

Bishop Chatard

Eat This, Not That for Sports Performance

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Sports Dietitian*



About Lindsay...

DEFINING SPORTS PERFORMANCE >>>

MS:

- > Undergraduate degree at University of Alabama
- > Masters degree at Louisiana Tech University



RD:

- > Registered Dietitian
- > Carmichael Training Systems, Willis Knighton Hospital, and St. Vincent Sports Performance



CSSD:

- > Credential for RD's specializing in sports
- > Certified Specialist in Sports Dietetics



Sports Nutrition Matters!

DEFINING SPORTS PERFORMANCE >>>

>3 Major Components to Sports Nutrition

- > Quality of Food (focus of tonight)
- > Quantity of Food
- > Timing of Food



$$\left[14 \frac{m_1 m_2}{r_{12}} \sum_{A=1,2} \frac{1}{r_A} \right] + \mathcal{O}(\epsilon^7), \quad (130)$$

$$+ \epsilon^4 \left[\sum_{A=1,2} \frac{m_A^2}{r_A^2} n_A^i n_A^j - \frac{8m_1 m_2}{r_{12} S} n_{12}^i n_{12}^j - 8 \left(\delta^i_k \delta^j_l - \frac{1}{2} \delta^{ij} \delta_{kl} \right) \frac{m_1 m_2}{S^2} (\bar{n}_{12} - \bar{n}_1)^k (\bar{n}_{12} + \bar{n}_2)^l \right] + \mathcal{O}(\epsilon^5), \quad (131)$$

Quality of Food Matters!

DEFINING SPORTS PERFORMANCE >>>

> *Performance Enhancer: Food!*



- > Minerals to help muscle contract
- > Vitamins to absorb food properly
- > Provide instant energy
- > Provide long lasting energy and endurance
- > Decrease recovery needed
- > Injury prevention
- > Injury healing
- > Increasing immune system
- > Enhance muscle mass
- > Increase quality of sleep
- > Lowering perceived exertion
- > **OVERAL PERFORMANCE ENHANCING**

Quality of Food Matters!

DEFINING SPORTS PERFORMANCE >>>

> *Well balanced quality meal:*

- > Protein source
- > Starch/Carb source
- > Fruit/Veg source (COLOR!)



$$2 \frac{m_1 m_2}{r_{12}^2} \bar{n}_{12} \cdot (\bar{n}_1 - \bar{n}_2)$$

$$\left. \frac{m_2}{12} \sum_{A=1,2} \frac{1}{r_A} \right] + \mathcal{O}(\epsilon^7), \quad (130)$$

$$\left[\sum_{A=1,2} \frac{1}{r_A^2} \epsilon^A \epsilon^A - r_{12} S^{-1} \epsilon^{12} \epsilon^{12} \right.$$

$$\left. - 8 \left(\delta^i_k \delta^j_l - \frac{1}{2} \delta^{ij} \delta_{kl} \right) \frac{m_1 m_2}{S^2} (\bar{n}_{12} - \bar{n}_1)^{(k} (\bar{n}_{12} + \bar{n}_2)^{h)} \right] + \mathcal{O}(\epsilon^5), \quad (131)$$

Case Study #1

DEFINING SPORTS PERFORMANCE >>>



Female Soccer Player:

- > 5'5
- > 115-120lb

$$\frac{m_2}{2} \vec{n}_{12} \cdot (\vec{n}_1 - \vec{n}_2)$$

$$\left[\sum_{A=1,2} \frac{1}{r_A} \right] + \mathcal{O}(\epsilon^7), \quad (130)$$

$$\left[\vec{n}_1 \right]^{(k)} (\vec{n}_{12} + \vec{n}_2)^h \Big] + \mathcal{O}(\epsilon^5), \quad (131)$$

Case Study 1 Breakfast: Female Soccer

DEFINING SPORTS PERFORMANCE >>>



Wheat Toast

- > Add Peanut Butter OR Greek yogurt for protein

Orange Juice

- > Whole fruit is always better
 - > Antioxidants
 - > Fiber
 - > Less calories (not concerned about)



Glazed Donut (260cal, 14gF, 3gP)

- > Powdered Cocoa Donut
 - > **220 cal, 11g F, 5g Pro**
- > Vita Tops Muffin Tops
 - > 100 cal, 1g F, 9g Fiber, 5g Fat

Case Study 1 Lunch: Female Soccer

DEFINING SPORTS PERFORMANCE >>>



Hot Dog (147cal, 14g Fat, 5g Pro)

- > Turkey Dog
 - > 100 cal, 8g Fat, 5g Pro

Cheese (100cal, 9g Fat, 5g Pro)

- > Reduced Fat, 2% Cheese
 - > 50 cal, 4g Fat, 5g Pro



Case Study 1 Dinner: Female Soccer

DEFINING SPORTS PERFORMANCE >>>



Chili (250cal, 4g Fat, 17g Pro)

- > Turkey Chili
 - > 200 cal, 2g Fat, 17g Pro

Cheese Pizza

- > Veg Pizza with Lean Meat (Canadian bacon or chicken) with "LIGHT CHEESE"



Case Study #2: Male Football

DEFINING SPORTS PERFORMANCE >>>



Male Football Player

- > 6'1
- > 190 lbs

$$\frac{m_1 m_2}{r_{12}^2} \vec{n}_{12} \cdot (\vec{n}_1 - \vec{n}_2)$$

$$\left[\frac{m_2}{r_2} \sum_{A=1,2} \frac{1}{r_A} \right] + \mathcal{O}(\epsilon^7), \quad (130)$$

$$\left[-\vec{n}_1 \right]^{(k)} (\vec{n}_{12} + \vec{n}_2)^{(h)} \Big] + \mathcal{O}(\epsilon^5), \quad (131)$$

Case Study #3 Breakfast: Male Football

DEFINING SPORTS PERFORMANCE >>>

Yoplait Yogurt (190cal, 3g Fat, 5g Pro)



- > Chobani Greek Yogurt
 - > 140 cal, 0g Fat, 14g Pro

Nutella (200cal, 11g Fat, 2g Pro – Sugar 20g)



- > Peanut Butter
 - > 190cal, 16g Fat, 7g Pro – 4g Sugar

Case Study #2 Lunch: Male Football

DEFINING SPORTS PERFORMANCE >>>

Peanuts

- > Almonds or Walnuts

Peanut Butter Sandwich (190cal, 16g Fat, 7g Protein)

- > Turkey (1oz)

> 30cal, 1g Fat, 5g Pro

Choc Chip Cookie 1oz (130cal, 7g Fat, 1g Protein)

- > Graham Cracker or Nilla Wafer (1oz)

> 120 cal, 3g Fat, 2g Pro



Case Study #2 Dinner: Male Football

DEFINING SPORTS PERFORMANCE >>>



French Fries (540cal, 29g Fat, 6g P)

- > Fruit/Yogurt parfaits, Pretzels, Baked chips, baked potato, side salad

Ranch Dressing (140cal, 15g Fat, 0g Protein- Sat Fat 5g)

- > Italian

> 35cal, 2g Fat, 0g Pro

Twix (280cal, 14g Fat, 3g Protein)

- > 3 Musketeer

> 250 cal, 8g Fat, 2g Pro



Case Study #3: Female XC

DEFINING SPORTS PERFORMANCE >>>



Female Cross Country:

- > 5'7
- > 120-130lbs

$$+ 2 \frac{m_1 m_2}{r_{12}^2} \bar{n}_{12} \cdot (\bar{n}_1 - \bar{n}_2)$$
$$\left[\frac{m_1 m_2}{r_{12}} \sum_{A=1,2} \frac{1}{r_A} \right] + O(\epsilon^7), \quad (130)$$

$$\left[(\bar{n}_{12} - \bar{n}_1)^k (\bar{n}_{12} + \bar{n}_2)^h \right] + O(\epsilon^5), \quad (131)$$

Case Study #3 Breakfast: XC Female

DEFINING SPORTS PERFORMANCE >>>



Cin Crunch Bagel (410cal, 8g Fat, 11g Pro)

- > Bagel with Egg Sandwich
 - > 400 cal, 6g Fat, 25g Pro

Orange Juice

- > Whole fruit is always better
 - > Antioxidants
 - > Fiber
 - > Less calories (not concerned about)



Case Study #3 Lunch: XC Female

DEFINING SPORTS PERFORMANCE >>>



Peanut Butter Sandwich (190cal, 16g Fat, 7g Protein)

- > Turkey (1oz)
 - > 30cal, 1g Fat, 5g Pro

Spaghetti with marinara

- > Spaghetti with chicken breast, turkey meat, or lean beef
 - > **Extra 10-20g Pro**
- > Wheat pasta over white
 - > **Extra: 3-5g protein and 3-5g fiber**



Case Study #3 Dinner: XC Female

DEFINING SPORTS PERFORMANCE >>>



Stir-fry with zucchini and squash

- > Add chicken or lean steak

Ice Cream and Brownie

- > Fruit pops
- > Few pieces of hard candy
- > Chocolate milk
- > Sucker



Case Study #4: Female LAX

DEFINING SPORTS PERFORMANCE >>>

Female LAX:



$$\frac{m_1 m_2}{r_{12}^2} \vec{n}_{12} \cdot (\vec{n}_1 - \vec{n}_2)$$

$$\left. \frac{n_2}{1} \sum_{A=1,2} \frac{1}{r_A} \right] + \mathcal{O}(\epsilon^7), \quad (130)$$

$$+ \epsilon^5 \left[\sum_{A=1,2} \frac{\epsilon^{\alpha}}{r_A^2} n_A^{\alpha} n_A^{\alpha} - \frac{\epsilon^{\alpha}}{r_{12} S^2} n_{12}^{\alpha} n_{12}^{\alpha} \right.$$

$$\left. - 8 \left(\delta^i_k \delta^j_l - \frac{1}{2} \delta^{ij} \delta_{kl} \right) \frac{m_1 m_2}{S^2} (\vec{n}_{12} - \vec{n}_1)^{(k} (\vec{n}_{12} + \vec{n}_2)^{h)} \right] + \mathcal{O}(\epsilon^5), \quad (131)$$

Case Study #4 Breakfast: Female LAX

DEFINING SPORTS PERFORMANCE >>>



Honey Bunches of Oats (160cal, 2g Fat, 3g Pro)

- > Kashi Go Lean
 - > 190 cal, 3g Fat, 9g Pro
- > Oatmeal Squares or Raisin Bran
 - > 210 cal, 3g Fat, 6g Pro

Orange Juice

- > V8 (which she did one day)
- > Whole fruit is always better
 - > Antioxidants
 - > Fiber
 - > Less calories (not concerned about)



Case Study #4 Dinner: LAX Female

DEFINING SPORTS PERFORMANCE >>>

Sausage 3oz (265cal, 23g Fat, 12g Pro- Sat fat 10g)



- > Turkey Sausage
 - > 130 cal, 7g Fat, 13g Pro – Sat fat 3g



$$+ 2 \frac{m_1 m_2}{r_{12}^2} \bar{n}_{12} \cdot (\bar{n}_1 - \bar{n}_2)$$

$$\left[\frac{m_1 m_2}{r_{12}} \sum_{A=1,2} \frac{1}{r_A} \right] + O(\epsilon^7), \quad (130)$$

$$\frac{1}{12} \left[(\bar{n}_{12} - \bar{n}_1)^k (\bar{n}_{12} + \bar{n}_2)^h \right] + O(\epsilon^5), \quad (131)$$

EAT WELL, FEEL WELL!!!

DEFINING SPORTS PERFORMANCE >>>



Contact:

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