Workbook and Assessments for Practical Applications in Sports Nutrition

Fourth Edition

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Food for Thought 1.1: ChooseMyPlate Diet Assessment

This assessment will compare your food intake to the MyPlate recommendations. The food tracker analysis will provide an evaluation of how well your diet meets the nutrition principles of variety, balance, and moderation.

Step 1: To begin your assessment, go to www.ChooseMyPlate.gov. Click on “SuperTracker.” Under “get started,” click on “create your profile.” Enter your information to “personalize your profile,” and “register to save your profile.” You then can click on “submit” under step 3 to view your personalized plan.

Step 2: Click on “food tracker” from the SuperTracker main page. On this page, you will be able to search for each food consumed in one day. You will be asked to enter the amount of each food consumed, and at which meal/snack the food was eaten.

Enter all foods and beverages consumed for three separate days, preferably two weekdays and one weekend day. As you enter each day's food log, you will receive immediate feedback at the top of the page. The “daily calorie limit” will continue to be updated as you enter foods to compare the amount eaten to your allowance. The chart and graph under “daily food group targets” provides information about your targets for each food group, how much you have eaten, and your status for each group (i.e., over, under).

Step 3: Once you have entered three days of a food log, click on “my reports” at the top of the food tracker page. You will have several options of reports to choose from—click on “nutrients report.” Enter the starting and ending dates of your entered food log. This resulting report will give you a comprehensive review of your calorie, macronutrient and micronutrient intake. The report will have three columns: target, average eaten, and status.

Step 4: Export your report as a PDF, Excel document, or Word document.

Step 5: Based on your results, what goals would you like to set for yourself relating to your nutrition?
CHAPTER 1

Introduction to Sports Nutrition

Food for Thought 1.2: Reading Food Labels

Directions: Go to your local grocery store and buy a can of Campbell’s Chunky Soup. Using a sharp knife, slice downward along the right edge of the Nutrition Facts panel so that you can peel the entire label off of the can without damaging it. Answer each of the following questions. For questions a–e below, circle the location of where you found the information on the label using a permanent marker. Staple the label to the worksheet.

a. What is the net weight of the contents?

b. Which three ingredients in the soup are most abundant based on weight?

1. 

2. 

3. 

c. Where is the Campbell Soup Company located?


d. How many servings are in the can?


e. How many grams of protein are provided per serving?


f. How many grams of carbohydrates are provided in the entire can?


g. What is the percentage of calories from fat?
**h.** Is the soup you bought within the recommended percentage range for fat consumption?

**i.** How many grams of trans fats are in one serving of the soup?

**j.** What is the total amount of sodium in the entire can?

**k.** If you consumed the entire can for a meal, would you consider the sodium content to be high? Explain why or why not.
CHAPTER 1

Introduction to Sports Nutrition

Food for Thought 1.3: You Are the Nutrition Coach

Please read each case study listed below, and answer the associated questions.

1. During a presentation to a group of high school football players and coaches, you mention that the MyPlate website is an excellent resource for athletes. One of the assistant coaches interjects and states that the MyPlate food guidance system is too basic and not applicable for the needs of teenage football players.

Question: How would you respond to this comment?

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2. Kelly is a 35-year-old lawyer. She has been exercising regularly for 2 years. She schedules an appointment with you to discuss quick and easy meal planning ideas. Kelly works 50 hours per week, commutes 60 minutes roundtrip, and exercises 1–2 hours daily. She complains that she is too tired to cook a meal when she arrives at home, and therefore, typically microwaves a pizza, burrito, or veggie burger for dinner. Currently, she is consuming only 1–2 servings of fruits and vegetables per day because “they take too long to prepare.”

Question: Using the Dietary Guidelines for Americans, what recommendations would you provide to Kelly?

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3. During your initial consultation with a client, you inquire about his fruit preferences. He replies that he enjoys fresh, canned, and dried fruits, but avoids juices because “they have too much sugar.”

**Question:** How would you respond to this comment? Include in your answer suggestions for interpreting the nutrition information provided on a container of fruit juice.