

Nutrition for Optimal Performance: Men's Baseball

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Game Day Schedule:

(5-6 days/week)

10:00am	Breakfast
11:00am	Lifting/Conditioning
1:00pm	Lunch
3:00pm	Batting Practice
7:00pm	GAME
10:30pm	Dinner

Nutrition Assessment

Physical Assessment

- Height: 6'1
- Weight: 186lbs
- Lowest weight: 184lbs
- Highest weight: 193lbs

*BMI is not an accurate measure for athletes; not typically used

Sport Assessment

- Baseball: Higher avg. protein needs
- Pitcher (*Higher E & CHO needs than avg. baseball player*)

Student Athlete Goals

- Weight gain
- *Increase lean body mass – goal is performance enhancement
- Prevent sickness (*cold and flu*)

Supplements

- Men's Supplement Pack (MVM)

Diet Recall

- 9:30 wake-up
- 10:30 **Breakfast:** Breakfast sandwich (2 pieces white bread, 2 eggs, 2 pieces of bacon), 1 ½ cup cheerios with milk, 1 cup Greek yogurt, 1 banana, 1 bottle (7 oz.) Sunny D
- 12:00 2 Gatorade Protein Recovery shakes
- 1:30 **Lunch:** Left-over Chinese food (approx. 1 full take out carton box)
- 10:30 **Dinner:** Fast Food – 6-7 slices of pizza provided by coaches

Nutrition Intervention

To Improve Strength to Weight Ratio

- Eat every 3-4 hours (CHO + protein)
- Never skip breakfast
- Bookend workouts (CHO + protein)
- Stay adequately hydrated (↓ hydration = ↓ appetite)
- Don't take non-game days off

Weight Gain

- Never skip snacks or meals
- Add 8 oz. milk to every meal
- Eat a snack before bed

Hydration (*Typical amount for baseball players*)

- 3 Liters per day on non-game/conditioning days
- 4 Liters per day minimum on game/conditioning days

Boosting Immunity

- Variety and color: Increase fruit and vegetable intake

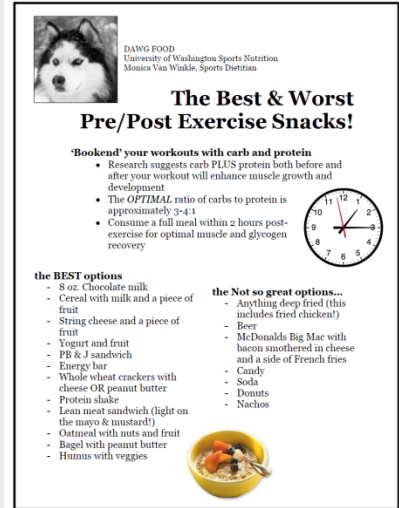
Supplements

- 1000 IU vitamin D, Nordic Naturals Sport Fish Oil (*2-3 capsules/day*)

Provided Basic Nutrient Timing Meal Plan for Game/Conditioning Days

References:

- Susan Kliener, PhD, RD. 2007. *Power Eating, Third Edition*. Champaign, IL: Human Kinetics.
- Kerkick C, Harvey T, Stout J, et al. International Society of Sports Nutrition position stand: Nutrient timing. *Journal of the International Society of Sports Nutrition*. 2008, 5:17. doi:10.1186/1550-2783-5-17.



DAWG FOOD
University of Washington Sports Nutrition
Monica Van Winkle, Sports Dietitian

The Best & Worst Pre/Post Exercise Snacks!

***Bookend* your workouts with carb and protein**

- Research suggests carb PLUS protein both before and after your workout will enhance muscle growth and development
- The **OPTIMAL** ratio of carbs to protein is approximately 3:4:1
- Consume a full meal within 2 hours post-exercise for optimal muscle and glycogen recovery

the BEST options

- 8 oz. Chocolate milk
- Cereal with milk and a piece of fruit
- String cheese and a piece of fruit
- Yogurt and fruit
- PB & J sandwich
- Energy bar
- Whole wheat crackers with cheese OR peanut butter
- Protein shake
- Lean meat sandwich (light on the mayo & mustard!)
- Oatmeal with nuts and fruit
- Bagel with peanut butter
- Hummus with veggies

the Not so great options...

- Anything deep fried (this includes fried chicken!)
- Beer
- McDonalds Big Mac with bacon smothered in cheese and a side of French fries
- Candy
- Soda
- Donuts
- Nachos

Nutrition Diagnosis

PES Statement: Food and nutrition-related knowledge deficit RT undesirable food choices for weight gain and sport performance AEB patient report that he didn't know what foods contained carbohydrates, protein and fat or nutrient timing principles for sport performance and weight gain.

Nutrition Monitoring & Evaluation

Schedule follow up appointment

- *Check body composition (*skin fold method*) to monitor trends

Assess weight gain

Assess plan adherence and nutrient timing