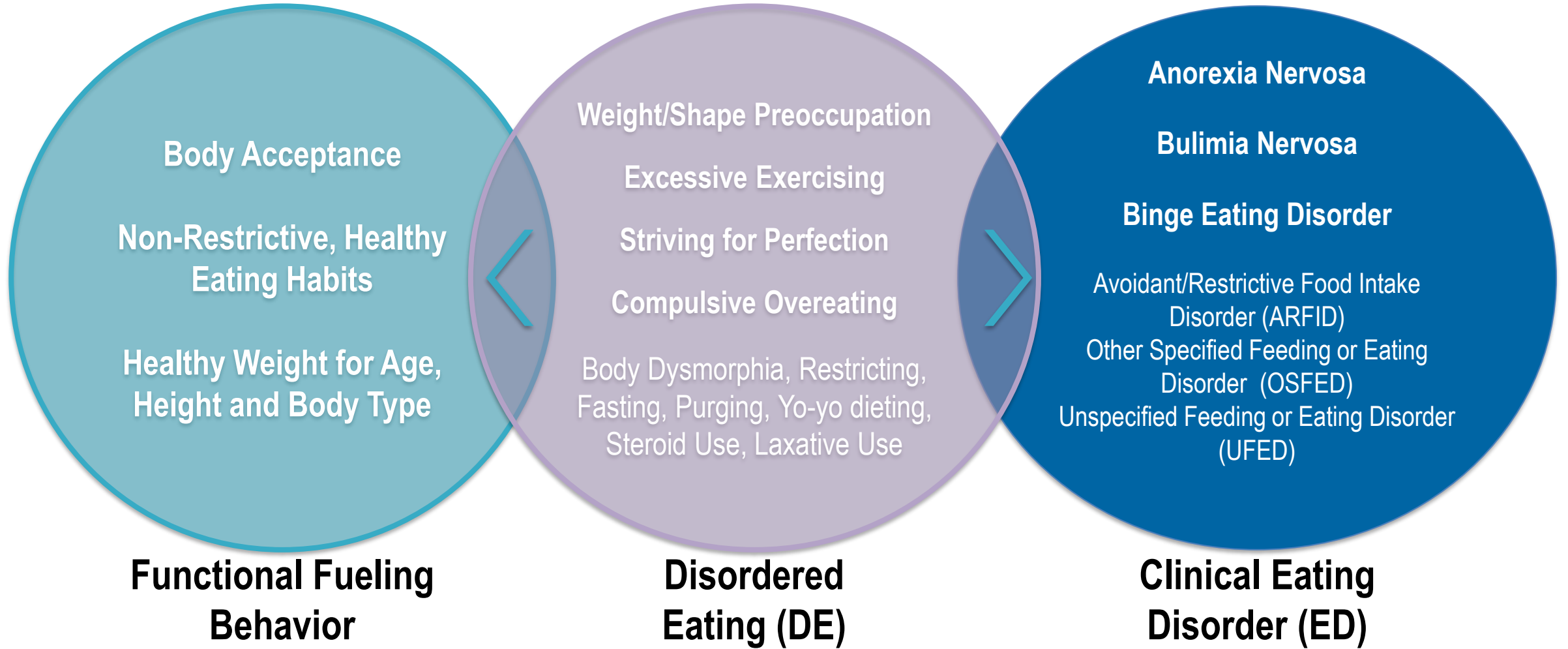


LEA RESULTING FROM



**Sports Medicine
Team Referral**

Eating Disorder/Disordered Eating Spectrum



RED-S

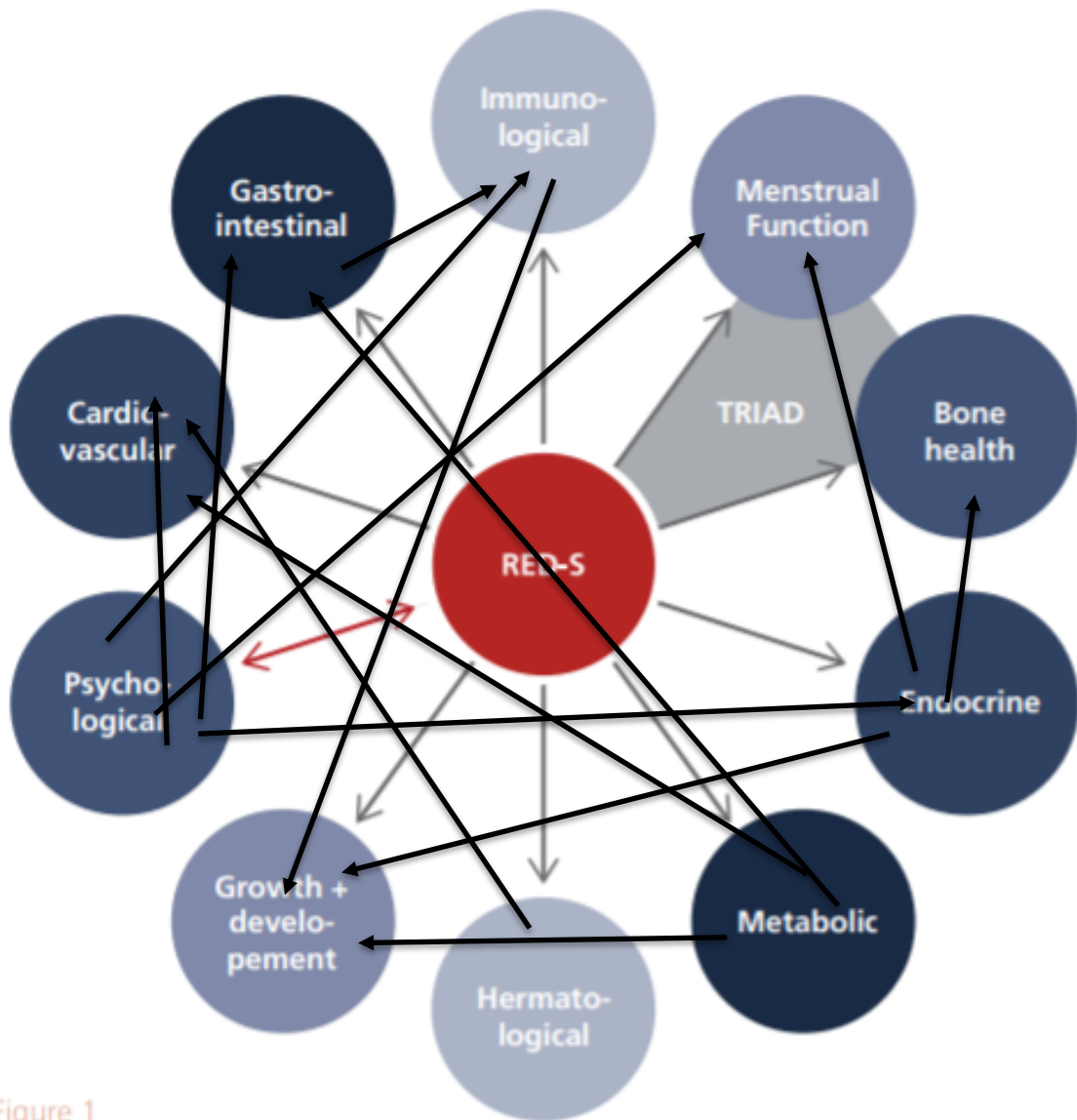


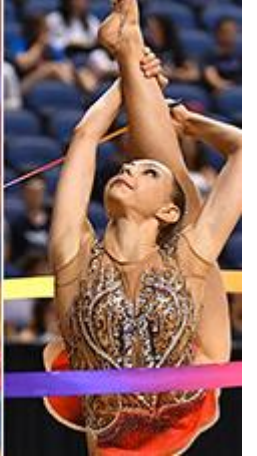
Figure 1

What the ATHLETE sees:



Figure 2

WHICH SPORTS ARE AT HIGHEST RISK?



1. Eating Disorders
2. Extreme Changes In Training Intensities Without Accompanied Nutrition Changes
3. Inadequate Food Availability
4. Food/Financial Insecurity
5. Cultural Practices
6. Cycling Body Mass & Changing Weight Classes
7. Female Gender
8. Weight-sensitive Sports
9. Having A Teammate Who Has An ED



Martin Gabor/UWW

**ACTION STEPS:
EDUCATE & SUPPORT**

YOUR SUPPORT ROLE

Creating Culture

What to Listen For

What to Look For

EDUCATE!

YOUR SUPPORT ROLE: CREATING CULTURE

Lead By Example

- With Your Actions
 - Eat & drink quality items throughout your workday, but allow/normalize simple snacks, drinks as applicable too. Demonstrate balance!
 - Plan meal/snack breaks into the training day, encourage coaching staffs to do the same
 - Seek out help for your own nutrition & health needs
- With Your Words
 - Discuss bodies & nutrition in terms of function, energy, performance vs. appearance
 - Avoid discussing your own diet & body concerns
 - Avoid discussing fad diets & supplements, labels and all or nothings
 - Never recommend diets or weight loss plans (USOPC SafeSport rule)

YOU ARE THE ROLE MODEL

**Be intentional
about the
culture you are
creating for
your athletes
around health &
performance**

YOUR SUPPORT ROLE: CREATING CULTURE

Start the conversation

- With yourself, your colleagues, your athletes & their support systems
- Get very clear on what asking for help & speaking out around body image, mental health, ED/DE help means for your staff
 - **DEFINE YOUR PLAN**
 - Address myths (weight, health, performance, leanness and weight loss)
 - Sports medicine teams & teaching staff well-informed regarding:
 - Regular menses in female athletes
 - Appropriate body fat metrics
 - Adequate nutrition practices
- Make a safe space for athletes to discuss topics:
 - Menstruation, body image, nutrition, mental health

**Be mindful
about what
messages
athletes receive
about food &
body image**

YOUR SUPPORT ROLE: WHAT TO LISTEN FOR

Patterns an athlete might mention:

- Consistent struggles with sleep/insomnia
- Irregular or missing periods
 - (*>3 month disturbance or NO period at 15 years old = red flag that should be referred*)
- Increased feelings of stress, anxiety, sadness or depression
- GI upset (e.g. bloating, constipation)
- Foods or food groups he/she avoids
- Consistently feeling cold/shivering
- Feeling “out of control” in areas
- Unreasonable/illogical excuses not to eat, especially with others

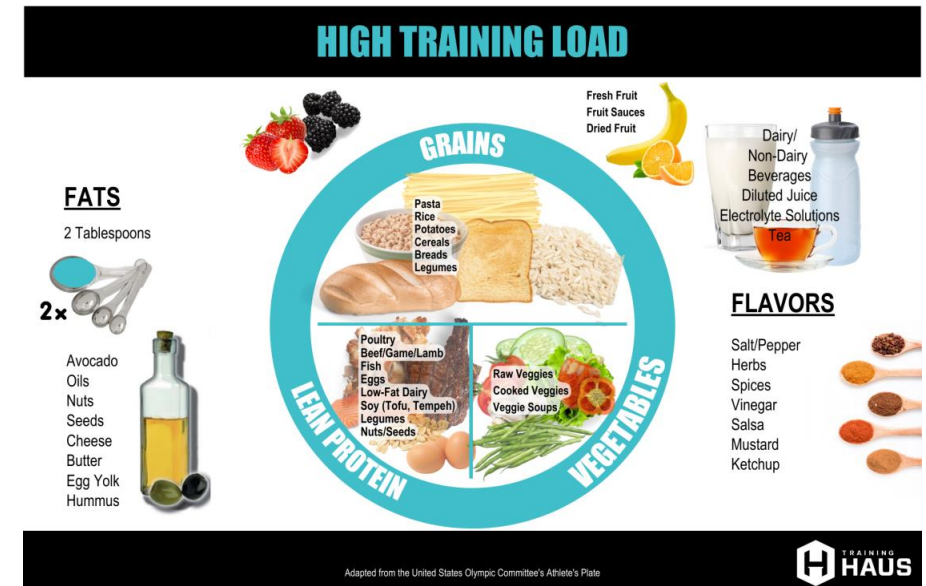
YOUR SUPPORT ROLE: WHAT TO LOOK FOR

Patterns you might notice:

- Athlete consistently appears tired or sluggish despite rest
- Athlete gets dizzy when standing up
- Atypical brain fog or lack of focus
- Athlete is frequently ill
- Athlete is frequently injured or not healing as expected
(stress fractures & reactions, and overuse injuries are common)
- Sudden changes in mood
- Frequent/excessive trips to the bathroom
- Avoidance of food consumption around others or emotional around food/meals
- Dramatic changes in body size or shape

EDUCATE ENERGY GOALS

- Three meals and purposeful snacks – Define the Nutrition Strategy: MEAL vs SNACK?
- Honor hunger and fullness cues **AND** remember: appetites are *artificially suppressed* after training!



- Develop a realistic, performance-oriented, health minded weight and body composition goals
- Provide performance driven motivation in relation to nutrition
- Make fueling **REALISTIC** and break down barriers to achieving proper fuel

TIPS TO ENERGIZE WITH...

1. Prioritize Energy

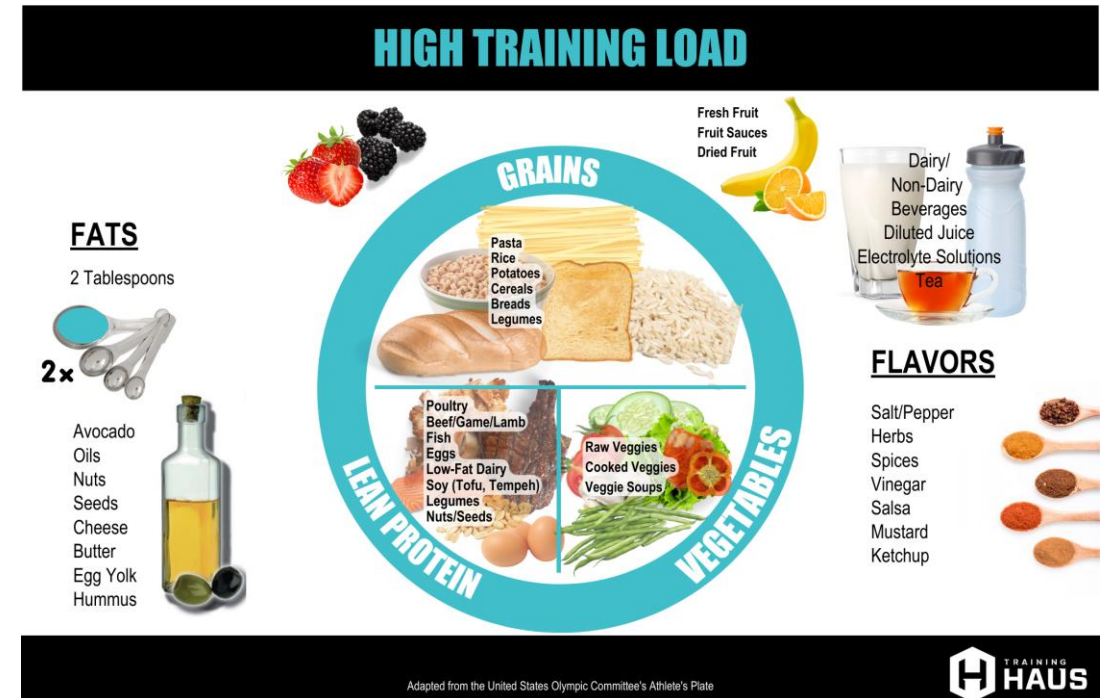
Recognize and Talk About Risks

2. Make Nutrition Realistic

Support Athlete Access and Planning

3. Create Nourished Culture

Be aware and take steps to foster fueling on your team, community and beyond



COMING UP NEXT!

Topic 7 – Brain Health

Released March 15, 2023

Topic 8 – Sports Performance

Released April 19, 2023

QUESTIONS → TCOMN.COM/EDUCATE-TO-ELEVATE

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