

Nutrition 101

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Ellen Reinhold LAT,ATC,CSCS
ellen_reinhold@mymail.eku.edu

Why is it important to eat well?

- More energy
 - Improved mental health
 - Healthy BMI
 - Decreased risk of developing chronic diseases and conditions
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What are calories?

Calories:

- Energy the body needs to function
 - Need energy to expend energy
 - Not all calories are bad!
- A healthy diet is usually based off of ~2,000 calories to maintain weight
 - This number varies person to person and for women it is usually ~1,500 cal/day
- Roughly what your plate should look like \Rightarrow

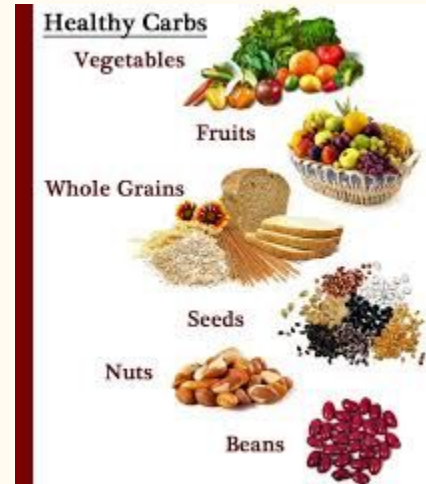


Nutritional Components



Carbohydrates (Carbs)

- 45-55% of total daily caloric intake
- Carbs are sugars the body uses as its main source of fuel
- Even though it is a source of fuel, you don't actually need carbs to live (although life would not be as nice without carbs)
- Eat healthy carbs: whole grains, foods with lots of fiber
- Carbs should be eaten in moderation
- Avoid fried foods, chips, desserts (added sugar), processed food



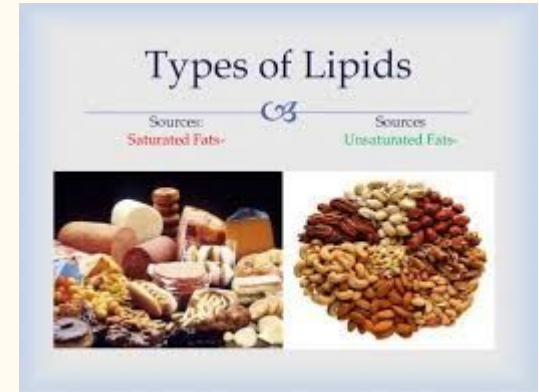
Proteins

- 10-12% of daily caloric intake
- Body uses it as building blocks (ie. muscles)
- No negative side effects to eating too much protein (there's no such things as too much!)
- Try to eat whole, unfried, not fatty, lightly salted proteins
- Plant sources of protein do not have all the necessary nutrients found in animal proteins
 - Vegan/vegetarians need to substitute in amino acids to get all nutrients



Lipids (Fats)

- 30-35% of daily caloric intake
- Very calorically dense, source of energy
- Classified as:
 - Saturated: generally from animal sources
 - Eat only a few of these daily
 - Unsaturated: generally from plant sources
 - Eat these
 - Trans fats: fried foods or additives
 - DO NOT EAT/AVOID (not good for you)
- Food labels tell what kinds are in the foods you buy



Vitamins & Minerals

Vitamins:

- Body needs these to be healthy
- Two kinds:
 - Water soluble: B's, H and C
 - Fat soluble: A, D, E, K
- Found in: fruits, veggies



Minerals:

- Body needs minerals in smaller quantities
- Two kinds:
 - Macro (big) and micro (small)
 - Found in meats, grains, fruits, veggies
- Salt is so important!
 - Needed for muscle contraction and staying hydrated
 - Eat in moderation
 - Most foods already have enough salt, so no need to add any extra when eating out or eating processed foods

Water



- Water is VITAL for life
- 60-75% of your body is made up of water
- Loss of 2% of body weight (due to sweating) can have adverse physiological effects
 - 5% or more can be life threatening
- Sensation of thirst lags behind need for water replacement
 - Replace your salt as well as water (sports drinks)
 - Monitor urine color (lighter=hydrated)
 - 2-5L during practice/games; total of at least 2L/day outside of that

Nutritional Tips

1. There is more than one way to a healthy diet... tailor it to your specific needs, taste preferences, budget, and culture.

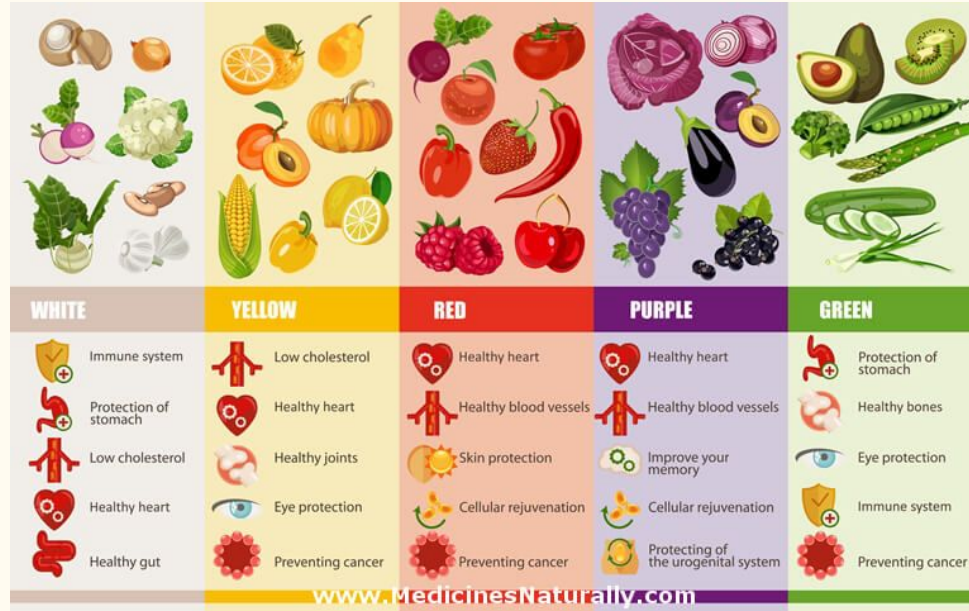
5. Start with small changes and work them into your daily eating habits.

2. A healthy diet should have variety! Aim for foods and drinks that come from each food group, while limiting saturated/trans fats, sodium, and added sugars.

3. Moderation is key!

4. Eat the rainbow (not skittles, they don't count).

6. Take a daily multivitamin if you do not eat enough fruits and veggies to help combat deficiencies in vitamins and minerals.



Example Meal Foods

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Breakfast:

- Fiber rich cereals
- Eggs
- Bacon/sausage
- Greek yogurt
- Whole grain toast

Dinner:

- Steak, broccoli, baked potato
- Chicken and rice, side salad
- Soups
- Homemade tacos

Lunch:

- Meat/cheese sandwich
- Peanut butter and jelly sandwich
- Apple/orange/peach/etc.
- Carrot sticks/veggie
- Cheese and crackers
- Fiber or protein bar
- Protein/fruit smoothie

Snacks:

- Fruits, veggies, fiber/protein bars, nuts, seeds, small salad, etc.

Resources:

<https://www.choosemyplate.gov>

<https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/body-weight-and-cancer-risk/adult-bmi.html>

<https://www.nata.org>

Questions?