Supplements, Protein & The Competitive Athlete

Steve Smith RD, CSSD, LD, ISAK lvl-1
Adolescent Medicine/Sports Medicine
Texas Children’s Hospital

Disclosures

• Alumni member:
  – DairyMax Health and Wellness Advisory Council
    • No financial relationship
Competitive Athletes

• How do you classify an “athlete”?

• HS athlete vs Professional/Elite athlete

Never-Ending Cycle

Preparation → Train → Recover → Preparation

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Nutrition: The Basics

- Timing, balance, and consistency
- Real food
- Proper hydration
- **Safe** and effective supplementation

Meal Overview

- 5-8 eating opportunities throughout the day
- 3-4 meals
- 2-4 snacks
Supplements Video

https://www.youtube.com/watch?v=r0Zu-IJ30M0

Supplements

• Safety is #1 no matter what
• 3rd party certification is **MANDATORY** for my recommendations
• Know the research and apply it appropriately
• The newest technology and “cutting edge” products are generally the ones that will get you in trouble without 3rd party verification
Supplements

Protein

• General Recommendation: 0.8-1g/kg/day

• Sport Specific Recommendations
  – Ranges from 0.8-2.5g/kg/day
  – Stage of training, intensity, volume, injury status all a factor
Fueling the Fire

- Food = Energy
  - Energy to live
  - Energy to be an elite athlete/student-athlete

- What you eat effects how you play

- Every decision you make today will impact the next hour, workout, day, and potentially week+

Big Picture

- What is the athlete eating?
- Does training dictate an increased need of a specific nutrient?
- Is there a need to supplement food intake?
- What is the risk/reward?
Contact Information

Steve Smith RD, CSSD, LD, ISAK lvl-1
Adolescent Medicine/Sports Medicine
Mark Wallace Tower
scsmith1@texaschildrens.org