

## How quick are you ?

If you are drinking alcohol, you are not as quick as you could be. You might think you are only affected at the party after the game, but that is not the case.

In the teen years your brain is growing, firing and wiring, more than any other time. When you add alcohol to the mix, it interferes with brain development. It interferes with quick decisions you need to make on the court, field or track. Be the best athlete you can and stay away from the alcohol and drugs.

Marijuana use is clearly related to depression, anxiety and personality disturbances. In a 2002 survey 33% of Waupaca students reported using within the last 12 months. Two-thirds were under 18. Research shows that 1 out of 10 become dependent on marijuana after initial use.

Alcohol and marijuana are gateways to more serious drugs and problems.

## Parents-

We know more about alcohol and drugs and their effects than we did when you grew up:

- Talk with your athlete about the consequences of using ,
- Follow thru on those consequences or they are meaningless,
- Know where your athlete is and who they are with...Network with other parents.

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University of Wisconsin, U.S. Department of Agriculture and Wisconsin cooperative extension. UW Extension provides equal opportunities in employment and programming including Title IX and ADA.

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## Winning sports



## A guide to healthy choices



Waupaca County  
**NU**trition and **ACT**ivity Coalition

**NUACT** Recommendations for Athletes

*Whether you participate in races, team sports or work out in the off season to stay fit; what you eat and drink can affect your health and performance. If you want to do your best, you need to follow good nutrition practices, drink plenty of fluids, exercise routinely, and make good lifestyle choices.*

## Strategies for Competition

Follow smart hydration practices.  
Fluid guidelines:

Before-Drink before you exercise to improve performance, 16 fluid ounces

During-Drink during exercise to keep going, 6 to 12 fluid ounces every 15 to 20 minutes

After exercise-Drink after exercise to recover faster, 16 fluid ounces for every pound of body weight lost

Source: ADA Position Paper, December 2000; vol. 100:1549

Thanks to the American Dietetic Association for informational excerpts in this brochure.  
[www.eatright.org](http://www.eatright.org)

## Before-be consistent!

Your performance depends on healthy eating year round as well as the foods you eat right before you compete. The pre-event meal is to provide energy to keep you going and fluids to keep you hydrated. The rule of thumb is high carb, low-fat 2 to 4 hours before an event.

## During-maintain fluids!

Generally you should drink the fluids as recommended previously to maintain fluid balance (6 to 12 oz. every 15 to 20 minutes). During events lasting longer than 1 hour, you will perform better if you drink a sports drink instead of plain water. Sports drinks contain carbs and a small amount of sodium to fuel muscles and replace fluid lost while sweating.

## After-fuel up fast!

It is important to eat carbs, protein and drink lots of fluids to replace what you used. *Research shows that eating soon after training or competition helps you recover faster and rebuild muscle in high endurance and intensity sports.*



## What is an example of a winning diet?

Just as there is more than one way to win a gold medal, there is more than one way to eat and have a winning diet. Here is an example of a high-carbohydrate, low-fat diet that would satisfy the needs of athletes of all ages and levels:

Breakfast—8 oz. orange juice, 1 1/2 c. of cereal, 8 oz. low-fat milk, 1 medium banana, 1 slice of whole wheat toast, 2 T. of peanut butter.

Snack—16 oz. low-fat milk, 1 cereal bar

Lunch—6oz. white tuna (water packed), 2 slices of whole wheat bread, 1T. mayonnaise, 1 apple

Snack—2 oatmeal cookies, 20 oz. sport drink

Dinner—2 c. pasta, 1c. marinara sauce, 1c. mixed greens, 2 T. italian dressing, 8 oz. low-fat milk, 2 bread sticks, 2 T. margarine

Snack—6 oz. strawberry low-fat yogurt

Totals—3430 calories, 499 g. carbs, 139 g. protein, 109 g. fat

Percentages—57% carbs, 15% protein, 28% fat



## What about dietary supplements?

Many athletes turn to dietary supplements to help them get bigger, stronger, and faster. Individual vitamins and minerals, creatine, protein powders, herbs, and energy bars are some of the products available in health food and nutrition stores or on the Internet.

### Here is what you should know!

Dietary supplements are not well regulated, and some products may contain substances not shown on the label. If you're thinking about using a supplement, check with a registered dietitian or your physician to make sure the product is safe and under what specific circumstances it could or should be used.

## Dietary strategies for competition

What you eat and drink before, during and after training or competition is an individual matter based on your body type, your sport and schedule. Determine what works best for you by experimenting with different foods and beverages during practice sessions. Plan ahead to make sure you have access to these foods at the time of competition.



## Vitamins and Minerals

Exercise may increase the need for some vitamins and minerals. However, most athletes take in these additional amounts simply because they eat more food during the sport season. Athletes who restrict calories or eliminate one or more of the food groups from their diet may benefit from a multivitamin and mineral supplement supplying no more than 100 % of the daily value.

## Carbohydrates

When you train or compete, your muscles need energy to perform. Carbohydrates are the major source of energy for your muscles. Not all the carbohydrates you eat are used immediately for energy. Some are stored in the muscles and liver as glycogen. Every time you work out, you use some of your glycogen. That's why it is important to replenish your glycogen stores by eating enough carbohydrates daily.

## Protein

Protein has been a topic of great interest because of its role in building and repairing muscle tissue. Many athletes, especially those participating in power sports and strength training, believe a high-protein diet supplies extra energy, enhances performance, and increases muscle mass. But you get no added benefits from consuming more protein rich foods or supplements than you need. The daily amount of carbohydrate and protein you need depends on your body size, sport and the intensity of your training program.



Consider the daily carb and protein needs of different athletes:

Recreational activities like walking dancing, roller blading 2.3 (g/lb) carb and .5-.75 (g/lb) protein

Endurance sports like triathalons, biking, cross county 3.6-4.5 (g/lb) carb and .5-.6 (g/lb) protein

High intensity sports like soccer, swimming, basketball, hockey 2.3 (g/lb) or .7 (g/lb.) protein

Power and strength sports like football, wrestling, baseball, softball 2.3(g/lb)carb & .6-.8 (g/lb)protein



## Fat

For good health and performance, you need a certain amount of fat (25% to 30% of your total calories) in your diet and on your body. Fat provides essential nutrients and is a source of energy during exercise. Too much fat in the diet, however, can lead to unwanted unhealthy weight gain and increased blood cholesterol in young athletes. Make a conscious effort to choose healthier fats—the monounsaturated fats found in canola oil, olive oil, nuts and avocado.

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*Childhood obesity has tripled in the last 25 years. If this trend continues, this generation will not outlive their parents. Begin healthy nutritional habits now.*

## A guide to healthy choices NUACT

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