Nutrition for Optimal Performance: Men’s Baseball

Kailee Farnum, MS/GCPD Candidate, Spring 2012

**Nutrition Assessment**

**Physical Assessment**
- Height: 6’1
- Weight: 186lbs
  - Lowest weight: 184lbs
  - Highest weight: 193lbs
*BMI is not an accurate measure for athletes; not typically used*

**Sport Assessment**
- Baseball: Higher avg. protein needs
- Pitcher (Higher E & CHO needs than avg. baseball player)

**Student Athlete Goals**
- Weight gain
  *Increase lean body mass – goal is performance enhancement
- Prevent sickness (cold and flu)

**Supplements**
- Men’s Supplement Pack (MVM)

**Diet Recall**
- 9:30 wake-up
- 10:30 Breakfast: Breakfast sandwich (2 pieces white bread, 2 eggs, 2 pieces of bacon), 1 ½ cup cheerios with milk, 1 cup Greek yogurt, 1 banana, 1 bottle (7 oz.) Sunny D
- 12:00 2 Gatorade Protein Recovery shakes
- 1:30 Lunch: Left-over Chinese food (approx. 1 full take out carton box)
- 10:30 Dinner: Fast Food – 6-7 slices of pizza provided by coaches

**Nutrition Intervention**

**To Improve Strength to Weight Ratio**
- Eat every 3-4 hours (CHO + protein)
- Never skip breakfast
- Bookend workouts (CHO + protein)
- Stay adequately hydrated (hydration = appetite)
- Don’t take non-game days off

**Weight Gain**
- Never skip snacks or meals
- Add 8 oz. milk to every meal
- Eat a snack before bed

**Hydration (Typical amount for baseball players)**
- 3 Liters per day on non-game/conditioning days
- 4 Liters per day minimum on game/conditioning days

**Boosting Immunity**
- Variety and color: Increase fruit and vegetable intake

**Supplements**
- 1000 IU vitamin D, Nordic Naturals Sport Fish Oil (2-3 capsules/day)

**Provided Basic Nutrient Timing Meal Plan for Game/Conditioning Days**

**References:**

**Nutrition Diagnosis**

**PES Statement:** Food and nutrition-related knowledge deficit RT undesirable food choices for weight gain and sport performance AEB patient report that he didn’t know what foods contained carbohydrates, protein and fat or nutrient timing principles for sport performance and weight gain.

**Nutrition Monitoring & Evaluation**

**Schedule follow up appointment**
- *Check body composition (skin fold method) to monitor trends
- Assess weight gain
- Assess plan adherence and nutrient timing

---

**Preceptor:** UW Sports Nutrition Dietitian Monica Van Winkle MS, RD