



The Children's Hospital

SPORTS MEDICINE

for Young Athletes

Pearls of Wisdom from “Eating to Win”

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DAILY CALORIC INTAKE:

SEDENTARY: 10 – 12 x (Body weight in pounds)

MODERATE: 12 – 15 x (Body weight)

HIGH: 15 – 18 x (Body weight)

DOUBLE-DAYS: 18 – 22 X (Body weight)

Great Resource!

Online Calorie Counter

<http://www.stevenscreek.com/goodies/calories.html>

SIMPLE CARBOHYDRATES: Less nutrients, less vitamins, higher calories, higher fat

- Avoid simple carbs if you can, especially high fructose corn syrup
- Examples: white bread, cakes, cookies, candy, soda pop, juice, white pasta

COMPLEX CARBOHYDRATES: More nutrients, more vitamins, less calories and fat

- Choose complex carbohydrates when possible
- Stabilizes blood sugar and keeps energy level consistent
- Examples: whole grain breads and pastas, oatmeal, fruits, veggies, yogurt

PROTEIN: Choose “healthy” proteins, such as nuts, beans, cheese, lean meats such as chicken or turkey or fish, rather than red meat, lamb, pork.

FAT: Choose “healthy” fats, such as nuts, avocado, olive oil, fish, rather than fast food, simple carbohydrates, or processed foods.



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THE TRAINING DIET:

- **RATIO OF FOOD TYPES:** 55 – 58% CARBS; 12 – 15% PROTEIN; 25 – 30% FAT
- **CONVERTING POUNDS TO KG:** 2.2 lbs. = 1 kg.
[Divide your body weight in pounds by 2.2]

PRE-EXERCISE:

- *Fluids:* Water, 400-600mL at 2-3 hours before exercise
- *Carbs:* 4g/kg at 3-4 hours before exercise; then 0.5-1g/kg at 1-2 hours before exercise
- Choose familiar foods, low fat and low fiber foods to minimize stomach upset

DURING EXERCISE:

- *Fluids:* Water (if <1 hr exercise); Sports drink (if >1hr exercise or heavy sweating), 150-350mL (6-12 oz) every 15-20 minutes.
- *Carbs:* 0.7g/kg (30-60g) per hour divided every 15-20 minutes
- *Sodium:* If heavy sweating or prolonged exercise

AFTER EXERCISE:

- *Fluids:* Sports drink and water, 450-680mL per 0.5kg of body weight lost during exercise event; begin immediately after event is completed.
- *Carbs:* High glycemic index and simple sugars (glucose, sucrose), 1-1.5g/kg every 2 hrs; begin immediately after event and through 4 hrs after event.
- *Protein:* 0.2-0.4g/kg every 2 hrs; begin immediately after event through 4 hrs after event.
- *Sodium:* moderate amount with each meal; i.e. pickles, ketchup, soup, pretzels