

**PERFORMANCE EATING:
How good can you get doing it
right?**

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PERFORMANCE CARD

PLAYERS NAME:

FOOD ALLERGIES / INFLAMMATORIES:

BODY COMPOSITION GOALS: GAIN - LOSE - MAINTAIN

FAVORITE FOODS:

FAVORITE SOUPS:

FAVORITE SALADS:

ITEMS YOU WOULD LIKE ON A REGULAR BASIS:

FAVORITE BREAKFAST FOODS:

FAVORITE FRUITS:

FAVORITE VEGETABLES:

BUCCO BAG: IF YOU USE THE BUCCO BAG, WHAT WOULD YOU WANT TO BE IN IT?

NUTRITIONAL NEEDS:

COMMENTS:

RESERVED FOR TRAINING TEAM - LESLIE & FRANK

COVER ALL THE BASES TO GIVE YOUR BODY WHAT IT NEEDS TO SUCCEED.

GETTING ATHLETES TO BUY IN

- **Athletes want to be FAST (speed)**
- **Athletes want to have MASS (strength)**
- **Athletes want to LAST (stamina/energy)**

What athletes tend to do wrong

- Upload calories
- Too much or too little food/fluid
- Focus on post exercise eating, not prior
- Wait too long to replete
- Too little sleep
- Inadequate sodium
- Incorrect choices around the time of exercise
- Take the uni-nutrient approach instead of food
- Fueling/hydration is NOT a priority

COMMON PROBLEMS

Performance detractors	Possible nutrition causes	Suggested nutrition solutions
Fatigue	No food/fluid before or during activity	Food/fluid pre, during and post sport
	Low iron levels	Supplementation
	Insufficient calories	Adequate calories for growth and sport

Common Problems

Performance detractors	Possible nutrition causes	Suggested nutrition solutions
Muscle cramps	Inadequate or excess fluid/ sodium intake	Adequate fluid/sodium for salty sweaters
Inability to gain mass	Inadequate calories	More food, more often
	No protein pre strength training	Protein + carbohydrate pre and post lift
Inability to lose fat	Meal skipping	Eat at regular intervals
	Restricting fat/carbs	Carbs, protein, and fat at every meal
	Too many calories in fluids	Calories from food rather than beverages
	Consuming too many calories post exercise	Less is more for post exercise repletion