


Idrottsnutrition

"Energibalans och kloka val inom idrottsnutrition"

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Post bacc: Nutrition

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Idrottsnutrition

UTBILDNING
INDIVIDUELL KONSULTATION

- ✓ Optimala hälsan
- Optimera återhämtning
- ✓ Fysiskt
- ✓ Psykiskt

Undvika skador/infektioner
Optimera kroppssammansättningen
Påskynda läkning

Undvika:
Undvika oregelbunden/upphörande av menstruation
Övriga negativa effekter på hälsan



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Hur ser din karriären ut?
Gör du allt du kan?

Breaking News

DITT JOBB – GÖR RÄTT VAL!



Slutbetyg

Gjorde du allt?

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UTVECKLING ... bra vanor FÖRST!



BARN

→

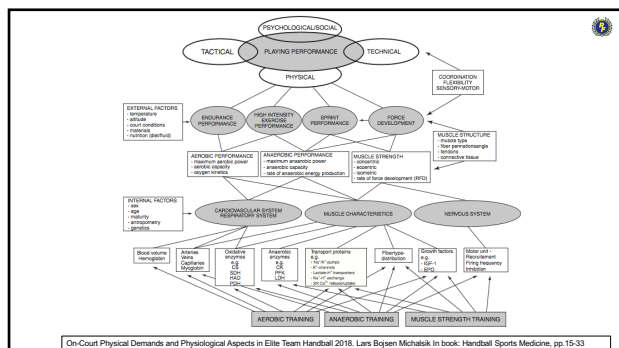
UNGDOM

→

AKTIV VUXEN ELITIDROTTHARE



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Helheten ... rätt val

Ergogena preparat

Balans

Mental hälsa Frisk/skadefri

Träning Skola

Prioriteringar Resor

Återhämtning Vardag Mat

Sömn Familj/kompisar



Timing Bra matval

Exakta mängder?

Energibalans

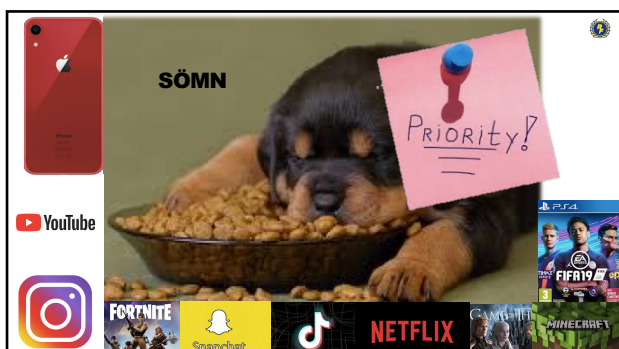
Näringsbalans

Vätskebalans

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EFFECTS OF SLEEP EXTENSION ON ATHLETIC PERFORMANCE

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The Effects of Sleep Extension on the Athletic Performance of Collegiate Basketball Players

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¹Stanford Sleep Disorders Clinic and Research Laboratory, Department of Psychiatry and Behavioral Sciences, School of Medicine, Stanford University, Stanford, CA; ²Department of Otolaryngology—Head and Neck Surgery, University of California, San Francisco, CA

Study Objectives: To investigate the effects of sleep extension over multiple weeks on specific measures of athletic performance as well as reaction time, mood, and daytime sleepiness.

Setting: Stanford Sleep Disorders Clinic and Research Laboratory and Maples Pavilion, Stanford University, Stanford, CA.

Participants: Eleven healthy students on the Stanford University men's varsity basketball team (mean age 19.4 ± 1.4 years).

Interventions: Subjects maintained their habitual sleep-wake schedule for a 2.4-week baseline followed by a 5.7-week sleep extension period. Subjects obtained as much nocturnal sleep as possible during sleep extension with a minimum goal of 10 h in bed each night. Measures of athletic performance specific to basketball were recorded after every practice including a timed sprint and shooting accuracy. Reaction time, levels of daytime sleepiness, and mood were monitored via the Psychomotor Vigilance Task (PVT), Epworth Sleepiness Scale (ESS), and Profile of Mood States (POMS), respectively.

Results: Total objective nightly sleep time increased during sleep extension compared to baseline by 110.3 ± 79.7 min (P < 0.001). Subjects demonstrated a faster timed sprint following sleep extension (15.5 ± 0.67 sec at baseline vs. 15.5 ± 0.54 sec at end of sleep extension, P < 0.001). Shooting accuracy improved, with free throw percentage increasing by 9% and 3-point field goal percentage increasing by 3.2% (P < 0.001). Mean PVT reaction time and Epworth Sleepiness Scale scores decreased following sleep extension (P < 0.01). POMS scores improved with increased vigor and decreased fatigue subscales (P < 0.001). Subjects reported improved overall ratings of physical and mental well-being during practices and games.

Conclusions: Improvements in specific measures of basketball performance after sleep extension indicate that optimal sleep is likely beneficial in reaching peak athletic performance.

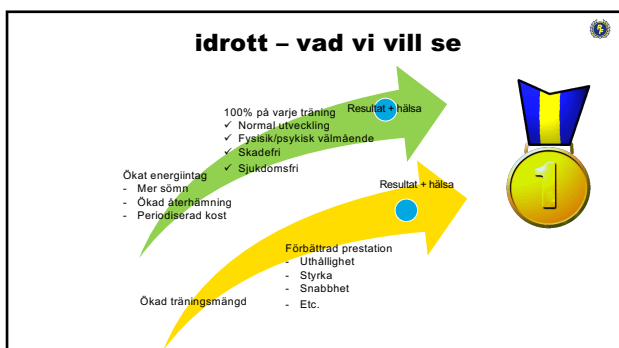
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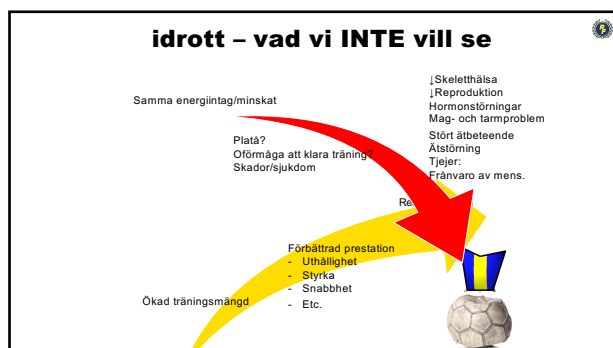
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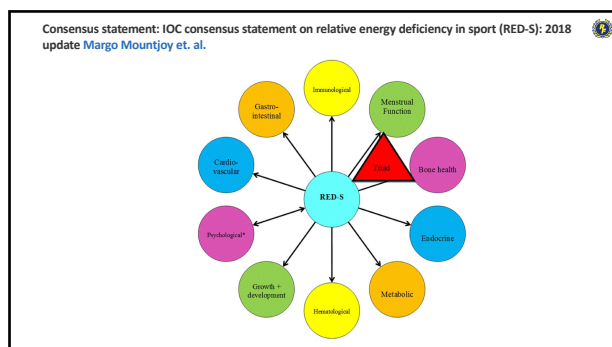
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För lite energi ... vad händer i kroppen?

- Trött
- Sjuk
- Svårt att koncentrera sig
- Dåligt humör
- Svårt att sova
- Orkar inte träning
- Orkar inte skola/jobb
- Kroppen kan inte växa
- Kroppen kan inte bygga muskler



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Aterhämtning:

"The psychosociophysiological process of eliminating all levels of fatigue and regaining vitality".
(Kenttä & Svensson, 2008).



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Små marginaler ...



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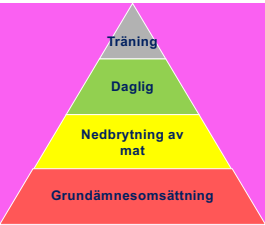
Skolmaten...

Missad skollunch → energibrist



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Energibalans Hur mycket mat behöver man?



- > **Kolhydrater:**
 - > Lätt träning 3-5 g/kg kroppsvikt/dag
 - > Medel träning 5-7 g/kg/dag (1hr/dag)
 - > Hög 6-10 g/kg/dag (1-3hr/dag)
 - > Tung: 8-12+ g/kg/dag (4-5hr/dag)
- > **Protein:** 0.8- 2 g/kg/dag
- > **Fett:** ca1-2g/kg/dag (täcka energibehov)
- > NNR12

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2500 kcal **3300 kcal**

65 kg: KH 5,5 g: P 1,5g: F: 1g 65 kg: KH 7,7 g: P 1,9 g: F: 1,3 g

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Anpassa ditt matintag efter träning/aktivitet periodiserad kosthållning

Mycket träning = mera mat ➡
mer kolhydrater!

Mindre träning = du behöver fortfarande äta!

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Energibalans = mängden mat
Näringsbalans = att du äter varierat

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Rätt val – sötsaker
”Man kan äta allt men inte jämt”

Sötsug på eftermiddag /kväll?

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Timing

Kolhydratsintag efter träningsmängd

500 gram/dag

frukost återhämtningsmål lunch mellis/middag1 middag kvällsmål

kolhydrater? kolhydrater?

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Du behöver ca 25 gram protein per måltid

- 100 gram kött/kyckling/fisk
- 2 dl köttfärs
- Ca 300 gram tofu
- 170 gram quorn
- 150 gram oumph
- 4 dl blandade bönor
- 250 gram linser
- 200 gram sojaböner
- ca 2 dl cashew nötter
- 4 ägg
- 7 dl komjölk

- Knappt 2 dl mandlar
- 1,5 dl pumpafrön
- 3 dl soja dryck ca 10 gram - varierar
- OBS! havremjolk etc har oftast låg proteinhalt

Kombinera olika produkter

- 180 gram kokt ris innehåller ca 5 gram protein.
- 115 gram kokt quinoa ca 5 gram protein
- 170 gram kokt pasta ca 7 gram protein
- 140 gram kokt bulgur ca 6 gram protein
- 1 portion havregrynsgröt ca 5 gram protein

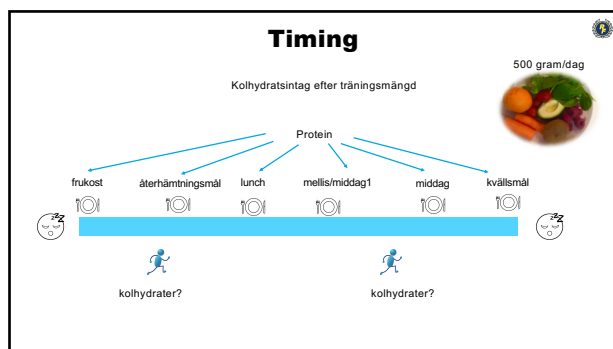
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Under träning/match

Duration of exercise	Amount of carbohydrate needed	Recommended type of carbohydrate	Additional recommendation
30-75 minutes	Small amounts or mouth feed	Single or multiple transportable carbohydrates	Nutritional training recommended
1-2 hours	30 g/hour	Single or multiple transportable carbohydrates	Nutritional training recommended
2-3 hours	60 g/hour	Single or multiple transportable carbohydrates	Nutritional training highly recommended
> 2.5 hours	90 g/hour	ONLY multiple transportable carbohydrates	Nutritional training essential

Sports Med. 2014; 44(Suppl 1): 25-33. Published online 2014 May 3. A Step Towards Personalized Sports Nutrition: Carbohydrate Intake During Exercise. doi:10.1007/s40201-014-0010-1

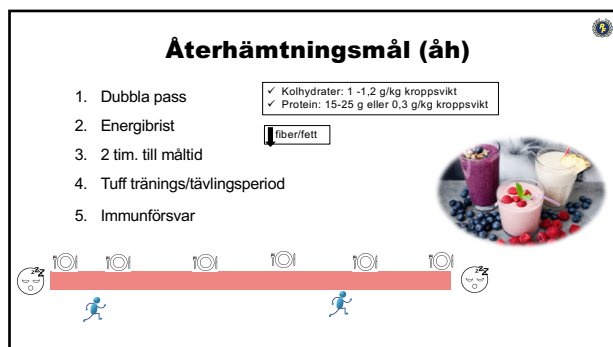
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Doping – idrottarens ansvar.

Riksidrottsförbundet

Röd-Gröna Listan
 Här kan du kontrollera om ett läkemedel omfattas av dopingreglerna eller inte. Förteckningen omfattar enbart läkemedel godkända i Sverige för humant bruk.

Ett tips om du är osäker på hur läkemedlet stavas är att skriva in första bokstaven. Alla läkemedel som börjar på den bokstaven visas då.

Sök läkemedel

Ange läkemedlets namn med en eller flera bokstäver:

Kontamineringsrisk

Alltid idrottarens ansvar!!!

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