

CHAPTER 11

NUTRITION: FITNESS AND SPORTS

REAL LIFE SCENARIO

Marcella has become hooked on fitness in the past year and is training for a 10K run coming up in 3 weeks. She has read a lot about sports nutrition, and especially about the importance of eating a high-carbohydrate diet while in training. She also had been struggling to keep her weight in a range that she feels contributes to better speed and endurance. Consequently, she also is trying to eat as little fat as possible. Unfortunately, over the past week her workouts in the afternoon have not met her expectations. Her run times are slower, and she shows signs of fatigue after just 20 minutes into her training program.

Her breakfast yesterday was a large bagel, a small amount of cream cheese, and orange juice. For lunch, she had a small salad with fat-free dressing, a large plate of pasta with tomato marinara sauce and broccoli, and a diet soft drink, for dinner, she had a small broiled chicken breast, a cup of rice, some carrots and iced tea. Later, she snacked on fat-free pretzels.

What advice would you provide Marcella regarding her training diet? Note current strengths and weaknesses. Is her diet likely contributing to her recent fatigue during workouts?