

SERVAIS SPORTS PERFORMANCE

NUTRITION PACKET

BASIC PERFORMANCE NUTRITION

NUTRITION is what I am asked about most by high school athletes and their parents. I have outlined some of the basics below. These guidelines are for GENERAL SPORTS PERFORMANCE! Weight gain and weight loss goals cause will cause the daily requirements to change!

STANDARD PLATE BREAKDOWN



Protein Source: Chicken, Beef, Fish, Eggs, Dairy

Carbohydrate Source: Fruit, Vegetable, Potato, Sweet Potato, Rice, Whole Grain Bread, Oatmeal

Fat Source: Avocado, Olive Oil, Nuts, Peanut Butter

"Eat the rainbow"(1) Make sure your plate is comprised of foods of many colors

APPROXIMATE DAILY REQUIREMENTS



Protein: 1gram/ lb bodyweight

Carbohydrate: 2-4 grams/ lb bodyweight

Fat: .5-.75 grams/lb bodyweight

Water: 1oz/ lb bodyweight

Total Calories: 2500-4000 (depending on goals and daily energy expenditure)

Sources:

1. John Berardi, PhD, CSCS, Founder Precision Nutrition

2. Brian St. Pierre, M.S., RD, CSCS, Precision Nutrition

TIMING YOUR MEALS



When to Eat: Getting the proper amount of food in each day is MORE important than when you feed! Not so much WHEN, but WHAT!

"The total amount of protein and carbohydrate you eat over the course of the day is more important for body composition and performance than nutrient timing strategies."(2)

DAILY RECOVERY

Hours of Sleep: 8-10 hours/ night



Sleep Hacks: No screen time an hour before bed, sleep in a dark & cold room, limit liquids prior to bed as to not interrupt sleep for a bathroom break

Walking: Short (10-15 minute) walks can be great for Central Nervous System (CNS) recovery, muscle soreness alleviation, aerobic capacity as well as MENTAL CLARITY.



**Put the Phone Down and
Power Up with Breakfast!**



**Hard-boiled egg + Apple
slices**



**Whole-grain protein
waffle + berries + Greek
yogurt**



**Chocolate Core Power +
banana**



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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

Hydration 101

Effects of Dehydration



Irritability



Poor coordination

Decreased performance



Increased risk of injury & illness

Inability to cool down, poor circulation, & increased body temperature



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Let's Talk about Fat!

When you hear the word *fat* you may instantly think of this as you would a bad word, or something you need to stay away from. Unfortunately, this thinking has been shaped by misinformation. Dietary fat is very beneficial for your body and a large part of a healthy balanced diet.

Fats make up a diverse category. Not all fat is the same. Some are much better for our bodies than others. So, let's talk about the different types of fat, which types are better than others, and where you can find them.

The Benefits

We need enough fat to support a healthy metabolism, assist in communication between cells, immunity, hormone production, and the absorption of many nutrients (such as vitamins A, D, E, and K).

Fat will help keep you feeling fuller between meals.

There is strong evidence to support healthy fats have been shown to:

- Provide cardiovascular protection
- Improve body composition
- Alleviate depression

Fat is your friend! Be sure to include healthy fats with most of your meals.

Types of Fat

Saturated Fat: You can identify these guys as being solid at room temperature. They are found in high amounts of it in foods like butter, cheese, salami, beef, and processed foods. This is the type of fat to eat less of with your meals.



Unsaturated Fat: You can identify these guys as being mostly soft or liquid at room temperature. They are found in plant foods like olives, nuts, seeds, avocados, and in fish. This is the type of fat you want to eat more of.



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PRE-WORKOUT PERFORMANCE NUTRITION

Pre-workout nutrition can play an integral part in an athlete's ability to maximize their training session. Here are a few tips and pointers with regards to Pre-Workout performance nutrition.

FAST DIGESTING CARBOHYDRATES



You don't want a bunch of slow digesting protein or fat in your gut while you are working out. Fast digesting carbohydrates 30-60 minutes before your workout will allow you to avoid feeling "hungry" during your workouts.

WHEY PROTEIN



Another great pre-workout option is fast digesting protein. A solid choice would be a whey isolate. The benefit of whey protein, is again, its ability to be digested quickly. It is also a great option for those who don't handle solid foods well prior to working out. It helps an athlete avoid feeling "hungry" while also not having solid foods in their stomach during training.

COMPLETE FEEDING



Enjoying a COMPLETE MEAL 1-2 hours before your training time is a great pre-workout option. The most important note with this option is making sure you have 60-120 minutes to digest your meal before your training. A shorter amount of time can leave you feeling sluggish and possibly nauseous.

QUICK PRE-WORKOUT OPTIONS



- 1) Fruit (Banana, Apple, Berries)
- 2) Peanut Butter and Jelly Sandwich
- 3) Oatmeal
- 4) Whey Protein and Fruit Shake

Everyone responds differently to having food in their stomach when they work out. You may have to experiment with the option that is best for you.

7 Pre-workout Snacks

Apple slices with Greek yogurt and dried cranberries

Hard-boiled egg and banana & kiwi slices

Whole grain bagel with powdered peanut butter and honey

Protein oats (whole grain)

Protein fruit smoothie

Grapes and string cheese

Greek yogurt parfait with mixed berries and whole grain oats

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Pre-Workout Nutrition



EAT THIS:

✓ Greek yogurt parfait



✓ 2 eggs + apples



✓ Overnight protein oats



NOT THIS:

✗ Energy drinks: 90-120 mg caffeine



✗ Pre-workout: 100-300 mg caffeine



✗ Bang: 300 (+) mg caffeine



Pre-workout timing: 60-90 minutes before training.

NWW Tip: Never try out new foods on a game day or heavy training day!

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INTRA-WORKOUT PERFORMANCE NUTRITION

Intra (during)-workout nutrition can mean something different for each athlete. If an athlete has their **pre-workout** nutrition dialed in, they may not need to worry about taking in fuel mid-workout. **Intra-workout** nutrition may also be more important for those athletes trying to add mass.

LIGHT CARB/PROTEIN OPTIONS



The last thing you want is a snack mid-workout that will leave you feeling slow, sluggish, or full. Always look for something light, that you can grab quickly between workout sets. Great options would be high in **simple carbohydrates** and/or high in **easily digestible protein**.

CALORIC PUNCH



Most of the athletes who I recommend a mid-workout snack for are those trying to **"Gain Weight"**. The goal of taking in nutrients intra-workout is to try and replenish the calories being burned during training. With that in mind, the more calorically dense the snack the better, while still **NOT** creating nausea.

LIQUID SNACK



Many times athletes find it easier to "drink" their intra-workout snack. For some it may be as simple as a **sports drink** (Gatorade, Powerade etc.), for others it may be a **whey protein shake** mixed with a **carbohydrate supplement**. Individual needs help determine what option works best for each athlete. (I will dive deeper into supplements with my next infographic.)

Everyone responds differently to having food in their stomach when they work out. You may have to experiment with the option that is best for you.

NWW Rule of thumb:

“25 g of protein
paired with 50 g of
CHO within 30 min”



7 Post-workout Snacks

▲ NWW "25-50-30" Rule

Low-fat cottage cheese & fresh fruit

Whole-grain turkey cheese sandwich with grapes

2 Fried eggs on a whole-grain waffle with banana slices & 8 oz low-fat chocolate milk

3/4 cup Greek yogurt, berries, chocolate protein smoothie

3/4 cup Greek yogurt, blueberries, & English muffin

Deli turkey in pita wrap with hummus & grapes

Chicken, low-fat chocolate milk, & a medium apple

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SUPPLEMENTS AND PERFORMANCE NUTRITION

This post is for athletes who are of high school age or older. It sounds "cliche", but supplements are completely useless unless you are EATING QUALITY FOOD. In no way will any of these options be a "magic bullet" for an athlete looking to increase performance. These are simply strategies an athlete could undertake in addition to intentional eating, sleeping, and hydrating. Below are the three most common supplements I recommend to SSP athletes.

WHEY PROTEIN



Whey protein shakes are a great way to boost daily protein intake for athletes. For some athletes, taking in the recommended 1-1.5g protein/lb of bodyweight can seem like an overwhelming task. Finding a clean whey protein, that gives 20-25g protein per serving and does not upset the stomach, can be very beneficial.

CARBOHYDRATE



When athletes come to me needing to put on muscle mass, they often overlook the important role carbohydrates play in muscle building. Making sure you have enough carbohydrate in your system ensures that the carbohydrate will be used for fuel, allowing for adequate growth/repair of lean tissue. Carbohydrate can be supplemented through liquids, powders, and solid foods.

CREATINE MONOHYDRATE



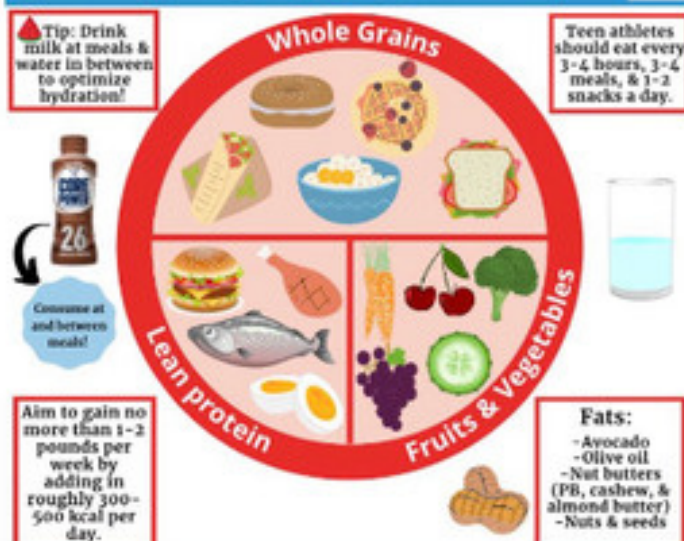
Creatine Monohydrate supplementation has been shown to positively affect "high intensity/short duration" activity. A normal dose would be a 5g/day supplementation. Creatine Monohydrate has the most "mis-information" surrounding it. Creatine has been the most scientifically scrutinized supplement with current data showing no adverse effects long term.



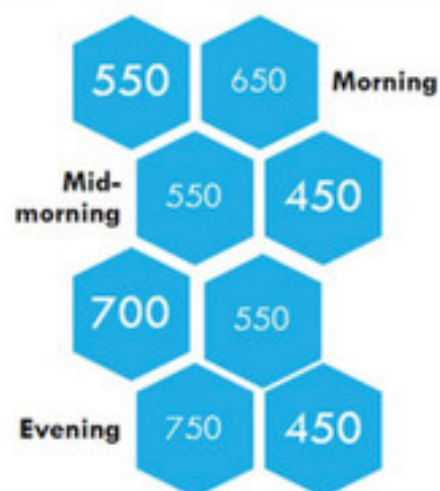
WEIGHT GAIN 101



Weight Gain Plate



Weight Gain Periodization



Weight Gain Portions



Breakfast

- 2 scrambled eggs
- 2 slices wheat toast
- 1/2 avocado
- 1 large banana
- 8-10 oz chocolate milk

SPORTS PRACTICE

2nd Breakfast
NWW Overnight Oats

- 1/2 cup oats
- 1/2 milk
- 1/2 cup fruit of choice
- 2 Tbsp nuts of choice

Lunch

- 6-8oz turkey & 2oz cheese wrap
- 1 cup rice with butter
- 1 cup pretzels
- 1 cup grapes

Weight Gain Portions



Snack

- 1 cup cottage cheese
- 1 cup cucumber slices
- 2 cups popcorn

Dinner

- 6-8oz grilled chicken
- 1 large baked potato
- 1/3 cup shredded cheese
- 1 cup steamed broccoli
- 1Tbsp olive oil

Snack

- 1 slice wheat bread
- 2 Tbsp peanut butter
- 1 Tbsp chia seeds
- 1 cup fresh fruit



Do you have more questions about weight gain?
Email NWW Virtual Assistant Amanda Brainerd, CSCS at amanda@nutritionwithwendi.com for more information!



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PERFORMANCE SUPPLEMENTS

WHEY PROTEIN

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BENEFITS OF WHEY PROTEIN



- Helps in the building of lean muscle mass
- Linked to increase both aerobic and anaerobic power output
- Improved exercise performance and recovery capabilities
- Faster absorption than other types of protein powders
- Easy and safe way to increase overall daily caloric intake

PROTEIN DAILY DOSING



- Overall daily protein intake 1.5-2 g/lb of bodyweight (depending on goals)
- Whey protein powder can account for 25-50 g/day
- Consistent daily intake more important than exact intake timing

MYTHS OF PROTEIN SUPPLEMENTATION



- Protein IS NOT a steroid. Protein is one of the 3 MACRO nutrients (protein, fat, carbs) that makes up all of our food
- Safe for internal organs as long as no prior organ issues exists
- Does NOT need to be cycled on and off. Consistent intake is beneficial for long term increase in lean body mass.

Sources:

- Antonio, J, et al. "A high protein diet (3.4 g/kg/d) combined with a heavy resistance training program improves body composition in healthy trained men and women—a follow-up investigation. J Int Soc Sports Nutr.
- Duarte, NM, et al. "Intake of Whey Isolate Supplement and Muscle Mass in Young Healthy Adults..." J Sports Med Phys Fitness
- Kollias, Helen "How Much Protein Should I Eat..." Precision Nutrition

PERFORMANCE SUPPLEMENTS

CREATINE MONOHYDRATE

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BENEFITS OF CREATINE



- Improves athletic performance in high intensity events
- Increase muscles ability to synthesize protein; assists in increasing muscular/ body mass
- Improved exercise performance and recovery capabilities

CREATINE DAILY DOSING



- 5 grams of creatine monohydrate daily
- Daily ingestion more important than timing. Can be taken before or after your workout.
- Can be dissolved with other nutritional drinks.

MYTHS OF CREATINE SUPPLEMENTATION



- Creatine IS NOT a steroid. Legal performance enhancer for NCAA and Professional leagues
- Research has not shown adverse short or long term effects
- Creatine does not increase the risk of cramping or injury

Sources:

Andrews, Ryan MS, RD "All About Creatine" Precision Nutrition

Greenhaff PL, et al. "Influence of oral creatine supplementation on muscle torque during repeated bouts of maximal voluntary exercise in man. Clinical Science

Kreider, Richard B., et al. "ISSN position stand: safety and efficacy of creatine supplementation in exercise, sport and medicine. J Int Society of Sports Nutrition



Travel Snacks On-the-Go



Simple snack ideas that will save you money, support your goals, and keep you energized during travel.



Whole-grain
turkey spinach wrap



Oatmeal
+ RXBAR



Cucumber slices +
cottage cheese



Carrot sticks +
hummus



Unsalted nuts
& seeds



Greek yogurt
parfait



Apple +
beef jerky



Core Power/protein
drink + banana



Hard-boiled eggs



Grapes +
string cheese



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NWW On-The-Go-Parfait

The Ingredients

- 3/4 cup non-fat or low-fat unsweetened Greek yogurt
- 3/4 cup mixed berries and/or banana slices
- 1 Tbsp. nut butter or powdered peanut butter
- 1 Tbsp. of chia or flax seed
- 1 Tbsp. of oats or low-sugar granola for additional carbohydrates

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Combine ingredients in a mason jar to enjoy at breakfast, snack or pre-workout!

Research supports that those who start their day off with high-quality protein have a healthier waistline, snack less, and have more energy during the day.

Start your day off right with a Greek yogurt parfait that will keep you energized and fueled !