DUE: **_____**

SPORTS NUTRITION DIETARY ASSIGNMENT
ADOPT-AN-ATHLETE
(100 points)

> **GOALS** of the project:
> • To plan **two** days of menus that are realistic in preparation time and meet the nutritional needs of the ATHLETE/CLIENT.
> • To utilize client-specific considerations in planning the two-day menus in order to meet nutritional needs
> • To create a handy snack food guide for your athlete: inexpensive, nutritious, shelf-stable – as well as a guide for when to eat these, relative to workout
> • To incorporate nutritional needs specific to the athlete's particular sport

Directions: Select a **COMPETETIVE ATHLETE** as your client. The requirement for this assignment is that the meal plan is **for the competitive season.** You and your client will be planning **for two days** of meals that will be eaten by **your client**. The meals will be prepared at home, though not necessarily eaten at home. Complete a written report containing meal plan for the two days, **INCLUDING SUBSTANTIATING INFORMATION ON THE TOPICS LISTED BELOW.**

General Information

A.) Your project will begin with a **HISTORY** and **DESCRIPTION** of the specific **sport** with which you are dealing. In addition, talk about the training schedule, the length of the typical competition, and any *general* nutritional demands that the sport involves. Use professional-level references (not Wikipedia). **(Worth up to 5 points.)**

Specific Personal Information

Complete:
> ***NUTRITION SCREENING FORM FOR THE COLLEGIATE ATHLETE*** with your client –on our website.
> (Worth **up to 2 points.**)

Use the information the Screening form (client interview), as well as your own research, to complete the following:

B. You will provide a **DESCRIPTION OF YOUR CLIENT**: Clearly describe your client, including the **name**, **age**, **HEIGHT**, **GOAL WEIGHT**, **ACTIVITY LEVEL**, **gender**, the educational level, occupation, activity patterns (work, school, exercise), and general state of health. The idea here is to be able to assess **resources** and **specific needs** that must be considered in planning your athlete's menus. **(Worth up to 5 points.)**

C. **Background/client history**: Briefly describe relevant factors concerning your athlete in relation to the following points:
1. Level of nutrition knowledge and specific nutrition practices. Provide information related to food likes and dislikes, food allergies or intolerances, special dietary requirements, and nutrition problems. **(Worth up to 2 points.)**
2. Typical training schedule for your client. (Time factors are considered in food preparation.) **(Worth up to 2 points.)**
3. Do a **2-day dietary recall**. Have your athlete record what he/she eats for 2 days. This will allow you to get an idea of client's habits. (Include in your report.) (Form is on the class website.)

D. <u>**Personal Goals established between you and your client**</u>: Establish specific goals for the 2-day meal plan, what *you* hope to teach your client. Be sure to use information from your NUTRIENT SCREENING. **(Worth up to <u>4 points</u>.)**

E. <u>**Meal Planning**</u>: Based on your client interview and research, plan **two** days of meals/snacks. Menus should be planned considering the USDA Dietary Guidelines, Food Guide Pyramid (mypyramid.gov) and **any special dietary, and sport-related needs**, as stated in Section D.

- Each day should include breakfast, lunch, dinner, and snacks. The schedule of eating may be modified according to any specific needs (work out, cultural, etc.). Assume that **<u>all</u>** of your client's meals are **<u>prepared at home</u>**, even if your client eats a sack-type lunch away from home on at least one of the days. The **meal plan** should be presented **in detail**, using descriptive terms and stating individual serving sizes. E.g. 1 cup steamed white rice. (The specific descriptions of the foods allow us to enter the information into a computer nutrition program.) **You must also include the TIME at which the food is eaten, and a justifying sentence of *why* the food was prescribed for that time.** (This is important for establishing appropriate nutrient timing for the athlete.) **(Worth up to <u>10 points</u>.)**

  - **Example of what your Meal Plan will look like:**

Meal	Food item	Quantity	Justification

F. <u>**Nutrient Evaluation**</u>: Analyze the two days of menus using the computer program available for assessing nutritional intake. (The software program will be provided in class or you can access this software (www.24hrrecall.com) free of charge.)

Perform a nutrient analysis for your client, using the nutrition software. Compare nutrient analysis and DRIs and RDAs for your client. Study the results and summarize the information according to the assignment sheet accompanying this packet. Appropriate evaluation is critical to understanding the purpose of the assignment. **(Worth up to <u>15 points</u> for accuracy of input into computer; up to <u>30 points</u> for thorough discussion based on printouts.)**

G. <u>**Communication**</u>: Referring to the discussion in our textbook, Chapter 13, especially Box 13.3, page 266, and the handout *Communicating with Athletes about Nutrition*, present a plan for how you are going to convey the nutrition information to your athlete-client, so that you increase the probably for compliance. Any nutritional tools you might use to "coach" your athlete? (**Worth up to <u>10 points</u>.**)

H. <u>**Reflection**</u>: Briefly discuss what you have learned about nutritional guidance after having completed this assignment and how you might change your approach, should you do this again. (**Worth up to <u>10 points</u>.**)

NOTE: *Your work will also be evaluated on its professional presentation, including grammar, sentence structure, proper reference citation format (APA), and organization.* (Up to 5 points.)

Meals are *not* recall. YOU, as the nutrition guide, are helping to plan the meals FOR the client. Meals should be planned and attention should be given to **cultural needs, health, balance, variety, and **timing of nutrient intake for optimum effect (fuel and replenishment).**

QUESTIONS -To guide your Goals (Section D), Meal Planning (Section E), and Nutrient Evaluation (Section F).

1. What factors influenced and/or helped you guide your client? (Here, too, refer to your NUTRITION SCREENING FORM FOR THE COLLEGIATE ATHLETE, and include it with your final report.)
    (HINT: Budget; available time, concern for health, cultural considerations, hunger, time constraints, and/or training schedule). Refer to those mentioned in your readings and in class and **thoroughly** discuss how you used these to help with food choices for your client. Were your goals met?)

2. Look at your printouts, noting the amount of **kcalories, protein, fat, saturated fat, cholesterol, carbohydrates, fiber, folate, sodium, vitamin A, vitamin C, calcium,** and **iron** planned for your client, and how your planned **averages** looked **compared to the DRIs/RDAs (use Bar Graph to help you).** MUST CITE REFERENCES.
    A. **Discuss** how your athlete's diet plan compared to the RDAs. Talk about EACH nutrient mentioned above, and relate the RDAs and actual intake. (Discuss EACH of the nutrients.)
    B. If your client needs more vitamin A, vitamin C, calcium, iron, folate, or fiber, what **specific** foods could you recommend to provide EACH of these nutrients.
    C. What FOODS are good sources of these NUTRIENTS? *You must include a discussion of what foods are good sources of **each** of these nutrients.*
    D. What **effect** might the food choices, nutrients have on performance? (Relate nutrients to athletic needs, performance.)
    •   **Cite references**.
    E. What **effects** might malnutrition have on performance?
    •   Be complete; **cite references, using APA format**.

You will also be graded on overall completeness of your answers, spelling and grammar, the organization of your project, and <u>citing of references</u>.

SPORTS NUTRITION MEAL PLAN CHECKLIST

☐ 1. History, description of the sport

☐ 2. Nutrition Screening form; 2-day dietary record from client

☐ 3. Client description
> a. Objective (Name, age, height, etc.)
> b. Subjective (Nutrition knowledge, food preferences, resource – time, money - restrictions, etc.)
> c. Training schedule

☐ 4. Nutrition goals

☐ 5. Two-day Meal Plan – assume that all meals are prepared at home, no fast foods.
> a. Chart or list including exact food (E.g. white rice, cooked); exact quantity (1 cup)
> b. When eaten (E.g. Breakfast, 6:00 AM)
> c. <u>Brief</u> justification for why the food was prescribed at that time

☐ 6. Nutrient evaluation
> ☐ a. Printouts of the meal plan – using nutrition software
> > i. Personal, Diet, Exercises, Recommendations, Weight gain/loss (if applicable)
> > ii. Bar Graph
> > iii. Calories from Fat Pie Chart
> > iv. MyPyramid
> > v. Spreadsheet
> b. <u>Thorough</u> discussion of the evaluation, step-by-step, looking at what nutrients are adequate, deficient, excessive. You must address all of the following nutrients, discussing actual intake versus what athlete needs; what is the function of the macro- and micronutrients in the diet.
> > ☐ • **Kcalories, protein, fat, saturated fat, cholesterol, carbohydrates, fiber, folate, sodium, vitamin A, vitamin C, calcium,** and **iron**
> > ☐ • With the above nutrients, look closely at the SPREADSHEET – What foods contributed to the nutrients that would be a problem if in excess or deficient?
> > ☐ • What foods would you recommend if your client needs more of a particular nutrient?

☐ 7. Communication plan

☐ 8. Reflection