



# **Making Sports Nutrition Realistic For High School Athletes**

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 NuLeaf  
Nutrition



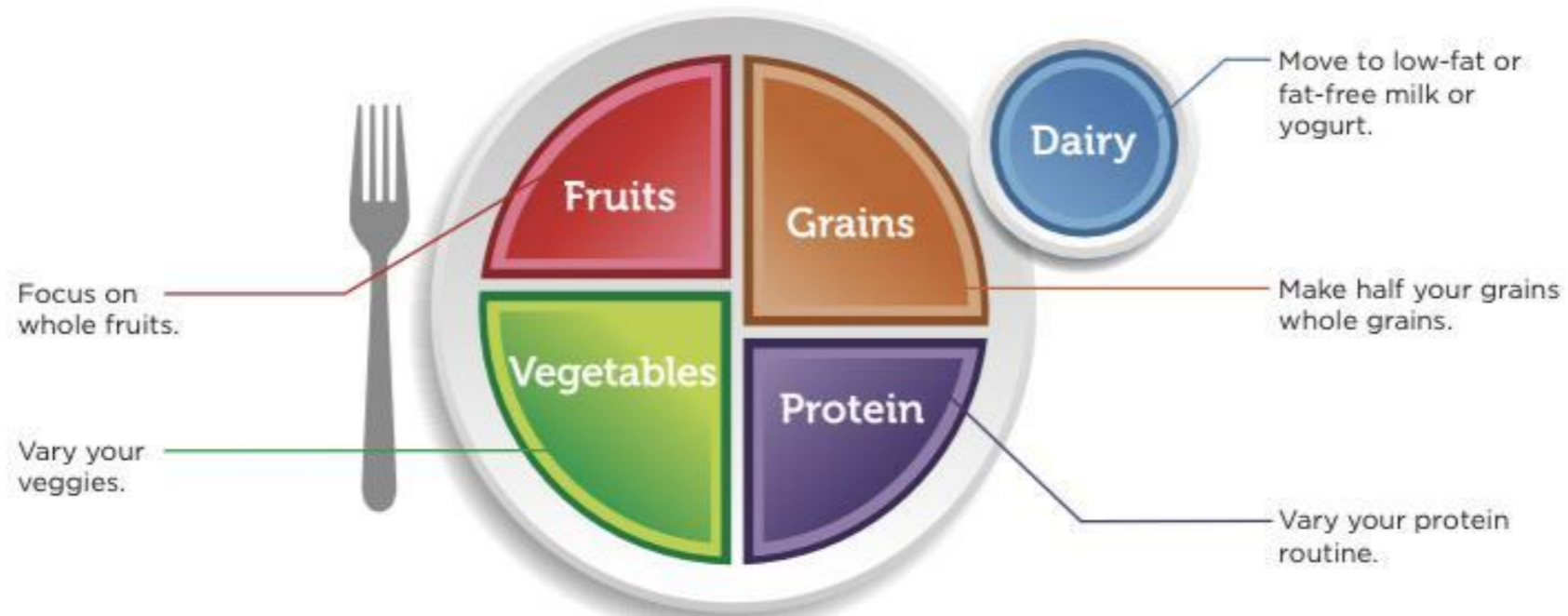




United States Department of Agriculture

# MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**



**Limit**

### Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



**MyWins**

### Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



# NuLeaf Quick Breakfast

1- Egg Bakes + Fruit-



or



2- Peanut Butter Whole Grain Toast+  
Latte with milk or milk alternative



3- Whole Grain Cereal +  
Greek Yogurt+  
Fruit+  
Peanut Butter



Additional tips-

- Plan the night before
- Aim for 3-5 food groups (fruit/veggies, grains, protein, healthy fat, and dairy)
- Try to eat within an hour of waking up or within an hour after your AM workout





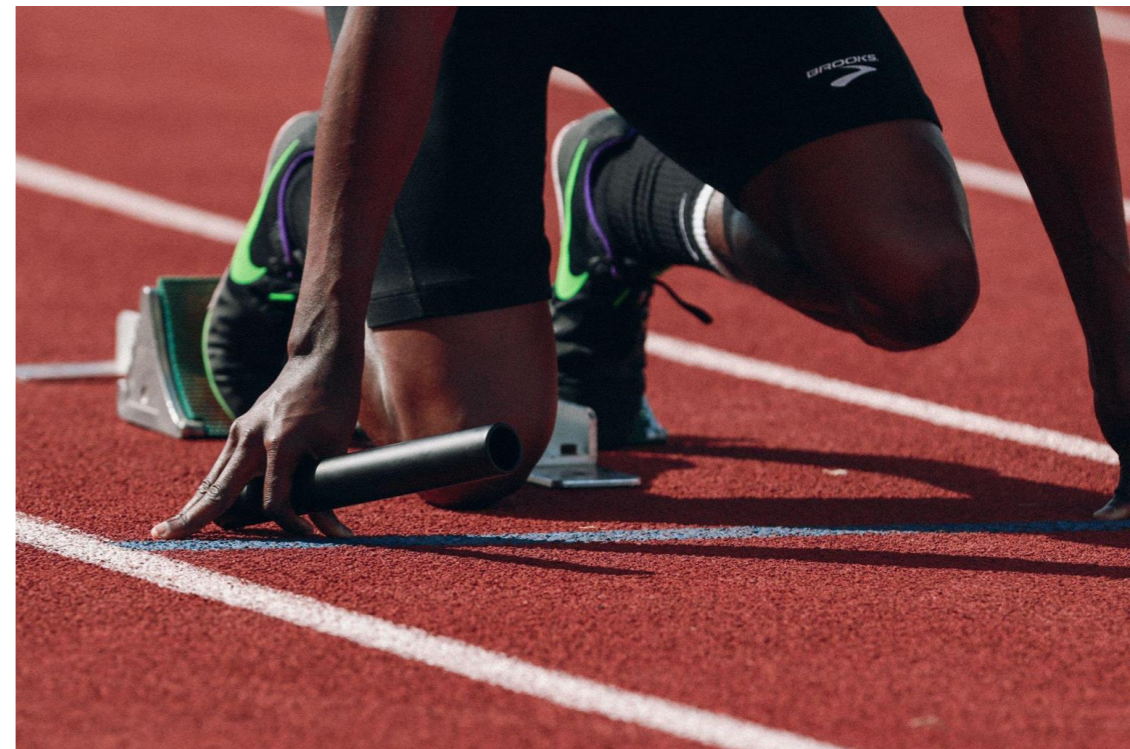
# Power Sport Supplementation

Creatine: boost quality & volume of work, enhance power in high intensity/short duration exercise

Protein: muscle protein synthesis

Beta Alanine: act as a buffer to delay fatigue that occurs with muscle acidosis

Cherry Juice: lower inflammation & speed up recovery



# What To Look For

Third party tested

Correct dose

Side effects

Check with doctor & dietitian



# Next Steps

- If you would like to ask a question, set up a group talk for your track & field team, or refer a specific athlete for individualized nutrition, text **727-254-2965**
- Follow my free Facebook Group for more nutrition tips.  
**Competitive Runners- NuLeaf Nutrition.**



- Instagram is **nuleaf\_nutrition2018**



# Endurance Supplementation

- Cherry Juice
- Caffeine
- Mouth Sensing
- Iron
- Carb Loading
- Beet Juice





# IRON FOODS



## Animal Sources:

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- Red Meats:** Lean steak, extra lean ground beef
- Lean Proteins:** dark meat chicken, ground turkey, fish

## Plant Sources:

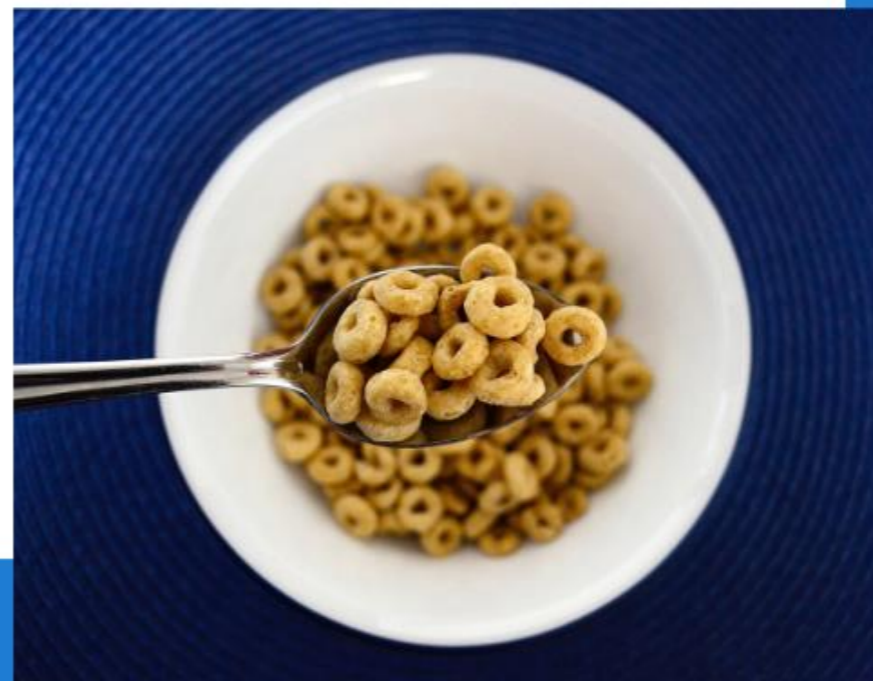
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- Iron Fortified Cereals**
- Dark Leafy Greens**
- Beans**
- Other Enriched Grains:**  
bread, rice

## What To Pair Them With:

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- Pair** with Vitamin C foods (broccoli, bell peppers, citrus fruit)
- DO NOT pair** with calcium foods (milk, yogurt, cheese), coffee, or tea



# When To Refer To A Registered Dietitian...

- Aren't at their ideal weight for optimal performance.
- The athlete's workouts are consistent, but they're stuck at a plateau in performance.
- If the athlete needs a referral to get iron checked (suspected iron deficiency)
- Want to learn the foods that will give them the most energy.
- Want to learn the foods that will help you recover fastest.
- Have specific performance goals for a new PR or gaining an edge over your competitors.
- The athlete is having any GI distress (IBS, food allergy, or frequent bathroom stops)
- Athlete doesn't have a consistent nutrition routine for races or occasions they want to really perform at their peak. (or are unhappy with their routine).