

Sports Nutrition 101 Carbohydrates

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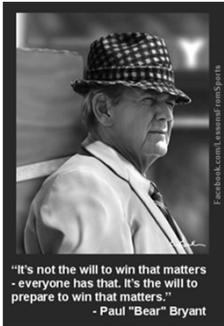
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Outline

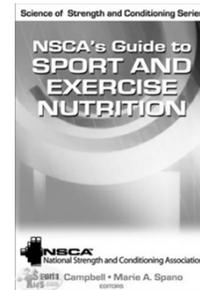
- ✓ Why carbohydrates are important
- ✓ Types of carbohydrates
- ✓ How much?
- ✓ Pre- and Post- competition/conditioning needs
- ✓ Recommendations
- ✓ Recipes



If you're not taking care of your nutrition, A LOT of your physical training will be wasted and your game performance will suffer.

Proper nutrition is a necessary component of PREPARING to win.

We've come a long way...



Why Are Carbohydrates Important?

- ✓ The body's main source of energy
- ✓ 2 types
 - ✓ Simple → body digests quickly
 - ✓ Used quickly for conditioning/competition
 - ✓ Fruit / added sugars (juice/soda)
 - ✓ Some vegetables (carrots/beets)
 - ✓ Complex → body digests slowly
 - ✓ Used for recovery/preparation for competition/conditioning
 - ✓ Pasta/Rice/Bread/Beans



How Much Carbohydrate?

- ✓ Recommended intake
 - ✓ At least 5 grams of carbohydrate per kilogram of bodyweight
 - ✓ For a 150-lb person:
 $150 / 2.2 = 68 \text{ kilograms} \times 5 \text{ grams / kg / bw} = 340 \text{ grams carbohydrate per day}$
- ✓ Websites on food counts:
 - ✓ www.FitDay.com
 - ✓ www.SparkPeople.com
 - ✓ www.MyPyramidTracker.gov

Pre-Competition / Conditioning Carb Intake

- ✓ 1 gram of carbohydrate per kilogram of bodyweight 1 hour before competition / conditioning
 - ✓ 150-lb athlete → 150 / 2.2 = 68 grams of carbohydrate
- ✓ Fruit salad
- ✓ AB&J sandwich
- ✓ Energy bar
 - ✓ Clif bar
 - ✓ Make-Your-Own
 - ✓ Coconut Flax Bars



http://www.nowfoodsblog.com/recipes/coconut-flax-crunch-bars/?sf_s=energy-bars

Recommended Post-game / competition Snack

- ✓ 1.5 grams of carbohydrate / kg / bw and 20 grams of whey protein 30 minutes - 2 hours of finishing your workout
- ✓ Recovery Shake:
 - ✓ 1 Core Power Chocolate
 - ✓ Added carbohydrate versus vanilla/strawberry
 - ✓ 2 Cups VitaCoco Coconut Water
 - ✓ Potassium
 - ✓ 1 banana (optional)



Chocolate Milk: The "New" Recovery Drink

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Recommended Carbohydrate Foods

- ✓ Ezekiel Bread - See nutrition handout
 - ✓ Raw local honey
 - www.naturalnews.com/035493_raw_honey_health_benefits_antibacterial.html
- Raw honey has anti-viral, anti-bacterial, and anti-fungal properties. It promotes body and digestive health, is a powerful antioxidant, strengthens the immune system, eliminates allergies, and is an excellent remedy for skin wounds and all types of infections. Raw honey's benefits don't stop there. Raw honey can also stabilize blood pressure, balance sugar levels, relieve pain, calm nerves, and it has been used to treat ulcers. Raw honey is also an expectorant and anti-inflammatory and has been known to effectively treat respiratory conditions such as bronchitis and asthma.
- ✓ Cinnamon
 - ✓ Powerful antioxidant / anti-bacterial / anti-inflammatory
 - ✓ Helps control blood sugar
 - ✓ Core Power Drink
 - ✓ No aspartame / Splenda / Acesulfame potassium
 - ✓ See nutrition handout

Sample Snack

Consumed 1-2 hours before competition / conditioning

Dr. Arnold's "Super Snack Sandwich"

- ✓ 2 slices Ezekiel Bread
- ✓ 2 tablespoons Barney Almond Butter
- ✓ 1 tablespoon raw local honey
- ✓ 2 teaspoons cinnamon

Total Nutrition:

- ✓ Calories (360 barney, 160 bread, 60 honey)
- ✓ Grams carbohydrate (17 honey, 28 bread, 16 barney)
- ✓ Grams protein (10 bread, 12 barney)
- ✓ Grams fat (30 barney, 2 bread)

Recipes: It's Time to Start Cooking

- NOW Foods cooking website - <http://www.nowfoodsblog.com/recipes/>
 - Gluten-free pasta with sautéed vegetables
- Wheat-free recipes <http://www.nowfoodsblog.com/recipes/diet/wheatfree-2/>
- Gluten-free recipes <http://www.nowfoodsblog.com/recipes/diet/glutenfree-2/>
- Dairy-free recipes <http://www.nowfoodsblog.com/recipes/diet/dairyfree-2/>

Thank You!



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