

# PERFORMANCE NUTRITION

SEPTEMBER, 2024



SCAN THE QR CODE BELOW TO SCHEDULE  
YOUR NUTRITION CONSULTATION



## FOCAL POINTS

- PROPER HYDRATION TECHNIQUES
- DORM FAVORITE RECIPES
- CAFFEINE 101
- SUPPLEMENT SAFETY AND REVIEW

## SUPPLEMENT SAFETY

YOU AS THE ATHLETE ARE RESPONSIBLE FOR WHATEVER SUPPLEMENT YOU DECIDE TO TAKE. THAT IS WHY IT IS VERY IMPORTANT TO KNOW WHAT YOU ARE TAKING, WHY YOU ARE TAKING IT, AND HOW IT CAN AFFECT YOUR PERFORMANCE, SAFETY, AND PLAYABILITY. SUPPLEMENTS ARE DIVIDED INTO 3 CATEGORIES:

**PERMISSIBLE** - ALLOWED TO BE TAKEN BY THE ATHLETE, AND PROVIDED BY THE INSTITUTION

EXAMPLES: SPORTS DRINKS, VITAMINS/MINERALS, CARBOHYDRATE DRINKS/BARS, OMEGA-3 (SPECIFIC LEVEL OF DIVISIONAL PROGRAM), WHOLE PROTEIN, ETC...

**IMPERMISSIBLE** - ALLOWED TO BE TAKEN BY THE ATHLETE, BUT NOT PROVIDED BY THE INSTITUTION

EXAMPLES: CREATINE, BETA-ALANINE, SPECIFIC AMINO ACIDS, ETC...

NOTE - JUST BECAUSE IT IS "ALLOWED", DOES NOT AUTOMATICALLY QUALIFY IT AS SAFE! ALWAYS CONSULT YOUR SPORTS RD!

**BANNED** - NOT ALLOWED TO BE TAKEN BY THE ATHLETE, NOR PROVIDED BY THE INSTITUTION

EXAMPLES: ANABOLIC STEROIDS, STREET DRUGS, AMPHETAMINES, ETC....

## 3RD PARTY TESTED

THIS IS WHEN AN INDEPENDENT LABS TESTS THE PRODUCT FOR ILLEGAL, BANNED, OR HARMFUL SUBSTANCES.

CHOOSE SUPPLEMENTS THAT HAVE ONE OF THE BELOW SYMBOLS.



	<b>GOOD</b> You are hydrated
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	<b>GOOD</b> You are hydrated
	<b>FAIR</b> Start drinking you need water
	<b>DEHYDRATED</b> Drink water
	<b>DEHYDRATED</b> Drink water
	<b>VERY DEHYDRATED</b> Consider taking rehydration sachets to help you re-
	<b>SEVERE DEHYDRATION</b> Consider taking rehydration sachets to help you re-

## CHECK YOUR HYDRATION

### W.U.T PRINCIPLE

**WEIGHT:** replace 150% of weight lost during training with fluids.

**URINE:** check urine during day. Yellowish-clear is the goal.

**THIRST:** thirsty = drink up



## HYDRATION

Maintaining hydration throughout the day - even on cooler days - is an important part of an athletes program.

### Hydration:

Helps move nutrients/energy through the body better

Help maintain temperature/sweat

Improve muscle recovery

Steady out blood sugar and energy

Improve mood and well being

Improve sleep quality

### FOCUS:

2 cups (16 oz) at each main meal

Sip evenly throughout the day

1-2 cups an hour before bed



**BEFORE EXERCISE**

- Begin exercise well-hydrated
- Drink 16-20 oz. of water or sports beverage at least four hours before exercise
- Drink 8-12 oz. of water 10-15 min. before exercise

**DURING EXERCISE**

- Drink water or sports beverage every 15-20 min. during exercise
  - 3-8 oz. of water (2-3 large gulps) for exercise <60 min.
  - 3-8 oz. of sports beverage for exercise >60 min.

**AFTER EXERCISE**

- Rehydrate
- 16-24 oz. of fluid for every pound lost within 2 hours of exercise
  - Chocolate milk is a great option to help rehydrate and refuel after a workout

## WAYS TO STAY HYDRATED

Black coffee + 1 cup water

12 oz. fruit smoothie + 1 cup water

1 cup fruit + dash salt + 2 cups tea

1 RTD Protein shake + 1 cup water

1 cup lemonade/iced tea + 1 cup water

1-2 cups sports drink + salted snack

1 fruit cup + salted pretzels + 1 cup water

1 ORS packet + 2 cups water

2 cups chocolate milk/alt + salted pita chips



### PRE BED TRAIL MIX

- 2 cups favorite nuts or seeds
- 2 cups favorite granola
- 1/2 cup dried cherries, blueberries
- 1/2 cup dark chocolate morsels

Combine together in resealable container. Serve 1/2 cup.  
Makes 6 servings



### BREAKFAST SCRAMBLE

- 2 whole eggs or 1/2 cup tofu
- 1/4 cup cheese or alt
- 1, 6-8 inch corn or wheat tortilla
- 2 tbsp. milk or alt (added to egg/tofu)
- favorite seasonings, Sriracha, etc...

In a microwave safe cup, stir milk and eggs/tofu together. Cook for 2 minutes.

Mix in cheese and seasonings. stir.

Pour onto wrap. fold over. add sauces.

For added protein, add beans, chickpeas, or hummus or drink 16 oz. milk or RTD



### ADULT LUNCHABLE

- 12 whole grain/wheat crackers
- 3-4 slices deli meat or 1/2 cup bean spread
- 2-3 slices cheese or alt
- 12 slices cucumber, carrot, or zucchini

Combine into favorite crackers. Pack the night before to carry in your backpack.

To add more protein, add an RTD to drink or dip in hummus

# CAFFEINE 101

Caffeine can be found in numerous products including coffee, tea, chocolate, energy drinks, soft drinks, supplements, certain medications, processed snacks, and other products.

Caffeine can have beneficial effects including:

- Act as a stimulant
- Improve overall feeling of well-being
- Increase output during training
- Reduce RPE (Rating of Perceived Exertion)

As a student athlete, it is important to understand that caffeine has its limits, too. Too much and it can make you feel “over-stimulated” and possibly lead to a positive test for a banned substance.

Here is how an athlete should consume caffeine safely and effectively:



## EVERY 3-5 HOURS



consume caffeine with at least 3-5 hrs in between servings to maximize effectiveness and reduce toxicity risk

## DOSE AMOUNT MATTERS



1-1.5 mg/lb of body weight/serving  
150 lb = ~150 - 225 mg caffeine  
225 lb = ~200 - 300 mg caffeine

## DON'T COMPOUND CAFFEINATE



Consume one “caffeinated” option like coffee, espresso, tea, etc..at a time. The more you add = caffeine toxicity

# CAFFEINE FALLS UNDER ALL “THREE”

CAFFEINE FALLS UNDER ALL THREE AREAS OF SUPPLEMENTATION.

CONSULT YOUR RD ON HOW TO ADD IT TO YOUR PERFORMANCE PLAN

**PERMISSIBLE** - as part of natural food products like coffee, tea, chocolate, soft drinks.

**IMPERMISSIBLE** - as “added” in products like RTD drinks, snack bars, flavorings. Institutions cannot provide these specific flavored products. Look for “Mocha”, “Latte” and other hidden ingredients.

**BANNED** - when it reaches a certain level in the urine. smaller athletes need less to hit these levels.

NOTE - certain sports/energy drinks contain BANNED caffeine additions like guarana!

**Celsius contains a BANNED SUBSTANCE!!**

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## DEMO DAYS

- PROPER HYDRATION TECHNIQUES
- DIY HYDRATION AND SPORT DRINKS
- SWEAT TESTING DEMO

WE WILL BE HOSTING A DEMO DAY EACH MONTH WHICH WILL FOCUS ON A DIFFERENT TOPIC, IDEA, OR GOAL. BELOW ARE THE DATES FOR YOUR RESPECTIVE INSTITUTION:

**ROBERT MORRIS UNIVERSITY:** MONDAY, SEPTEMBER 16TH 11AM - 3PM EST  
STRENGTH AND CONDITIONING AREA

**DUQUESNE UNIVERSITY:** TUESDAY, SEPTEMBER 17TH 11AM - 3PM EST  
STRENGTH AND CONDITIONING AREA

**CARNEGIE MELLON UNIVERSITY:** THURSDAY, SEPTEMBER 19TH 11AM - 3PM EST  
STRENGTH AND CONDITIONING AREA

**PITTSBURGH BALLET THEATRE:** MONDAY, SEPTEMBER 23RD 11AM - 3PM EST  
BACK HALLWAY AREA