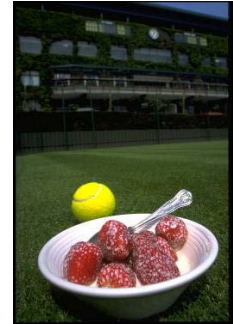


WINNING WEIGHS

APRIL 2003

Traveling internationally and 'dining out' every day can make maintaining a healthy body composition challenging. It is a constant balancing act to ensure a variety of food groups daily and manage portion sizes and hidden fats when you dine in the on-site player cafe, hotels and restaurants. Traveling away from home and at tournaments can limit your choices and test your regular routines. If only your regular at-home, ideal training foods were available in all those foreign restaurants.

- Don't worry! With a few sound, nutrition strategies you can manage your weight in a healthy way and still enjoy the international lifestyle and most importantly, perform at your highest level of tennis.



Healthy Food Facts

No matter whether you need to gain, lose or maintain your weight for peak performance, you must supply your body with all of its nutritional needs to perform well for hours on the tennis court. What you eat and drink can be one of your most powerful on-court weapons.

Food Group	Provides	Daily Amounts for Elite Athletes
Carbohydrates	Glycogen stores for Energy	At least 8-11 servings (To ↑ weight, eat up to 20 servings) = 3 grams carb. per ½ kg (1 pound) of lean body weight
Fruits & Vegetables	Essential nutrients, minerals, antioxidant vitamins, and dietary fiber.	2-4 servings of fruit 3-5 servings of vegetables
Protein	Healthy functioning, repair and recovery of muscle tissue	2 servings of 4-5 ounces (30-40 grams) of meat protein = 1 gram of pure protein per ½ kg (1 pound) of lean body weight
Dairy products	Essential calcium & protein	At least 3 servings per day (alternative calcium sources are in soy products, small bony fish e.g. salmon & sardines, broccoli)
Fats and oils	Secondary energy source Fat soluble vitamins	A small amount with each meal: 3-6 teaspoons daily = 0.5 grams fat per ½ kg (1 pound) lean body weight
Fluids	Electrolytes, hydration	LOTS! = 4.5 liters (16 cups or one gallon) per day MINIMUM. (↑ for hot, humid conditions, heavy training, recent travel / illness.)

Elite tennis players have energy requirements anywhere between 10470 kilojoules (2500 calories) to over 16750 kilojoules (4000 calories) per day. Energy needs will vary based on training and competition loads.

Beware of "Quick Fix" Diets

Players often seek a 'quick fix' to get the winning edge on the court.

- Fad diets (ones that don't have a balanced selection of foods) are common traps used as a means to lose, gain or maintain weight.
- Fad diets do not result in long-term weight management.
- Players who use fad diets are likely to suffer from fatigue, dehydration and nutrient deficiencies. **These effects will decrease on-court performance.**
- If you are trying to lose weight and have used fad diets over the years, you may be prone to serious medical problems such as: absence of menstruation, anemia, fatigue, common colds, infections or injuries and slowed metabolism.

There are serious medical and performance (loss) issues with these diets.

Think you need to change your weight? Want advice on healthy weight management? See a Primary Health Care Provider (PHCP), who will help you find and contact the appropriate professional to assess your needs.



All Tennis Photos:
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EAT TO WIN!

Don't Skip Meals

- Skipping meals ↓s your metabolism and ↓s how fast you burn the food you eat.
- It ↓s your energy level on-court and can result in compensating by eating more later in the day.

Eat Often

- Smaller, more frequent meals (every 3-4 hours) will help provide the fuel faster and you will feel lighter on-court. The best pre-match choices are quick carbohydrate based snacks, e.g. a bagel with peanut butter, fruit, half a turkey sandwich, or an energy/sports bar with a cup of fruit juice or water.
- To keep a higher metabolism and burn more kilojoules/calories eat more volume of food during the day rather than eating the largest meal at night. The overall energy intake is the most critical factor.



Avoid the Fads

- **Single food diets** (e.g. the Rice diet, Grapefruit Diet etc) lack whole food groups and severely under-recommend protein, and carry great risk of muscle and tendon injuries, illnesses and iron and other nutrient deficiencies.
- **Liquid diet supplements** may contain herbal stimulants (e.g. Ephedra or Ma Huang) that have serious health implications AND are banned substances in the Tennis Anti-Doping Program. They may contain protein and some sugar, but will not provide enough energy.
- **High protein, low carbohydrate diets** lead to: ↓ energy intake, do not meet all your daily vitamin and mineral needs, ↓ muscle energy levels, promote water loss that can lead to dehydration and nutrient deficiencies, ↑ saturated fats, speed up calcium loss from bone and stress the kidneys. You will run out of energy and ↓ on-court performance!



Drink Often

- Drink all day long. Your muscles are 80% water. Proper hydration will help maintain muscle mass.
- **Most tennis players do not drink enough water or sports drink to keep well hydrated.**
- Drink **several** cups of water, sports drink, decaffeinated or non-alcoholic drink with each meal/snack.

Protein Portions

- Most female tennis players need 220-280 grams (8-10 ounces) of lean meat protein sources (poultry, seafood, red meat) daily. A typical meal portion for meat at a restaurant is about 170-220 grams (6-8 ounces).
- Adjust the amount of lean meat you eat at each meal to meet the guidelines.
- Choose lower fat options: skinless and non-crumbed fish and poultry; lean cuts of red meat with the fat trimmed off; grilled or baked rather than fried. Nuts, eggs, cheese, beans and soy products are also good protein sources.

Fat Portions

- A small amount of fat is important. It provides a secondary energy source for tennis training and matches. It helps you not feel hungry on the court. **1-2 teaspoons with each meal is recommended.**
- Fats are found in olive oil, avocado, seeds & nuts (healthy unsaturated fats) as well as mayonnaise, butter or salad dressing. They may be hidden in foods.



Beware Hidden Fats

- Hidden fats are in cheeses*, whole dairy products*, egg yolks, cream sauces, high fat meats like salami, crumbed foods, sweet pastries and fried foods. ** **Dairy is important for calcium! Choose low fat dairy foods.** **
- The usual serve of French fries contains 3-4 teaspoons of fat = daily minimum fat needs!

Carbohydrate Portions

- Eat **at least 1-2 cups** of carbohydrates **at each meal** for fullness, fiber, B vitamins and glycogen, which is your muscle energy system. E.g. high fiber cereals and bread, wheat crackers, starchy vegetables like potatoes, beans, brown rice, peas.
- Without enough carbohydrate, you will feel lethargic, slow and lack power on court.
- Be aware that more refined carbohydrates like white flour products, provide less fiber and nutrients.

Listen to your Body's Signals

- Your body will tell you when you are hungry and when you need more fuel. Learn to recognize that hunger signals it is time to eat more. Your hunger level will increase and decrease with the amount and intensity of training and matches.
- Responding to these signals helps to maintain a normal metabolism.
- It is easy to overeat when dining out at restaurants. Stop eating when you feel "full". Eat more slowly while dining out to judge this more accurately. Eat in calm and relaxed environments and sit down to eat to help you avoid overeating.