





Sport Nutrition for Taekwondo



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- Manager/Sport Dietitian
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)


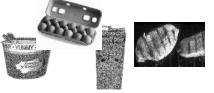

- Where am I at right now? What is my goal?
- Do I need professional help?
- Make your scale your new best friend....
- Notice your body's trends


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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


<p>Group A: CARBS</p> 	<p>Group B: PROTEIN</p> 
<p>Group C: FRUITS AND VEGETABLES</p> 	

ROI Nutrition

Group D: Healthy Fats = Plant Fats




ROI Nutrition



Balance EVERY meal

☐ Breakfast (ABC)


- Kashi cereal + skim milk + banana
- 2 slices whole wheat toast with PB + 1/2 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 + 1/2 toasted bagel



Balance EVERY meal

☐ 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



Balance EVERY meal


☐ 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 ONLY
 - 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 you're 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.



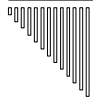
Right before (15-20 mins before)

- 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, chili, onions, celery, cauliflower)
 - High fat foods (fries, battered chicken or fish, burgers, pizza)



Thank you! Questions?

Contact Total Sport Nutrition for any nutrition inquires!

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