Nutrition Tips For You, Coach

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What is a Sport Dietitian (RD or RDN)

- Dietitians are food and nutrition experts, who have met academic and professional requirements to legally use the title “RD”, a credential authorized by the Academy of Nutrition and Dietetics
- “CSSD” Sport Dietitians are specialists with ample knowledge and experience working in sport
- Our USOC Interdisciplinary work
  - Strength and Conditioning
  - Sports Medicine
  - Psychology
  - Technology
  - Local Sport Dietitians
  - International Sport Dietitians

Years before the games begin, we are supporting Team USA

- Develop and foster relationships with teams
- Gain Trust and buy-in
- Nutrition and Hydration Assessment
- Nutrition Programming and Meal Planning
- Cooking Demonstrations
- Grocery Store Education
- Translating science into practice

(Sport) Nutrition Knowledge throughout a Lifetime

[Graph showing nutrition knowledge development over age]
Travel nationally and internationally to:

- USOC RD is part of the International Sport Science/Medicine Staff
- Support at Olympic Games and World Championships
- Nutrition Education at Workshops and Camps
  - Presentations, handouts, athlete consultations
- Recovery Nutrition Stations during key competitions
- Sport Science integration
  - Body composition assessment and monitoring
  - Tracking of Performance impacting markers
- Nutrition Component added to Athlete Physicals

In Summary:

- ENOUGH food
- FAMILIAR food
- A VARIETY of FOOD
- ACCESS to food
- SAFE FOOD

I take care of the coaches too…

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1. A nutrition plan should be treated as part of a training life plan. Eat to support a healthy lifestyle and to enhance your quality of life.
   - A poor diet can be mistaken for being tired, unfit and can increase your chances of getting sick.

*This takes internal motivation*
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2. Increase the nutrient density of your food choices.
   - Less animal products, more plant-based foods; the science is catching up to us.
   - Brightly colored fruits and vegetables should be a part of every meal and snack.
   - Trust in vegetables, whole grains, lean proteins, fruit, beans/lentils, nuts, and seeds.

3. Plan ahead:
   - This means meal planning and consciously making good decisions.
   - Eating healthy takes time.

4. Snacking: Eat less, more often
   - On a scale of 1-10, strive to stay between a "3" and a "7"

5. Recovery hydration: Monitor how much alcohol you consume.
   - Wine is not "good" for you...eat the grapes, those are good for you
     • Decrease sleep quality
     • Dehydration
     • ↓ immunity
     • ↑ Aging
   - Gin and tonic is not low calorie...
6. Energy drinks = Stimulants
   - Essentially your admitting that sleep isn’t important…
   - Stimulants increase your blood pressure and heart rate. Without knowing your heart health, this could be a recipe for disaster.
   - Get some sleep instead!

7. Know your numbers: annual physicals are important.
   - Total cholesterol
   - Blood pressure
   - Fasting glucose
   - Vitamin D
   - Any other markers deemed important by your doctor.

8. Know the number….body weight.
   - What is yours?
   - How has it changed?
   - What is a healthy number for you?
   - …BMI can actually be a good indication
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9. Find good, evidence based resources to guide your habits and lifestyle.
   – Be aware of agendas, biases, and being a victim of a salesperson.
   – Not everyone who eats food is a food expert.

Adding Nutrition into your Team/Program

• Introduce Sport Nutrition early
  – Proactive information is accepted more readily than reactive
  – Small tidbits of information instead of complicated concepts
    • Using resources already available (Splash magazine!)
• Find a local Sport RD
  – www.scandpg.org
• Recruit assistance from Sport Medicine Staff
  – Sport Doctors
  – Athletic Trainers
  – Sport Psychologists
  – Sport Nutrition Graduate Students

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10. Remain accountable.
    – You are setting an example for your team.
    – If you think proper nutrition is important, use it as motivation for yourself.

Thank you!