

# Nutrition for Figure Skaters

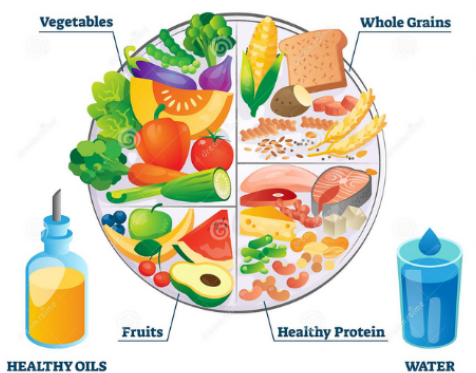
## Daily Nutrition - Goals

- Balance of all food groups
  - Carbohydrates
  - Proteins
  - Fat
- Eat enough (energy/calories)
  - Aim for 3 meals + 3-4 snacks.
- Try to have a variety of foods
- Stay hydrated
- Remember that all foods fit!

## Key Roles of Nutrition

- Fuel
- Growth & Development
- Health
- Pleasure

## An Athlete's Plate



*Note: this plate is for an easy day of training.*

## Roles of Macronutrients

- Carbohydrates - best source of energy for muscles & the brain
- Protein - helps build and preserve muscle mass
- Fats - avoid low fat! Important for the immune system and hormones.

## Sources of Macronutrients

- Carbohydrates - whole grains, starchy vegetables (i.e. potatoes), fruit, milk products
- Protein - meat, fish, beans & lentils, eggs, nuts and nut butters, Greek yogurt, milk/some milk alternatives
- Healthy fats - fatty fish (salmon, tuna, herring), avocado, nuts/seeds, olive oil

# Meal & Snack Ideas

## Meal Ideas

- Whole wheat tortilla, tomato sauce, meat, cheese & veggies
- Lasagna (pasta, beef/chicken/pork/lentils, spinach, tomato sauce & cheese) with a side salad
- Stir Fry (brown rice, shrimp & mixed vegetables)
- Powerbowl: potatoes, chickpeas, sautéed vegetables, tahini lemon dressing



## Snack Ideas

- Greek yogurt, frozen/ fresh fruit & chia/flax/hemp seeds
- Veggies & hummus
- Fruit & nuts
- Cheese & crackers

## Disordered Eating. Eating Disorders.

### Body Image Concerns

- Validate the athlete's feelings
- Remind them that each body looks different and that body changes are normal
- The goal is to be happy & healthy
- Fueling will help with performance
- Remind the athlete that their value and worth is based on so much more than their looks



Book an appointment with your doctor or pediatrician if worried.

### Early signs & Symptoms

- |  |                                      |
|--|--------------------------------------|
| • Dramatic weight loss or gain                           | • Bathroom visits after meals/snacks |
| • Restrictive eating                                     | • Perfectionism                      |
| • Preoccupation with food, calories, body shape & weight | • Excessive & relentless exercise    |
| • Mood swings  | • Chronic constipation               |
| • Increased anxiety and irritability                     | • Troubles sleeping                  |
| • Body dissatisfaction & distortion                      | • Always cold                        |

