

# Nutrition

## **NUTRITION INFORMATION, EDUCATION, AND COUNSELING**

Nutrition choices impact a student-athlete's health, as well as their athletic and academic performance. The Coordinator of Sports Nutrition (a Registered Dietitian (RD)) is available to all student athletes for sport-specific team education as well as individual counseling. Examples include:

### **Performance Nutrition Issues**

- Early or unexplained fatigue
- Muscle cramping
- Goals for weight change (gain or loss)
- Undesired weight changes
- Hydration issues
- Supplement evaluation
- Meal, snack, eating on the road as well as shopping and cooking tips and ideas

### **Medical Nutrition Issues**

- Anemia
- Food allergies
- Missed menstrual cycles
- Binge eating
- Overly restrictive eating and repetitive dieting
- Purging behaviors
- Eating Disorders
- Injury recovery

The Coordinator of Sports Nutrition works closely with the Certified Athletic Trainers (ATCs), team physicians and strength coaches. The RD keeps sensitive medical and personal information confidential, disclosing only pertinent information among the athletic medicine team as necessary.

## **WSU NUTRITION REFERRAL POLICY**

The purpose of the nutrition referral policy is to support student-athletes' health, academic and athletic performance through nutrition counseling and education. The following procedures may be used as a guideline for a nutrition referral.

If any student-athlete is interested in meeting with The Coordinator of Sports Nutrition, they are welcome to contact Sara Schofield, RD, by e-mail (sarascho@wsu.edu), or by voicemail at (509) 335-8143. Provide the following information:

- 1) First and last name,
- 2) Sport,
- 3) Reason for requesting a consult,
- 4) Which times they are available to meet on Mondays, Wednesdays or Thursdays

### **A list of possible reasons someone may be referred for a nutrition consultation:**

- Rapid weight change (ex., loss or gain of 5-10 pounds in one month)
- Observed change in body satisfaction
- Observed or suspected use of banned athletic performance aides
- Observed or suspected disordered eating habits

- Established eating disorder
- For female athletes: absence of menses for more than 2 months

### **Who might refer a student-athlete for a nutrition consultation?**

- |                    |                             |
|--------------------|-----------------------------|
| • Fellow athletes  | • ATC                       |
| • Team coaches     | • Team Physician            |
| • Strength coaches | • Athletic Department Staff |

First nutrition appointment: athletes complete a screening form which allows an assessment by the Coordinator of Sports Nutrition of current nutrition status and habits. From there, the Student Athlete and RD will discuss nutrition-related health and/or performance goals and develop a plan to reach these.

Follow-up: The need for on-going nutrition sessions will be based on the plan created and/or as determined by the RD or team physician.

Referrals to team physicians, the ATC, or Counseling Services may be recommended by the Coordinator of Sports Nutrition.

## **POLICY REGARDING STUDENT-ATHLETES WITH EATING DISORDERS**

### **Purpose**

To facilitate cooperation among student-athletes, coaches, and staff in identifying athletes at-risk for, or currently struggling with eating disorders, and to provide education, support, and treatment for these student-athletes.

**The Washington State University Department of Athletics views eating disorders as a serious health concern, and supports efforts towards prevention and early identification and intervention.**

Eating disorders jeopardize the physical and psychological wellbeing of the student athlete as well as others on the team, and also threaten their athletic performance. It is important that student-athletes, coaches, and staff be knowledgeable about eating disorders and the treatment resources available at Washington State University.

Criteria for participation of a student-athlete in intercollegiate sports are based on overall physical health. Eating disorders are treated like any other injury or health condition that may jeopardize an athlete's health. Approval to train and compete is determined by the physician in coordination with the certified athletic trainer working with that sport.

Resources are available through the WSU Health and Wellness Services, WSU Counseling Services, and Athletic Training Services to help support student-athletes struggling with an unhealthy relationship with food, or signs/symptoms of an eating disorder.

### **Eating Disorders Defined**

**Anorexia Nervosa:** self-imposed starvation in an obsessive effort to lose weight and become thin regardless of current body weight. Body image is often distorted.

**Bulimia Nervosa:** recurring binge eating usually followed by purging.

**Eating Disorders Not Otherwise Specified (EDNOS):** This category is for disorders of eating that meet some, but not all of the criteria for the above disorders.

**Binge Eating Disorder:** binge eating without compensatory (ex. purging) behaviors

**Disordered Eating:** A wide spectrum of abnormal and harmful eating habits used in a misguided attempt to lose or control weight.

### **Signs and Symptoms of Eating Disorders**

#### **Anorexia Nervosa:**

- Drastic &/or persistent loss in weight and intense fear of gaining weight.
- A preoccupation with food, calories, and weight.
- Unusual eating habits or avoidance of certain foods.
- Not eating or intense guilt after eating.
- Feeling cold or has lanugo hair (fine thin hair that grows on the body).
- Distorted body image, or wearing baggy or layered clothing.
- Relentless, excessive exercise (regardless of injuries).
- Mood swings and avoidance of food-related social activities.
- Amenorrhea (loss of menstrual cycle for 3 consecutive months).
- Use of weight loss aides (diet pills, laxatives, diuretics, etc.).

#### **Bulimia Nervosa**

- Weight fluctuations, gain or loss
- Noticeable purging behaviors (vomiting, laxative use, excessive exercise).
- Excessive concern about weight, “feels fat” or increase criticism of one’s body.
- Bathroom visits after meals or bloodshot eyes upon returning from the bathroom.
- Depressive moods, eating when upset, or strict dieting followed by eating binges.
- Dental problems (bad breath).
- Secretive eating, sneaking food.
- Frequent sore throat or visible puffiness or bloating.
- Use of weight loss aides (laxative, diuretics, etc.).

#### **Eating Disorders Not Otherwise Specified**

- Attempts to reduce body weight in their sport using one or a combination of: severe restriction of energy intake, severe limitation in food choices, excessive exercise, use of weight control methods.
- Food intake governed by strict dietary rules and/or dietary boundaries (ex. restriction of calories, avoidance of “bad” foods or specific food groups, extreme guilt upon eating foods)
- Menstrual dysfunction

### **NUTRITION SUPPLEMENTS AND PERFORMANCE-ENHANCING SUBSTANCES**

**Food should be the primary source of nutrients.** Nutritional supplements may provide added fluids, carbohydrates, protein, vitamins, and minerals to an athlete’s diet. With food, nutritional supplements may help some athletes meet nutrition needs. Athletes should not rely solely on nutritional supplements to provide adequate nutrients or calories.

Athletes can consume sufficient amounts of nutrients by eating a variety of food. Nutritional supplementation is ineffective if athletes do not regularly consume nutrient dense foods in combination with supplementation. Student-athletes may also abuse nutritional supplements as a means to enhance performance. This abuse occurs despite mixed outcomes in research, high cost, a potential positive drug test resulting in

loss of eligibility, and potentially harmful side effects. **It is the student-athlete's responsibility to make sure any supplements taken other than WSU-approved products are safe, legal, and NCAA compliant.**

The use of nutritional supplements can be problematic because nutritional supplements **are not subject to United States Food and Drug Administration guidelines.** Therefore, the contents of supplements may not be accurately listed on the label, which can lead to health problems and a positive drug test. Many supplements, quantities of the supplement, and/or ingredients in the supplement are not verified for safe use, are not NCAA compliant, and may not be proven to positively affect performance. Many supplements advertised in magazines, on television, and on the internet are of questionable value.

Because of potential supplement problems, the position of Washington State University's Athletics Department is as follows:

**Consumption of nutritional supplements, ergogenic aids, or other performance-enhancing substances not approved by the Washington State University Athletics Department's Athletic Training Services is strongly discouraged. The Washington State University Athletics Department, or any of its employees, will not purchase, distribute, or assist with the acquisition of any unapproved substances for student-athletes.**

**Approval of supplements for distribution to WSU student-athletes is based on the following criteria:**

1. Empirical research regarding efficacy and safety of the substance;
2. Determined need for nutrients contained in supplement
3. Low risk for any undesired side-effects;
4. Compliance with NCAA and IOC rules and regulations;
5. Consistent with Code of Ethics of group members: AMA, NSCA, NATA, ADA; and
6. Any other factors deemed relevant.

**Approval is granted through:**

1. Review and sign-off of nutrition supplement by:
  - a. Coordinator of Athletic Training Services
  - b. Coordinator of Sports Nutrition
  - c. Assistant Director of Athletics – Athletic Training Services
  - d. Director of Strength and Conditioning – Strength & Conditioning
  - e. Associate Director of Athletics – Compliance Services
  - f. Senior Associate Director of Athletics
  - g. Director of Athletics
2. The Coordinator of Sports Nutrition, Strength and Conditioning staff, Team Physicians, and Certified Athletic Trainers will oversee approval and use of supplements requested by athletes, coaches, or staff.
3. The Nutrition Supplements and Performance Enhancing Substances Statement will be read and signed by each student-athlete every year.
4. See the Coordinator of Sports Nutrition, Strength and Conditioning coach or Certified Athletic Trainer if you have any questions regarding supplements.
5. **Please refer to the NCAA Banned Drug List by going to [www.ncaa.org](http://www.ncaa.org), click "Academics and Athletics," "Personal Welfare" and Banned Drug List.**

**POLICY FOR WEIGHT LOSS OR WEIGHT GAIN**

## Purpose

- Optimum body composition is positively associated with athletic success. **Weight** and **body composition** are not interchangeable. Weight can be a misleading value and is often overemphasized. Weight should not be seen as the sole determinant to performance. Body composition is a more influential factor on athletic performance.
- If there is a concern that weight status or weight changes are influencing a student-athlete's performance, appropriate weight change goals need to be established by the athletic medicine team to ensure health and performance are maintained throughout the weight change.
- If the weight change goal is unrealistically large, athletes are likely to attempt extreme weight-loss or weight-gain methods to achieve success, regardless of the health consequences. This can impair athletic performance.

## Weight Change

Weight change should be accomplished **gradually during the off-season**, or at the **beginning** of the season before competition begins.

### **Important Factors to Consider:**

- During times of high-intensity training, adequate fuel must be consumed to maximize training and maintain health.
- Low energy intake can result in loss of muscle mass, loss of or failure to gain bone density, and increased risk of fatigue, injury, and illness or menstrual dysfunction.
- Body weight and composition may influence athletic performance but should not be used as the sole criterion. Weigh-ins will take place no more than once weekly. Daily weigh-ins will only be used when medically indicated and will be obtained by ATC, team physician or Coordinator of Sports Nutrition. Weight goals should be given as ranges, not exact numbers.
- Optimal body fat levels vary depending upon the sex, age, and heredity of the athlete, as well as on the sport itself. Body composition goals should be given as ranges, not exact numbers.
- Fat intake should not necessarily be promoted for efforts to gain weight, nor should it be severely restricted in attempt to lose weight. Protein and carbohydrate intakes must remain adequate for individual needs during weight change.
- The athletes at greatest risk of nutrient deficiencies are those who restrict energy intake or use severe weight-loss practices, eliminate one or more food groups from their diet, or consume high-calorie diets with low nutrient density.

### **Setting and Monitoring Goals**

- Set realistic weight and body composition goals as agreed upon by Athletic Training Services Department (ATC, RD and team physicians)
- Encourage good food choices and training to manage body composition and avoid focus solely on the scale.
- Monitor progress by measuring changes in exercise performance and energy level, body composition, the presence of injuries, normal menstrual function, and general overall well-being.
- Develop lifestyle changes that help athletes maintain a healthful weight for themselves.
- All weight change goals of greater than 10 pounds should be approved and managed by the Coordinator of Sports Nutrition.

## Desired Weight Gain

- To gain weight an athlete must be in a state of positive energy balance. Weight gain can be accomplished by the incorporation of additional energy into the diet (250-500+ kilocalories per day) with increased strength training to promote lean muscle development.
- The pace of weight gain will depend on the athlete's genetic makeup, degree of positive energy balance, number of rest and recovery days per week, and the type of exercise training program.
- Focus solely on protein intake is not route to gain muscle and may carry negative health risks. Increased calories from all food groups are needed.

## Desired Weight Loss

- Weight loss goals are somewhat more problematic, as diminished energy intake can compromise nutrient intake and exercise performance while decreasing both body fat and muscle mass.
- Energy restriction may impair performance due to factors including: reduced energy stores, impaired immune function, change in mood, change in enzyme activity and a breakdown of muscle.

\*Note: Chronic dieting and pressure about body weight may result in athletes who strive to maintain lower-than-healthy body weights. This can lead to disordered eating and in severe cases clinical eating disorders.

## COUGAR FITNESS CAFÉ (CFC)

Over the years there has been a considerable amount of concern about the nutritional habits of student-athletes. Many student-athletes have limited experience with planning a well-balanced intake to facilitate optimal performance and health. There have been tremendous gains in knowledge of strength training and conditioning, injury prevention and rehabilitation, and the technical aspects of all our sports. However, **nutrition education and counseling, the importance of high carbohydrate, low fat diets, and the ability of the student-athlete to prioritize nutrition in their daily regimen have not been adequately recognized and accepted.** Student-athletes are under significant physical, mental, and emotional pressure. They require more calories to maintain adequate strength and enhance performance athletically and academically than the average student. This program will assist in addressing many of the needs for student-athletes and other active students at WSU.

## Regulations and Administration

- Student-athletes **must have a WSU student identification card.** Cards may be used only one time at each meal. **If you forget your student identification card, you will not be admitted to the CFC.**
- This is an all-you-care-to-eat location.
- Dining hours are: Lunch—**11:00 a.m. to 1:30 p.m.** (Monday through Friday); Dinner—**5:00 p.m. to 7:30 p.m.** (Monday through Thursday) and **5:00 p.m. to 7:00 p.m.** (Sundays)
- All student-athletes receiving a **full athletic scholarship** will receive a CFC 5 or 10 meal plan as part of their scholarship (through their senior year of enrollment). Meals cannot be carried over to the next week. Meals cannot be transferred to other

people.

- On-campus student-athletes will receive a supplemental plan to cover meals not served at the CFC.
- Off-campus student-athletes will have a stipend included in their scholarship checks for meals not included in the CFC.
- In the event a student-athlete should have a permanent, temporary, or occasional conflict between a University-recognized activity (class, lab, practice, tutors, etc.) and the regular CFC dining hours, alternate dining arrangements can be made by contacting the Cougar Fitness Cafe manager, Hsiu-Pow Hwang at 509-335-9128, or Sara Schofield 509-335-8143.
- Student-athletes receiving a **partial athletic scholarship** may be enrolled in the CFC program at the discretion of the coach if board is included as part of their scholarship.
- Student-athletes with **partial or no board scholarships** can buy into the plan on their own, as can other University students. **Contact Dining Services for cost and details.**
- In the event of surgery, serious illness or injury as determined by Athletic Training Services, alternate dining arrangements can be made.
- Student-athletes are **not allowed to take food out** of the dining center.
- Student-athletes are **responsible for bussing their own trays.**

#### **Benefits of the Cougar Fitness Café:**

- Great pre-practice options (easy-to-digest carbohydrates & protein to get you through workouts)
- Great recovery nutrition (healthy carbohydrates, lean protein & antioxidants for post-practice)
- Variety of entrees each day (be willing to try new things, and you won't get bored)
- Lots of fruit & veggies (vitamins, minerals & antioxidants- to stay healthy & be less sore)
- Consistent items such as chicken breast, baked potato, etc. are good back-up options if you aren't interested in rotating menu items
- Milk, yogurt and low-fat frozen yogurt available at each meal: a great source of calcium, carbohydrates and protein
- All-You-Care-To-Eat Buffet allows you to sample new foods, go back for seconds, or try again if you took something you didn't like
- Lean proteins to help avoid stomach issues during workouts and to promote optimal body composition
- Seasonings and Spices available to "doctor up" any food that you might think is too boring. Bring your own favorites to include familiar flavors!
- A registered dietitian is on-site to answer questions about food offerings
- Student-athletes will have the opportunity to provide input on meal quality, taste quality, and menu planning through the Student-Athlete Advisory Committee (SAAC). The Coordinator of Sports Nutrition will consult with Dining Services staff on menu development.