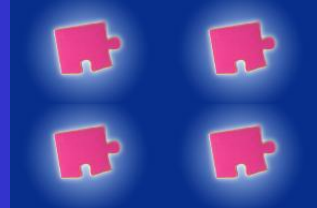


Fuel FOR BASKETBALL: Any point?

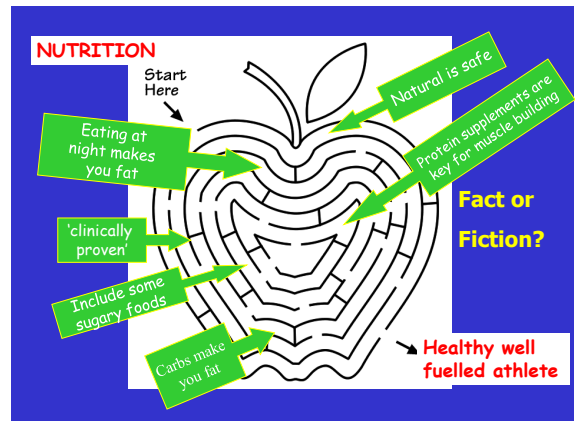
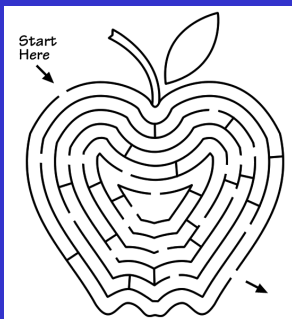
Sharon Madigan RD, MSc, PhD
Sports Dietitian



Nutrition and hydration: One piece of the performance puzzle?



Eating and drinking: what to do?



HAVE YOU
GOT THE
ENERGY?



Nutrition and Basketball

- How what you eat and drink plays a role
- What's important?
 - Fluids
 - Foods
 - Timing
 - Preparation

Where does energy come from?

There are four components in food and drinks that are capable of producing energy:

- **Carbohydrate (CHO)**
- **Protein**
- **Fat**
- **Alcohol**



The energy content of nutrients

- 1 gram **fat**: **9kcal** or 38kj
- 1 gram of **alcohol**: **7kcal** or 29kj
- 1 gram of **protein**: **4kcal** or 17kj
- 1 gram of **carbohydrate**: **3.75kcal** or 16kj



Training and competition

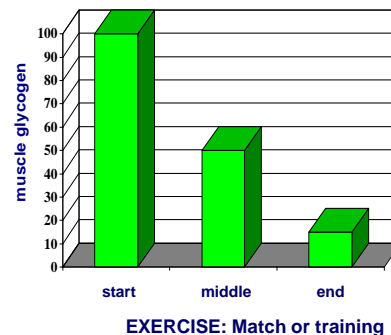
- Intensity
- Frequency
- Access to food and fluids during training and matches
- Preparation for training, travel and competition: At this age crucial!



Energy for working muscles: NUMBER 1: carbohydrates



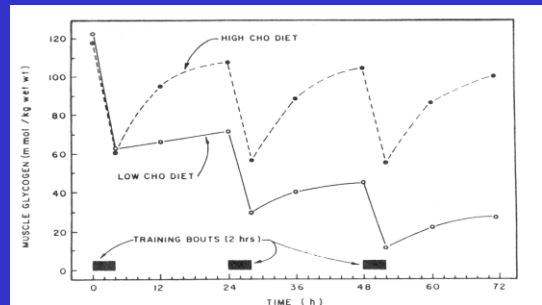
Stored carbohydrate or fuel





- Replacing the fluid and salts lost in sweat: indoor sports and the nature of the game will mean that this is high in comparison to other sports
- Refuelling the muscles and liver of lost fuel
- Allowing the immune system to deal with damage caused by the exercise bout
- Making new muscle and repairing damage

Replacement After Exercise: Think about current competitions, 2-4/more matches over 2/3 days



Loads of Products available???

- What do you do?
- Are you doing the right thing for you or because someone told you that they are doing it and you should? Will it be right for you?
- No need for complicated plans



Compare what's out there

Product	Price/ 500ml	Protein, g/ 500ml	Carbohydrate, g/ 500ml	Calories/ 500ml
Semi skimmed milk	45p	17	25	245
Nesquik made with semi skimmed milk	60p	18	60	392
Tesco chocolate flavoured milk	61p	21	54	375
Yazoo chocolate flavour 60 – 90p milk drink		17	50	325
Lucozade Recovery drink	£2	18	55	360
For Goodness Shakes	£2.10	17	52	325
Maximuscle Recovermax	£3.00	15	56	290
PhD Nutrition Recovery	£3.20	30	60	370
SIS REGO Recovery	£2.10 – £3.60	32	56	368

Eating and drinking before training or matches

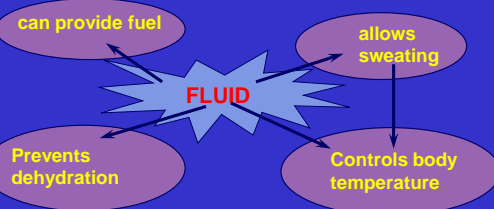
- ☉ Meal or snack 1 – 2 hours before training or match
- ☉ Always take a drink (at least 500mls)
- ☉ Plan how you can do this if you are school or travelling a distance

Eg

- ✓ Sandwich or roll / bagel/ wrap
- ✓ Yogurt and fresh fruit
- ✓ Pancakes or scones
- ✓ Breakfast cereal with milk
- ✓ Ordinary milk or yoghurt drink
- ✓ Pasta salad
- ✓ Corn on the cob



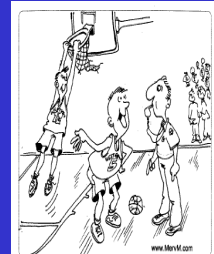
HYDRATION: IS IT IMPORTANT?



- Human body = 60% water
- Essential for digestion and absorption and blood circulation

What are the effects of fluid loss on performance

- Concentration
- Fatigue
- Muscle soreness which can increase injury risk





Sports Drinks

- Do you always need them????



How much?



- 50mls per kg of body weight.
- Over the course of the pre-during time frame, 500-750mls depending on size and time on court.
- Mixed bottles: water and dilute squash.
- TEETH: Mindful
 - Sugar free gum will protect.

Sweat losses ...

- 1 – 2 litres / hour
- Thirst is not a good guide of need for fluid: its too late so you need to educate them on this point.
- Practise hydration plans in training
- Large weight losses have been seen in basketball therefore potential is there.
- Don't over do it in match situations.
- Small amounts of fluids all the time especially in training.
- Personal water bottle: don't make it too big!

Preparation



- Players should have access to suitable snacks and drinks at all times.
 - Easier in basketball due to time outs and running benches: make it work for you!
- Don't come to training without having something to eat / drink.
- Habits will only be changed in the long term.

How will nutrition and hydration help?



How will nutrition help?



- Its all about the edge: Some changes may give you the extra edge against other athletes.
- Allows quicker recovery.
- Enables players to train at a greater intensity.
- Allows you to play back to back matches with greater consistency.
- Promotes overall good health.

Questions and Answers

- Limited times: Fluid based foods, yoghurts, fruit salads, jelly, creamed rice. Sandwiches if you have a longer time, small amounts.
- White or brown: Wholemeal as brown is just coloured white. White is suitable around exercise but the rest of the time wholemeal.
- Cereal Bars: I am not a fan in general, however sometimes the practical element overrides.
- You should eat/drink after training: cereal, toast, scrambled eggs, soup, beans might be handier

Questions and Answers

- Straight after school: Cereal and milk, toast, sandwich, fruit salad and yoghurts.
- Maybe consider school dinners on the days they have training late.

Q & A

- ????