



Section 2

The What & Why of Sports Nutrition

Lecture 1

Michele Fumagalli, RD, LDN

Evidence-Based Sports Nutrition: WHAT?



Susie

- 3 days of soccer per week
- Picky eater
- Lactose Intolerant
- 3-4:30pm Practice time + 1-2 weekend games



Abby

- 5 days of soccer per week
- Likes all food
- Allergic to nuts
- 4-6:30pm practice + weekend tournaments

Do you think these athletes have the same fueling needs?

Evidence-Based Sports Nutrition: WHY?

Where TO get your nutrition information from



- Nutrition experts (aka registered dietitians)
- Doctors (but know most are not nutrition experts)



- Teammates
- Coaches or trainers
- Prof soccer players
- 'nutritionists'
- Social media influencers



Why is Sports Nutrition Important?

Athletes, especially growing elite athletes have greater nutritional needs (*energy, protein, hydration, M&V and carbohydrate*) than non-athletes.

The WHY of Sports Nutrition

A person's legs in orange and blue sneakers are shown stepping on concrete stairs. The image is overlaid with several text boxes, each containing a benefit of sports nutrition. The text boxes are arranged in a grid-like pattern around the central image of the legs and shoes.

Cognition
& Focus

Injury
prevention

Health

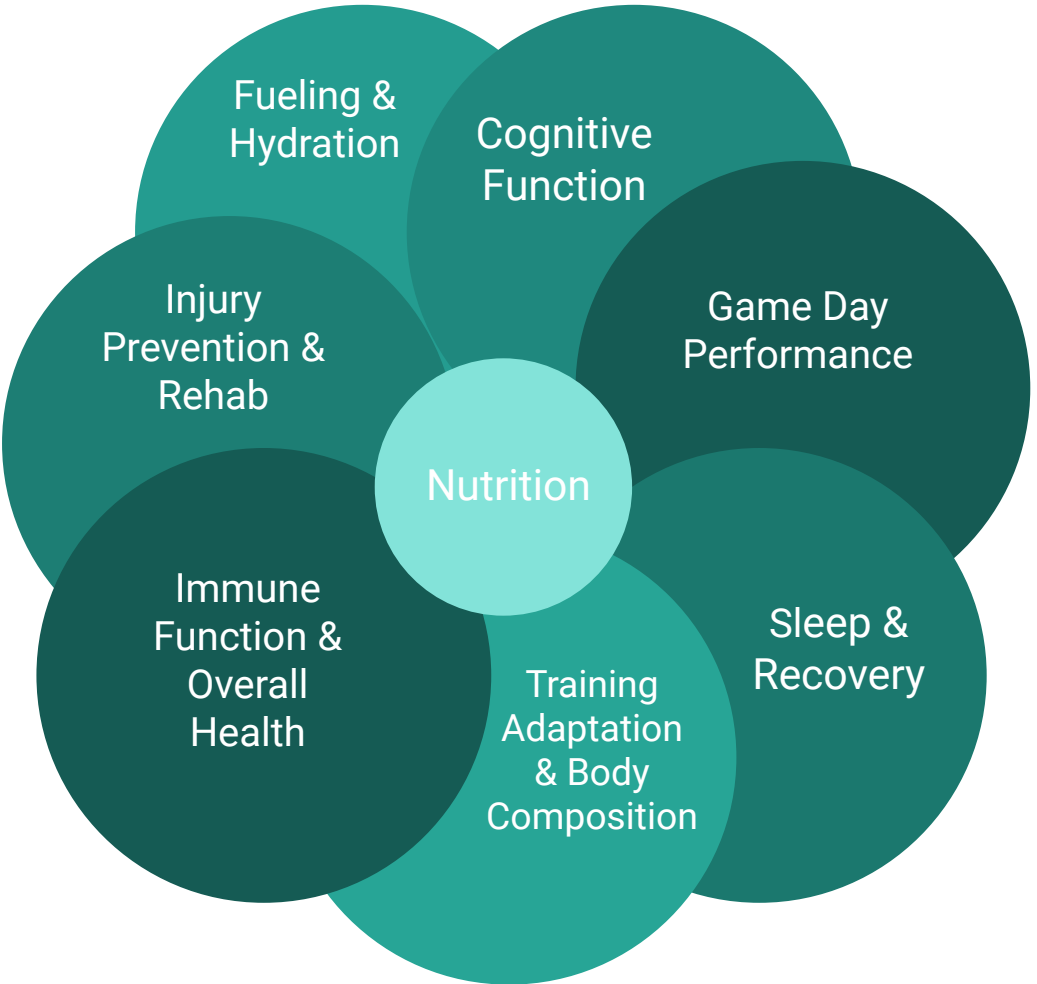
Safety

Optimal
Performance

Optimal
Energy
Stores

Enhanced
Recovery

Why Nutrition Is Important for the Soccer Athlete?



Soccer & the Body

A female soccer goalkeeper in a bright green jersey with the number 33 is on the left, looking towards the right. A female soccer player in a red jersey with the number 1 is on the right, running towards the ball. A soccer ball is on the grass between them. The background is a green soccer field.

Outdoor
Heat

Physical
Strength

Condensed
schedules

Sprinting &
covering
longer
distance

Limited
Breaks

May vary
depending
on position

Focus &
Concentration



Common struggles for Student Athletes

- *Not knowing what to eat around training & competition*
- *Not eating or drinking enough (underfueling & dehydration)*
- *How to fit food into their busy schedules (home & on-the-go)*
- *Getting information from non-credible sources*
- *Connecting how they feel w/what they did or did not eat or drink*
- *Post exercise or stress related appetite suppression*



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