This Special Olympics Florida Coaches' Guide to Sports Nutrition is designed to assist Special Olympics Florida coaches of all sports and competitive levels in understanding the established principles of nutrition that can facilitate success for Special Olympics Florida athletes.

Special Olympics Florida Healthy Community in conjunction with Florida International University Robert Stempel College of Public Health Dietetics Department Interns
Topics Covered

1. Hydration
2. Dehydration
3. MyPlate
4. Whole Grains
5. Carbohydrates (Good vs. Bad Carbs)
6. Protein
7. Fats
8. Portion Control
9. Vitamins and Minerals
10. Pre & Post Workout Snacks
11. Eating on the Road
12. Coaches Notes/Review
Hydration

• The coach plays a vital role in ensuring that their athletes are properly hydrated.
• Hydrating is critical prior, during, and after practice and competition.
• Athletes lose fluid through sweat (skin) and breathing (lungs).
• If fluid is not replaced, dehydration could take effect.
• Increase the number of water breaks in warm climates.
* The best replacement fluid is WATER!
When should you hydrate?

- **2 hours before exercise**: Drink 16 oz. of fluids
- **15 minutes before exercise**: Drink 8-16 oz. of fluids
- **During exercise**: Drink 4-16 oz. every 15-20 minutes based on tolerance
- **After exercise**: Drink 16-24 oz. per pound of body weight lost during exercise
Dehydration

Signs and Symptoms of Dehydration

› Dry mouth
› Lack of tears/saliva
› Dizziness
› Inability to sweat or urinate
› Rapid Heart Rate
› Delirium
› Altered Mental Status
› Loss of Consciousness

*Drink before you feel thirsty!
Drink Until You’re in the CLEAR!

- Urine that is dark golden in color indicates dehydration.
- Coaches should instruct their athletes to check their urine color and notify them if their color becomes too dark.
MyPlate: Important Points

MyPlate Guidelines
30% Vegetables
20% Fruits
30% Grains
20% Proteins
Half of your plate fruits and vegetables
Half of your grains full
Low-fat/non fat milk

MyPlate Guidelines and Explanation
Build a Healthy Plate

Try some of these options:

✓ Make half your plate fruits and vegetables.
✓ Switch to skim or 1% milk.
✓ Make at least half your grains whole.
✓ Vary your protein food choices.
✓ Keep your food safe to eat – learn more at www.FoodSafety.gov
✓ Check out- ww.choosemyplate.gov
Make Half of your Plate Fruits & Vegetables

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits and vegetables may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
Healthy Plate

ATHLETE’S PLATE

HARD TRAINING / RACE DAY:

FATS
2 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Avocado
Oils
Nuts
Seeds
Cheese
Butter

Cooked Veggies
Vegetables
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Cooked Veggies
Vegetable Soups
Raw Veggies

Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

The Athlete’s Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 1 handout.
Healthy Plate

ATHLETE'S PLATE

EASY TRAINING / WEIGHT MANAGEMENT:

FATS
1 Teaspoon

Lean Protein

Whole Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables & Fruits
Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy Beverages
Diluted Juice
Flavored Beverages

Coffee
Tea

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Nutrition and Sports

**Grains** - Grains provide mainly carbohydrate, which is the body’s main source of fuel during exercise, particularly as intensity increases. Skimping on carbs leads to a break-down of muscle for energy.

**Protein** - Protein is important for muscle re-synthesis and re-building for athletes.

**Fruits** - Fruits provide carbohydrates, but also vitamins and minerals essential for proper recovery of trained muscles and prevention of illness.

**Vegetables** - Vegetables are a great source of fiber as well as vitamins and minerals. Fiber provides “staying power”, leading to sustained energy during activity.

**Dairy** - Choosing low-fat dairy products is a great way for athletes to take on more protein and carbs, as well bone-strengthening calcium and Vitamin D – two components important for protection from injury.
Opt for WHOLE GRAINS

If the ingredient says...

Whole [name of grain]
Whole [name of grain] flour
Whole grain [name of grain]
[name of grain] berries
Stoneground whole [grain]
Oats, oatmeal
Whole white wheat
Bulgur
Graham flour

If it is Whole Grain?

Yes
These are all Whole Grain.

Maybe
Some parts of the grain may be missing, so these products may lack the benefits of Whole Grain.

No
These are not Whole Grain ingredients.

Adapted from the Whole Grains Council
Carbohydrates

• Carbohydrate is the primary fuel source for high-intensity, maximal-outburst activity, and significant early fuel source for endurance exercise.

• Consuming adequate amounts of carbohydrate helps you maintain a high level of training intensity and promotes rapid recovery.

• Carbohydrates should be eaten at all meals and before and after exercise

• Foods containing carbohydrates: bread, rice, pasta, cereals, crackers, fruits, juices, vegetables, dried beans/peas
Good Carbs vs. Bad Carbs
Proteins

• Used for building and repairing muscles, red blood cells, hair, and other tissues.

• Athletes get enough protein for muscle growth and repair in an average mixed diet.

• Protein is found in meat, poultry, dairy products, eggs, nuts, tofu, and beans.
# Proteins

## Healthy PROTEIN Foods

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans &amp; Peas</td>
<td>kidney beans, red beans, black beans, pinto beans, white beans, chickpeas, green peas, soybeans, tofu, and more</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>peanuts, almonds, walnuts, sunflower seeds, pecans, pumpkin seeds, cashews, and more</td>
</tr>
<tr>
<td>Fish</td>
<td>tuna, salmon, and many other types of fish</td>
</tr>
<tr>
<td>Lean Poultry</td>
<td>skinless chicken and turkey</td>
</tr>
<tr>
<td>Lean Meat</td>
<td>lean cuts of beef, pork, and lamb</td>
</tr>
<tr>
<td>Eggs</td>
<td>whole eggs, egg whites, and egg substitute</td>
</tr>
<tr>
<td>Milk</td>
<td>low-fat or non-fat</td>
</tr>
</tbody>
</table>
Fats

• Helps sustain prolonged exercise
• Source of stored energy, burned mostly during low-level activity and when other sources are not available
• Fat should comprise no more than 20-25% of our total calories
• Healthier fat choices: nuts, seeds, olive oil, canola oil, fish, avocados, and olives
• Fat also regulates body temperature and hormones and provides fat-soluble vitamins and essential fatty acids.
# Carbs, Fat, Protein

<table>
<thead>
<tr>
<th>Good carb sources:</th>
<th>Good fat sources:</th>
<th>Good protein sources:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Beans</td>
<td>Raw, Unsalted Mixed Nuts</td>
<td>Lean Red Meat (Preferably grass-fed)</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Avocados</td>
<td>Salmon (Wild-caught preferred)</td>
</tr>
<tr>
<td>Whole Oats</td>
<td>Extra virgin Olive Oil</td>
<td>Eggs (omega-3 and cage free preferred)</td>
</tr>
<tr>
<td>Veggies like spinach, tomatoes, cruciferous veggies</td>
<td>Fish Oil (or Algae Oil)</td>
<td>Plain Greek yogurt, cottage cheese, or coconut milk yogurt</td>
</tr>
<tr>
<td>broccoli, cabbage, cauliflower</td>
<td>Flax Seeds (Ground)</td>
<td></td>
</tr>
<tr>
<td>Fruits such as: mixed berries, oranges, etc</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bad carb sources:</th>
<th>Bad fat sources:</th>
<th>Bad protein sources:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Goods</td>
<td>Cream, Ice Cream, Margarine, Avoid reduced fat and fat-free snacks (Eat real, whole foods).</td>
<td>Heavily marbled meats, certain dairy products</td>
</tr>
<tr>
<td>bagels, doughnuts, cookies, white bread, English muffins sugary cereals, chips, coleslaw, potato salad, etc</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Portion Control

• Too much of a Good thing can also be BAD
• Remember to look for the serving size on the Nutrition Facts label.
Portion Control

What does 1 food portion equal?

32 grapes = 1 cup

1/2 cup pasta = 1 oz.

1 cup cereal = 1 oz.

3 slices American cheese = 1 cup milk
Vitamins and Minerals

• Needed to regulate processes in the body—used to utilize energy from carbohydrates, protein, and fat.

Calcium

• Builds bones, length, and strength.
• Helps your muscles contract and nerves function.
• Found in dairy products, calcium-fortified orange juice, dark green vegetables, dried legumes.
• Not enough calcium can affect bone density and bone loss, increasing your risk of stress fractures. Lack of calcium can also contribute to muscle cramping.
Iron

Aids in energy metabolism. Deficiency can lead to weakness and reduced resistance to infection. Iron is found in lean meats, eggs, legumes, whole grains, green leafy vegetables.

Vitamin C increases the body’s ability to absorb iron.
What should I eat?

Pre-Workout Nutrition
- 1/2 cup grapes
- 1 stick low-fat string cheese
- 1 banana
- 1 tablespoon nut butter
- 1 slice whole wheat toast
- 2 scrambled egg whites

75% carbs/2-5% protein

Post-Workout Nutrition
- 1 Clif Kid Z Bar, chocolate brownie
- 5 strawberries
- Fruit Smoothie
- 1 cup low-fat chocolate milk
- 1/2 frozen banana
- 1/2 cup frozen fruit
- 1/2 cup apple juice
- 1 scoop protein powder
- 1/2 whole grain pita pocket, cut into wedges
- 2 tablespoons hummus
- 1/4 cup carrot sticks and celery sticks

1/4 cup Special K Red Berries cereal

All under 200 calories!
• Planning ahead!
• Decide in advance when and where the meals are going to be during the road trip.
• Call ahead and order so the meals are ready when you arrive. Most chain restaurants have online menus.
When getting snacks from the Team Cooler, look for...
Healthy Snack Options

**How to Pick a Healthy Snack Bar**

1. Look at the ingredients. Do you recognize anything? Unpronounceable ingredients can be the sign of a highly processed bar. Stick to snack bars with ingredients you recognize, no matter how many of them there are.

2. Check for dietary notes and/or allergen warnings. Vegan, gluten- and/or peanut-free? Give the packaging a once-over if there is anything you need to avoid. We all have different dietary needs, meet yours first.

3. Look at fat, then check for saturated and trans fats. Fat isn’t necessarily a bad thing, but the wrong kind of it is. Saturated fats are typically listed, and should be close to zero, but trans fats are often hidden. Look for hydrogenated or partially hydrogenated ingredients, which are usually oils.

4. Make sure sodium and sugar counts are low. Some is good, but too much is definitely bad. The lower the count, the better.

5. Make sure fiber and protein counts are high. These are the ingredients that count. Fiber fills, protein rejuvenates tired muscles. These are the two things we typically turn to a snack bar for. It should be worth it.

[Image: Various snack bars with text overlay]
Good examples of healthful restaurant choices:

**Sandwich shops** (Subway, Quiznos, Togos) - Encourage lean protein with lots of vegetables, baked chips

**Bagel shops** (Bruegger’s, Einstein Bros.) - Bagel with light cream cheese or egg for breakfast with fresh fruit or juice

**Salad bar restaurants** (Souplantation, Fresh Choice, Sweet Tomato, Crispers) - Encourage non-creamy soups, pasta, salads, breads, low-fat muffins

**Italian eateries** - Encourage pasta dishes with non-creamy sauces, non-fried items

**Supermarkets** - Salad bars, bagels, fruit, delis, yogurt, lunch meat, bread and peanut butter
Notes for the Coach

• Teach athletes about good nutrition
• Foods that are high in carbohydrates provide athletes with the energy their muscles need
• Healthy carbohydrates - whole grains, etc.
• Encourage 4 servings per day of calcium-rich foods like milk, cheese, yogurt.
• Encourage 4-5 servings per day of fruits and vegetables. Eat nutritious snacks provided at half-time.
• Drink fluids throughout training and events.
• Instruct athletes regarding the importance of pre-event meals and fluids.
• Enforce healthy habits between-game eating.
• Provide healthy snacks during tournaments.
• Pre-select an appropriate restaurant that can healthfully handle the whole team.
• Instruct players to pack their own healthy favorites.
• Pre-game dietary goals should be, continuous hydration and maintaining low blood sugar levels.
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