



Critical Control Points of Sports Nutrition

Glen Tobias, MS, RD, CSSD

Here are a few Critical Control Points (CCPs) to remember as an athlete. These are general recommendations and may adjust depending on the sport and athlete.

Water: one gallon per day for proper hydration. This will not only insure the chemical reactions go off easily within the body but help to flush excess salt as well.

Other beverages: No sugared liquids like sports drinks or soda and avoid caffeine and artificial sweeteners.

Stress: keep stress to a minimum...if possible. Stress is destructive to Lean Body Mass (LBM)

Sleep: an athlete must sleep a minimum of 9 hrs per day; anything less than this and the body responds as if it were under stress. Adequate sleep is critical for proper recovery and hormonal balance.

Meal timing: eat a meal / snack every 3-4 hours...never get hungry, because that's when sub optimal food choices are made.

Balancing: every meal and / snack must have Protein, Fat and Carbs in it. This will help keep blood sugars and insulin more stable and that equates to more consistent energy levels.

Protein – 20-30% (lean – like chicken and turkey breast)

Carbs – 50 – 60% (whole grains and higher fiber)

Fats – 20-25% (limit Saturated and avoid Trans)

Plan ahead: know what you are going to eat and when. Don't "wing it" as this will leave you at the mercy of what's available. This usually means that Fast Food places will need to be used.



Sodium: it is needed by the athlete but the average American gets in way too much. One rule is not to use a salt shaker...you really don't need a salt shaker any more. Also watch the amounts in typical foods, especially fast food places.

Speed of Eating: it should take 15min to finish a meal or snack. Do not "stuff your face" because you will tend to overeat and it not as good for your system.

Meal Logging: record EVERYTHING into MealLogger; it's easy! It is the only way to know what you are really doing. "If you record it...you think it!"

Training: listen to your coaches and train hard.

Supplementation: ask a professional and not a store clerk. A good multivitamin is strongly recommended. NSF certified is important.

Glen Tobias

Sports Dietitian

Connecticut Speed School

New York Jets

e3 Weight Management Systems

