

## 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
  - [www.pinesnutrition.org](http://www.pinesnutrition.org)

**Sports, Cardiovascular, and Wellness Nutrition**  
 a dietetic practice group of the  
**Academy of Nutrition and Dietetics**



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## Years before the games begin, we are supporting Team USA

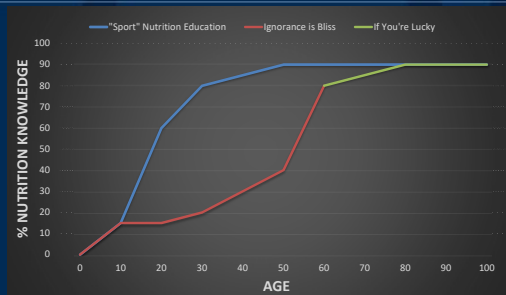
- Develop and foster relationships with teams
- Gain Trust and buy-in
- Nutrition and Hydration Assessment
- Nutrition Programming and Meal Planning
- Cooking Demonstrations
- Grocery Store Education
- Translating science into practice



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## (Sport) Nutrition Knowledge throughout a Lifetime



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**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

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**In Summary:**



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**I take care of the coaches too...**



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**Nutrition Tips For You, Coach**

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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## Nutrition Tips For You, Coach

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



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## Nutrition Tips For You, Coach

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



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## Nutrition Tips For You, Coach

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

← 1 - Starving    3 - Hungry    7 - Satisfied    10 - Stuffed →



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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...



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## Nutrition Tips For You, Coach

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!



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## Nutrition Tips For You, Coach

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



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## Nutrition Tips For You, Coach

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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### PET OBESITY RISKS

- REDUCED ACTIVITY**  
All the extra weight makes it hard to get around!
- BREATHING PROBLEMS**  
Carrying around excess weight is hard on the lungs.
- HEART DISEASE**  
Aggravates cardiovascular problems.
- SKIN + COAT PROBLEMS**  
Obesity leaves your dog more prone to skin infections such as dermatitis.
- ARTHRITIS**  
Excess weight strains joints and ligaments that worsens pain and makes it hard to move around.

### Coach

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for you?

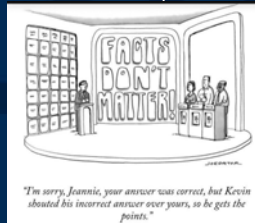
#### Body Mass Index (BMI) Chart for Adults

Weight (lbs)	4'0"	4'10"	5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"	6'8"	6'10"	7'0"
100	14.7	15.2	15.7	16.2	16.7	17.2	17.7	18.2	18.7	19.2	19.7	20.2	20.7	21.2	21.7
120	18.1	18.7	19.3	19.8	20.3	20.8	21.3	21.8	22.3	22.8	23.3	23.8	24.3	24.8	25.3
140	21.5	22.2	22.9	23.5	24.1	24.7	25.3	25.9	26.5	27.1	27.7	28.3	28.9	29.5	30.1
160	24.9	25.7	26.5	27.2	27.9	28.6	29.3	30.0	30.7	31.4	32.1	32.8	33.5	34.2	34.9
180	28.3	29.2	30.1	31.0	31.8	32.7	33.5	34.4	35.3	36.2	37.1	38.0	38.9	39.8	40.7
200	31.7	32.7	33.7	34.7	35.7	36.7	37.7	38.7	39.7	40.7	41.7	42.7	43.7	44.7	45.7
220	35.1	36.2	37.3	38.4	39.5	40.6	41.7	42.8	43.9	45.0	46.1	47.2	48.3	49.4	50.5
240	38.5	39.7	40.9	42.1	43.3	44.5	45.7	46.9	48.1	49.3	50.5	51.7	52.9	54.1	55.3
260	41.9	43.2	44.5	45.8	47.1	48.4	49.7	51.0	52.3	53.6	54.9	56.2	57.5	58.8	60.1
280	45.3	46.7	48.1	49.5	50.9	52.3	53.7	55.1	56.5	57.9	59.3	60.7	62.1	63.5	64.9
300	48.7	50.2	51.7	53.2	54.7	56.2	57.7	59.2	60.7	62.2	63.7	65.2	66.7	68.2	69.7

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## Nutrition Tips For You, Coach

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.



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## 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](http://www.scandpg.org)
- **Recruit assistance from Sport Medicine Staff**
  - Sport Doctors
  - Athletic Trainers
  - Sport Psychologists
  - Sport Nutrition Graduate Students

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## Nutrition Tips For You, Coach

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



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Thank you!

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