



Saturday 25th Nov 11.15am

Introducing nutritional concepts to Children and Adolescents.

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Health Recommendations for children: What are they?

- Encourage and support breastfeeding.
- Children need appropriate food and physical activity to grow and develop normally. Growth should be checked regularly.
- Enjoy a wide range of nutritious foods.
- Eat plenty of breads, cereals, vegetables (including legumes) and fruit.
- Low-fat diets are not suitable for young children. For older children, a diet low in fat, particularly saturated fat is appropriate.
- Moderate amounts of sugars.
- Choose low salt foods.
- **EAT FOODS CONTAINING CALCIUM AND IRON.**



Younger Players

- Primary aim is to support and develop healthy habits.
- Adequate energy is needed to facilitate growth and development.



Key Nutritional Issues for sport

- Replacing fluid.
- Replacing Carbohydrates.
- Adequate Protein
- Healthy Balance
- Good habits



Eating
for Sports



What is Diet?

What affects diet?



Factors affecting Diet: Age

- Personal choice or that by others
- Access
- Depending on others
- Younger athletes don't see the benefits of diet.
- Older and poor role models

Factors affecting Diet: Education and knowledge

- Awareness of the role of what you eat and drink and how that can affect performance.
- Awareness of the role of coaches and others in sport.
- Quick fixes don't work.
- Focusing on performance rather than image.
- Only small changes will be needed.

Factors affecting Diet: Support

- Parents and family
- School
- Teachers
- Management and coaches
- County boards

Individuals who can affect a young persons diet?

Family

Friends

School

Team mates

TV / MAGAZINES/ MEDIA/ OTHER ATHLETES

Sources of Information

- Parents
- TV
- School
- Magazines

- Role models required.

Perception of body image

- Body image is important for many adolescents.
- Concerns often lead to poor eating habits.

Nutritional needs for young elite athletes

- Enjoyment of sport often begins at a young age.
- Encouragement of health dietary practices so that adequate nutritional requirements are achieved.
- There is little child-specific information relating to sport therefore recommendations are generally based on the requirement of healthy non-athletic children and adults.



Carbohydrates: How much?

- No exact figures it is based on adult requirements.
- 1g per kg of body weight within 30mins – 2 hours of training or competition.
- 65kg player needs 390g of carbohydrates and most are not achieving this.



Protein: How much?

- Adequate protein is essential.
- It is necessary for growth and repair of tissues.
- Children have an increased requirement compared to adults (1.2-2g / kg per day).
- Meat, chicken, fish, dairy products and others such as baked beans, bread, pasta, rice are good sources.

Competition Menu



CHO intakes and dental health

- There are concerns about its intake and the effect of some types of CHO on dental health.
- Dental caries or tooth decay is a result of repeated acid attacks by bacteria in dental plaque.
- Fermentable CHOs present in food and drinks provide the necessary substrates for enhancing acid production.
- Eating or drinking sugary foods and drinks between meals, without regular cleaning of teeth, promotes dental caries.



CHO intakes and dental health

- Foods likely to exacerbate dental erosion include the consumption of citrus fruits and juices, carbonated and uncarbonated sugary drinks, vinegar and its products and sweets.
- Preventative advice is warranted.
- Emphasis needs to be placed on reducing the acidity that results from increasing CHO foods that will be fermented.







- How Important are your teeth?
 - Increased sweet carbohydrate intakes can lead to poor dental health. Role for sugar free chewing gum, milk drinks and awareness.
 - Good fluid intake (especially water) is also necessary.



- Tips for improved dental hygiene:
 - Brush and floss teeth regularly
 - Drink sweet drinks from a squeeze bottle or use a straw.
 - Avoid fizzy drinks.
 - Chew sugar free gum
 - Drink chilled drinks
 - Drink water after eating between meals to rinse the mouth.
 - Caution especially for those wearing braces and gum shields.



**What's the Big
Sweat About
Dehydration?**



What's the Big Sweat About Dehydration?

- Muscle cramps
- Sickness and headache
- Dark urine
- Dry mouth and throat
- A feeling of extreme heat which remains after a cool down time.

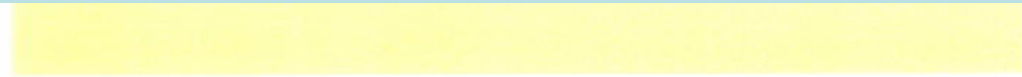
Fluid replacement

- Thirst is a late indicator for dehydration.

- Recommendations are:

– 15years:	45mins before	300-400mls
	20mins during	150-200
	after asap	liberal until pee
10years:	45mins before	150-200
	20 during	75-100
	after asap	liberal

1



2



3



4



5



6



7



8



Your target is to make sure that your pee is the same colour as numbers 1, 2 or 3. Colours 4 and 5 suggest dehydration and 6, 7 and 8 severe dehydration.



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Lucozade Sport for fast energy and
fast fluid to help maximise performance

Practice

- Children are generally unaware of the role of diet in enhancing athletic performance
- Encouragement to adopt healthy practices.
- If they do need advice then often if they are with a coach or parent they may not reveal their true feelings.
- Growth should be assessed at regular intervals.
- Young athletes especially girls are at risk from Iron depletion and deficiency.
- Education of other members of the family may be required.
- Most young athletes are focused on their image. An approach that focuses on sporting performance is critical.

How will nutrition help?



Putting it into practice

- Children should be encouraged at an early age to adopt healthy eating habits.
- Its easier to make changes when you are younger rather than when you are older!
- Body image and weight can be a factor. Focus on sporting performance rather than image.
- Adolescents seem to obtain the majority of information from magazines and media.
 - Use pictures of famous athletes eating and drinking
- Cookery sessions are available from various sources.
- A positive approach and positive reinforcement works well.
 - How would you do this?

Putting it all together





