Sport Nutrition for Taekwondo
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Total Sport Nutrition Program
SportMedBC
☐ Work with high performance athletes in developmental, national and professional levels.

Our Clients
Today...
Nutrition for training and making weight

Beware of Unhealthy Strategies

- Starving
- Fluid restriction
- Laxatives, vomiting, diuretics
- Sauna
- Sweat suits + exercise
- Fat loss, weight loss supplements

END RESULT = DEHYDRATION AND MALNUTRITION

DEHYDRATION AND MALNUTRITION

- Less energy
- Slowed metabolism
- Loss of muscle mass
- Loss of endurance, power, strength
  - Collapse, death
  - Muscle cramps
  - Difficulty concentrating
MAKING WEIGHT

3 step approach:

1. Pre competition: 4-8 weeks before
2. Crunch time: 1 week before
3. After weigh in: Ensuring your optimally fueled

Pre-competition (4-8 weeks)

- Where am I at right now? What is my goal?
- Do I need professional help?
- Make your scale your new best friend....
- Notice your body's trends

Pre-competition (4-8 weeks)

- CONSISTANCY IS THE KEY
- MONITOR YOUR PROGRESS TO SEE HOW YOU ARE DOING
- CLEAR OUT THE GARBAGE IN YOUR FRIDGE
- MAKE A COMMITMENT
ROI Nutrition

Group A: CARBS

Group B: PROTEIN

Group C: FRUITS AND VEGETABLES

ROI Nutrition

Group D: Healthy Fats = Plant Fats

ROI Nutrition

ROI Nutrition
### Balance EVERY meal

#### Breakfast (ABC)
- Kashi cereal + skim milk + banana
- 2 slices whole wheat toast with PB + ½ cup skim cottage cheese with berries
- Oatmeal + low fat plain yogurt + 1 scoop protein powder + dried cranberries
- Scrambled eggs (1 egg/125ml egg white) + grilled mushrooms + ½ toasted bagel

#### Lunch (ABC,D)
- 6 inch turkey sub + side salad + low fat dressing
- Veggie dog on wheat bun + carrots and dip + almonds
- 1 cup chili + small baked potato + chopped vegetables and hummus
- Vegetable soup + lean meat sandwich

#### Dinner (ABC,D)
- Weight loss watch your A...eat more B, C+++
- Shrimp/tofu/chicken/beef/pork stir fry with veggies + 1 cup brown rice
- 1 cup pasta with veggie ground round + large side salad
- Grilled or baked fish with roasted vegetables/potatoes
SMART SNACKS

- SMART SNACKS: B and C foods
  - Yogurt + peach
  - Low fat cheese + apple
  - Protein shake with skim milk
  - Veggies, Veggies, Veggies!
  - More natural sport bars and granola bars
- AVOID THE TRAP OF THE SNACK FOOD MARKET! Anything that could live in a vending machine...

Plan, Plan, Plan

- List your favorite meals – create a shopping list from them
- Make your car a second fridge, if your in your car for long periods
- Make bulk where you can
  - Veggie and fruit chopped up
  - Bulk rice and pasta preparation
  - Pre-cook meals
- Get your family involved!
- When you are starving and you’re home late, reach for a carrot, not a phone for take out!
- ENJOY the process…food tastes better with effort!

Pre-competition (4-8 weeks)

- Easy tips:
  - All liquids = water
  - Cut out evening snack
  - Reduce portion sizes at lunch and dinner
  - Eat no starch at evening meal
  - Avoid dining out – reduce to 1 meal/week MAX
- Burn slightly more per day
  - Add in one extra cardio session 4x per week
  - Find extra ways to burn calories (eg. bike instead of walk to practice)
1 WEEK BEFORE

☐ Aim to be at your goal weight by this week
☐ 2 easy ways to reduce your body weight without compromising your health during this time
  - Low sodium diet
  - Low residue diet

Low sodium diet (2500mg/d)

☐ Do not add salt to foods or within cooking
☐ Avoid salty convenience foods such as:
  - Canned or dried soups/sauces, TV dinners, pizza, salad dressings, hamburgers, fried foods
☐ Read the label and look for low sodium (Na) products
☐ Fresh foods when you shop

Low residue diet

☐ Low fibre diet, aimed at eliminating the contents in the bowel
  - Low fibre grains (white over whole wheat)
  - Fruit and veg without the skin
  - Max 2 servings of milk per day
  - Avoid nuts and seeds
  - Liquid meals versus solid meals
AFTER WEIGH IN

- EASY TO DIGEST, FAMILIAR FOODS AND FLUIDS
  - High carbohydrate snack:
    - Powerbar/Clif bar/meal replacement bar + fruit
    - PB and Jam sandwich
    - Cereal + skim milk
  - Pre competition fluids:
    - Minimum 500ml – 1L water or diluted fresh juice.

Right before (15-20 mins before)

- Simple sugar + small amount is OK if you can tolerate it!
- Practice this ahead of time
- Examples include:
  - Sports jel
  - 10 Gummy bears
  - 1 packet/Tbsp of honey or jelly/jam

Throughout Comp day

- Eat small frequent snacks and easy to digest, familiar foods.
- Continue to hydrate
- Know what your food options will be at the venue ahead of time and plan accordingly
- AVOID:
  - High fibre foods (beans, chilli, onions, celery, cauliflower)
  - High fat foods (fries, battered chicken or fish, burgers, pizza)
Thank you! Questions?
Contact Total Sport Nutrition for any nutrition inquiries!
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