



NUTRITION FOR TRACK AND FIELD

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INTRODUCTION

- Recovery Snacks
- Fluids and hydration
- Competition Eating
- Recovery Strategies
- Building Muscle
- Supplements
- Making time

- Pan Am Games



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UNITED STATES OLYMPIC COMMITTEE**RECOVERY SNACKS**

For Endurance Athletes:

- Banana
- Cereal and milk
- Sesame seed bars
- Fruit and yogurt
- Other sports bars

For Strength Athletes

- Yogurt
- Whey Protein
- Kashi GoLean cereal
- K-time protein bars
- Fruit and Cottage Cheese



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Everyday hydration



Travel Hydration



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SPORTS DRINKS

Designed for quick delivery of fluid & glucose to the bloodstream.
Good for during competition (>60 minute events) and post competition.
Sports drinks encourage more fluid consumption & is more likely to remain in the body compared with water alone.

Sports drinks are not necessary but can be helpful in some circumstances .



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PRE COMPETITION MEAL

- Large meal 4 hours prior
- Smaller meal 2 hours prior
- High carbohydrate, low fat, low fiber
- Fluids
- Don't try anything new on the day
- Liquid meals

- Breakfast cereal & milk
- Grain toast
- Low fat yogurt and fruit
- Oatmeal
- Toast with baked beans
- Rolls or sandwiches
- BOOST
- Pasta with tomato based sauce



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RECOVERY STRATEGIES

Sleep

- Are you sleep deprived? Yes or No?
- Once your head hits the pillow, do you fall asleep within 5 minutes?
- Do you need an alarm clock to get up?
- Does a warm room, or boring lecture make you drowsy?
- Do you feel sleepy after 1 alcoholic drink?
- Do you sleep more on weekends than you do during the week?



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RECOVERY STRATEGIES

Sleep

- Super Sleep Strategies
 1. Keep your bedroom completely dark, or wear an eye mask
 2. Turn off computers and television at least half an hour before bedtime (use this time to read a book, stretch, listen to music)
 3. Avoid caffeine after 4pm as it stays in the system for hours
 4. Schedule workouts between 5-7pm, as that timing will improve the quality of your sleep.
- Night time Noshing
 1. Avoid alcohol
 2. Have warm milk
 3. Nuts
 4. Don't eat too much before bed



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IDEAL BODY COMPOSITION

How do we lose weight safely:

- Don't skip meals.
- Need a good breakfast.
- Do include lots of fruit and vegetables.
- Eat higher fat foods in smaller quantities.

Unfortunately, there are no secrets



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IDEAL BODY COMPOSITION

Building Muscle

- Make sure athletes are consuming adequate protein and energy (most are!)
- Ensure the protein is being consumed at the right time (after resistance sessions)



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SUPPLEMENTS

How to decide which ones to use?

- Be wary of lead contamination!!
- Be wary of suspect ingredients

- <http://www.usatf.org/groups/HighPerformance/AntiDoping/index.asp>
 - Global Drug Reference Online
 - REC Supplement Exchange

- http://www.nsf.org/certified/consumer/listings_main.asp
 - Search for tested supplements



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MAKING TIME

- Don't leave planning of meals until you're hungry & want to eat
- Organize what you're going to cook before you go shopping so meals are well balanced
- Timing of food is also important, so eat when you're hungry as this is when your body needs it most
- Have healthy snacks available all the time



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RESOURCES

- IAAF Nutrition for athletics: A Practical Guide
www.iaaf.org/mm/document/imported/42817.pdf
- USATF website, Nutrition Fact Sheets
www.usatf.org/groups/HighPerformance/AthleteDevelopment/NutritionalInfo/Index.asp



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PAN AM GAMES

Athletes Living and Eating inside the Main Village in Guadalajara

- Bottled water will be provided in rooms (do not drink any tap water)
- Purified water will be provided in the dining hall
- Ice will not be provided in the dining hall, all drinks should be available cold (when appropriate)
- Fresh fruit and vegetables will be washed with purified water in the dining hall
- Milk and dairy products will be pasteurized
- An information kiosk will be staffed by a sport dietitian during common dining hours
- Sport nutrition fueling will be limited (if any) at training/competition venues.
- If you plan to request box lunches for days you will miss a meal in the dining hall, please let a dietitian know as far in advance as possible to help arrange
- Athletes should avoid eating beef and pork at any restaurant/eatery outside the village (it is safest to rely on food provided by the organizing committee inside the village)
- Guadalajara's elevation is quite high at 1566 m (5138 ft). Increased fluid consumption is suggested upon arrival.



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PAN AM GAMES

Athletes Living and Eating at outlying Sites/Venues

- Athletes should avoid eating any beef or pork at the hotel dining halls
- Menu content will be similar to the main village in Guadalajara however food sourcing may be different based on individual hotel locations, please check with local USOC staff with any questions

