Workbook and Assessments for Practical Applications in Sports Nutrition

Fourth Edition

Heather Hedrick Fink, MS, RD, CSSD
Owner, Nutrition and Wellness Solutions, LLC
Indianapolis, Indiana

Alan E. Mikesky, PhD, FACSM
Professor, School of Physical Education and Tourism Management
Indiana University–Purdue University
Indianapolis, Indiana
CHAPTER 4

Fats

Food for Thought 4.1: The Importance of Fat Intake for Athletes

1. Define the following types of fat. List three food sources of each type of fat.
   a. Monounsaturated
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
   b. Polyunsaturated
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
   c. Saturated
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
   d. Trans fats
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
2. Which of the four types of fat in the previous question are considered least healthful? Which are considered most healthful? Provide an explanation of your answers.

3. Consider an athlete who for the last month has cut virtually all of the fat out of her diet. She states that her reason for this reduction is because her previously high fat intake was “slowing her down” on the track. Now she consumes mostly fat-free foods, and her daily intake of fat averages 15–20 grams. Is this level of fat intake acceptable? Describe the benefits of consuming adequate fat in an athlete’s diet. What changes in dietary intake would you recommend to this athlete?
Food for Thought 4.2: You Are the Nutrition Coach

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

1. Calvin is a 19-year-old collegiate gymnast. He has been consuming approximately 3,200 calories per day, feels energetic, recovers well, and has maintained his weight at 150 pounds for the last 2 years. After a recent blood test, he discovered that his total cholesterol is 235. He is concerned about this result, and asks for your assistance in making the necessary dietary changes to lower his cholesterol.

Questions: How many grams of total fat, as well as saturated, monounsaturated, and polyunsaturated fats, would you recommend Calvin consume daily?

Do you have any other dietary suggestions that would help Calvin lower his cholesterol?

2. Therese is a 45-year-old lawyer and masters swimmer. Swim practices are held at 11:30 AM or 6:00 PM at a pool near her office. Therese is frustrated because she gets very hungry during the day, and therefore, has a difficult time swimming strongly throughout either a noon or evening practice. She often leaves practice early because she becomes extremely hungry and sometimes lightheaded. She eats a bagel with fat-free cream cheese and a banana for breakfast, and a turkey sandwich with fat-free yogurt and baby carrots for lunch.

Food for Thought 4.2: You Are the Nutrition Coach
**Questions:** Why is Therese so hungry throughout the day?

What dietary changes would you recommend to Therese, based on the brief food recall provided? Please include specific meal planning ideas in your answer.

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3. Bruce is a road cyclist. He joins his cycling buddies for 80–100 mile rides on the weekends. To stay energized and well-hydrated, he will typically consume water, sports beverages, gels, peanut butter sandwiches, sesame sticks, and trail mix during his long rides. Lately, he has been experiencing some intestinal cramping and diarrhea near the end of his rides, and for several hours after his rides. He is concerned that the simple sugars in the sports beverages and the gels are causing his problems. He asks to meet with you to discuss other sports nutrition products on the market that may help to prevent his gastrointestinal issues.

**Questions:** What is your assessment of Bruce’s situation?

What dietary recommendations would you provide to Bruce for his long weekend rides?