Athletes In Need – Web Assistance To Avoid Disordered Eating

Athletes Avoid Eating Disorders with New Website Project

Tag Words: athletes, eating disorders, healthy, sports, assistance, help, service project, weight gain, weight loss, nutrition

Authors: Lea Hess, Kyle Bowen, Megan Patro, Michele Mattioli, Lauren Ferraro, Gina Savarese with Julie M. Fagan, Ph.D.

Summary (LH)

Athletes of all levels are experiencing more stress and competition today regarding weight gain or weight loss. Many athletes do not know healthy ways to gain or lose weight, and even if they do, they are still choosing to use their own methods to do so. There is a healthy an unhealthy way to do everything. Since weight issues are so common today, we as a group, have decided to create a website as a service project. The website includes links to informational sites regarding the topic and signs and symptoms of eating disorders, as well as ways to prevent eating disorders from taking place.
The Issue: Disordered Eating among Athletes (LH)

There is a major issue in our nation regarding athletes of all training levels and their health issues. Not all athletes have an eating disorder, but for the most part, many do and keep it an ongoing secret. Doing so can result in lifelong health issues like anorexia nervosa and bulimia, as well as developing into more serious future issues, like the amount of iron or necessary vitamins in someone’s blood as they age. Eating disorders are very serious issues that need to be dealt with as soon as possible, and not kept a secret.

The reason for many of these health issues that athletes have is because of the harsh coaching techniques. For the most part, the eating disorders are part of an elite athlete’s lifestyle, rather than a recreational team athlete. The main reason why athletes continue to have eating disorders is because there is no way to reprimand the coaches for the way they treat their students. Coaches have such a great influence on athletes and anything they say in an unethical way can be taken “way out of hand” by the student.

There is however, a safety issue with weight. For example, say an elite gymnast is working on a balance beam and the coach is there to help catch her if she falls. If the athlete is too heavy and the coach is not very strong, not only can the student get hurt, but the coach can get hurt as well. Therefore, not only is weight control important for individual health issues, but there is also a safety issue involved with this important and common scenario.

Many wrestlers also have problems cutting to make a certain weight class so that they can be at an advantage to pin someone of a smaller size. Many wrestlers dehydrate themselves for a few days before the weight cuts. Although they can make the weight class desired, dehydration is extremely unhealthy to do and can result in severe illness or death. Coaches need to stress proper ways to loose weight for these athletes as well as proper eating habits.

The following link is an athlete’s perspective regarding weight loss in wrestling and how they struggle to lose or maintain a certain weight:

Training: Weight Loss - An Athlete's Perspective
http://www.amateurwrestler.com/health/weight_loss.html

Even runners have an issue with weight. It can be unhealthy if an elite runner is overweight because they are constantly putting more force and heavy impact into each step. The result can be injured knees or back or shin splints which can all last a lifetime. There are many reasons why being a healthy weight and loosing weight the right way is important for everyone to know. The following link was written by a running coach about weight and body fat percentages. He explains that losing weight is hard to do, but is very beneficial for all, as long as you don’t go too far.

http://www.tri-ecoach.com/art27.htm

There is also an issue of weight gain in college football. Many football players know that if they gain twenty pounds, they can be at an advantage for the sport, however, the weight gain could last them a lifetime. They could get into unhealthy eating habits and stick to those habits even when their season ends. Football coaches often want their players to be bigger, faster, and stronger, but is it really healthy or is it just for the win?
The following link has to do with football players and the decision of whether to gain weight for their performance on a team. Will the gain really be beneficial to them or can it hurt them in their future?

Packing the Pounds: For college football players, weight gain can be biggest decision of their lives

(KB)
Elite Athletes and the Major Health Disorders in These Young Individuals
The following link is a video about young men and their eating disorders. Since anorexia is not just for females, the disorder for males has been called “man-orexia”.
http://www.youtube.com/watch?v=RFvb1Hxz4To&feature=fvw

More closely related links:
The following link is a video regarding the eating disorders that many elite gymnasts experience because of how they view other gymnasts in very little athletic wear while working out. The result of seeing someone else working out in such a small amount of clothing can make weight more of a competition than the actual sport.
http://www.youtube.com/watch?v=O0YGbBDYnUQ

The following is a link about elite gymnastics and how hard coaches are pushing them in the gymnasium.
http://www.youtube.com/watch?v=zV2NYBAxLm0&feature=related

There are so many amazing things that being an elite level athlete can bring to someone’s life. The discipline, order, and self-control that kind of intense training brings to a person’s life is something so priceless, beneficial, and rare in life today that I find the experience of being an elite level gymnast invaluable.

There is, however, a down side to this kind of lifestyle. There are coaches that some would say, push too hard. The athlete, coach, and parents are all pushing for perfection, something that in gymnastics, just doesn't exist. This, at such a young age, can start to develop certain types of psychological disorders where the athlete reaches too far in an infatuation with the perfect body. Anorexia and Bulimia are two such disorders in elite level athlete that we are focusing on. There two YouTube videos outline some major issues previously mentioned.

Elite Athletes at Greater Risk (LF)
Klungland, Monica, et.al.. "The Female Athlete Triad: Are Elite Athletes at Increased Risk?".

This article describes a case study where female athletes were given a detailed questionnaire, which included questions regarding training and/or physical activity patterns, menstrual history, oral contraceptive use, weight history, eating patterns, dietary history, and the Body Dissatisfaction (BD) and Drive for Thinness (DT) subscales of the Eating Disorder Inventory (EDI). The female athletes targeted were those between ages 13-39 years. This population includes high school athletes, intermediate athletes and elite athletes. The purpose of this study was to determine if there was a correlation between level of sport and risk of the triad.
The results show that the older, more elite athletes were at risk of the triad. This may be for a few reasons. Firstly, those athletes under 18 years of age are still under the supervision of their parents and are more likely to attend regular physical examinations, obtain regular pap-smear test, consume healthy amount of calories and maintain a well balanced lifestyle. This possibility suggests the important role of parents in preventing the female athlete triad. Another possible reason for the higher prevalence in risk of the older athletes, is because the increased level of sport has higher demands and expectations of the athlete.

(MP)
Signs and Symptoms of Anorexia and Bulimia
Links providing information regarding the popular health disorders among athletes
http://sportsmedicine.about.com/cs/eatingdisorders1/a/bulimia.htm
http://www.mirror-mirror.org/athlete.htm
http://sportsmedicine.about.com/cs/eatingdisorders1/a/anorexia.htm
An athlete that may be suffering from an eating disorder, depending on which disorder they have, will develop some signs and symptoms that a parent, coach, or friend may be able to spot very easily. Some of the signs and symptoms for an athlete suffering from anorexia nervosa are:
  • Excessive weight loss
  • Always thinking about food, calories, and body weight
  • Wearing layered clothing
  • Mood swings or depression
  • Inappropriate use of laxatives, enemas, or diuretics in order to lose weight
  • Avoiding activities that involve food
Some of the signs and symptoms of an athlete suffering from bulimia are:
  • Excessive weight loss or gain
  • Being overly concerned with one's weight
  • Visiting the bathroom after meals
  • Depression
  • Excessive dieting, followed by binge eating
  • Always criticizing one's body
If a parent, coach, or teammate notices any of these signs, the earlier they address the issue and begin treatment with the athlete, the faster the athlete can recover, and the better chance that this disorder can be put to rest. The longer the disorder carries on, the harder and longer it takes for the athlete to fully recover.

(MM)
Ways of Preventing Eating disorders among Female Athletes
http://www.questia.com/googleScholar.qst;jsessionid=LWzL1prlxHt0fVHKSZ8shxmlWVh5K507yvvmvGYPCe88nn1WhgGSb7!1494505646!25653465?docId=5002263496
Related Links:
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC385264/
  Many female athletes, particularly gymnasts have a misconception that losing weight will enhance their performance. However, this only feeds into their vulnerability to eating disorders because they use exercise, pathogenic weight behaviors, and food as tool to control their athletic performance. Three preventative techniques that should be addressed for assessing and treating
an eating disorder include creating a risk management team, educate athletes and risk management teams, and use risk reduction strategies. A risk management team should include trainers, nurses, counselors, school district psychologists, and parents to help coaches educate athletes about healthy eating and body image. It is important that if a parent’s child is diagnosed with an eating disorder that they don’t blame themselves, but instead accept the problem and find them help.

It is also important to educate coaches and athletes on healthy eating habits that include information of a well balanced meal. Coaches will be able to get this information from a dietitian or sports trainer from the risk management team. Coaches can also talk about the negative impacts that pathogenic weight techniques of self-induced vomiting, the intake of laxatives, diuretics, and diet pills have on an athlete’s body to help reduce the occurrences of them. Not only will these techniques be harmful to their bodies, but their performance will also suffer, therefore, coaches should stress how a well balanced healthy can improve an athlete’s performance.

For various sports, there is usually a predetermined idea of how an athlete’s body should look in order to have optimal performance and appearance. Many of these ideas have been created by coaches and/or official judges of the sport. In sports such as figure skating, dancing, gymnastics and swimming, there is an enormous amount of pressure on the athletes to maintain a certain body weight, a number that can at times be dangerously low. Many female and male athletes are going to the extreme to try and please coaches and judges and develop life-threatening eating disorders. Several coaches and officials of different sports are unaware of the extreme dangers associated with disordered eating. There is an extreme need to educate coaching staffs, athletic trainers and judging official of the problems associated with pressuring athletes to be at a low body weight. Prevention, detection and management of disordered eating must be presented and taught to this group of individuals.

Unfortunately, several athletes suffer from eating disorders, such as anorexia and bulimia, in hopes to become thin in order to please coaches, impress judges, and win competitions. Over the years, many of these coaches have been guilty of criticizing their athletes, making references to their weight and pressuring them to be thinner. In the sport of gymnastics, where athletes are judged on their technical and artistic abilities, they are under extreme amounts of pressure to be thin and appear to have the perfect body type. In 1988, one of the world’s greatest gymnast, Christy Henrich, was told by a United States judge that she was too fat and needed to lose weight. Unfortunately, Christy listened to this horrible advice and resorted to bulimia and anorexia in order to lose weight. After weighing as low as 47 pounds in her last days, Christy Henrich died of multiple organ failure at the age of 22 in 1994.

Coaches, trainers and judges must first understand the risks associated with pressuring athletes to be thin and lose weight, and the potential consequences behind the words they speak.
They must be able to detect when healthy exercise, training and nutrition turns into obsession and athletes take severe measures to be thin to advance in their sport. Nutritionists should educate not only the athletes, but also the coaches, of how and what healthy eating consists of for hard working athletes. Finally, counseling and reaching out to parents must be established for athletes suffering from eating disorders. Parents should always be conscious of the environment their child is surrounded in, including the coaches, trainers and facility in which he or she is training in. Parents should be sure that their child’s coach is someone who is encouraging healthy routine and lifestyle, rather than extreme pressure and putting them at risk for harming themselves. Coaches and trainers should always be proud of their athletes, praise their athletes, encourage them, and never pressure their athletes enough for them to resort to dangerous methods of weight control to try and succeed.

Tip for Coaches
According to the National Eating Disorders Association, there are ten important tips for coaches who may be dealing with an athlete suffering from an eating disorder. It is extremely important for coaches to be aware of these tips to prevent their athletes from injury, or maybe even death.

Tips for Coaches: Preventing Eating Disorders in Athletes
1. Take warning signs and eating disordered behaviors seriously! Cardiac arrest and suicide are the leading causes of death for people with eating disorders.

2. If an athlete is chronically dieting or exhibits mildly abnormal eating, refer to a health professional with eating disorder expertise. Early detection increases the likelihood of successful treatment; left untreated the problem may progress to an eating disorder.

3. De-emphasize weight by not athletes and eliminate comments about weight. Instead, focus on areas in which athletes have more control in order to improve performance. For example, focus on strength and physical conditioning, as well as the mental and emotional components of performance. There is no risk in improving mental and emotional capacities.

4. Don’t assume that reducing body fat or weight will enhance performance. While weight loss or a reduction in body fat can lead to improved performance, studies show this does not apply to all athletes. It is not uncommon for individuals attempting to lose weight to develop eating disorder symptoms. Performance should not be at the expense of the athlete’s health.

5. Instruct coaches and trainers to recognize signs and symptoms of eating disorders and understand their role in prevention. Those with eating problems often hide their symptoms to avoid calling attention to them. They are often ashamed and aware that the behavior is abnormal.

6. Provide athletes with accurate regarding weight, weight loss, body composition, nutrition, and sports performance to reduce misinformation and to challenge unhealthy practices. Be aware of local professionals who will help educate the athletes.

7. Emphasize the health risks of low weight, especially for female athletes with menstrual irregularities or amenorrhea. The athlete should be referred for medical assessments in these cases.
8. Understand why weight is such a sensitive and personal issue for many women. Eliminate derogatory comments or behaviors about weight—no matter how slight. If there is concern about an athlete’s weight, the athlete should be referred for an assessment to a professional skilled in diagnosing and treating eating disorders.

9. Do not automatically curtail athletic participation if an athlete is found to have eating problems, unless warranted by a medical condition. Consider the athlete’s health, physical and emotional safety, and self-image when making decisions regarding an athlete’s level of participation in his/her sport.

10. Coaches and trainers should explore their own values and attitudes regarding weight, dieting, and body image, and how their values and attitudes may inadvertently affect their athletes. They should understand their role in promoting a positive self-image and self-esteem in their athletes.


Tip for Parents
Parents can be a very large influence to their children in many different ways. If a child is suffering from an eating disorder, a parent can be a big influence to their recovery. Healthy eating can be established in the home through the influence of the elders in the household. According to Abigail Natenshon, author of When Your Child Has an Eating Disorder, she claims there are seven specific ways parents can help prevent eating disorders and help your child appreciate their bodies:

1. Minimize diet and weight talk.
2. Connect during meal times with your child.
3. Don't equate thinness with happiness.
4. Praise your child for what he/she does, not how he/she looks.

Discourage extreme or obsessive behavior of any kind.
Ask your child to make a list of his/her positive attributes not related to his/her body or appearance.
Help them become a good problem solver.


Dietary Guidelines for Americans
The U.S. Department of Agriculture and the U.S. Department of Health and Human Services has published a set of Dietary Guidelines for Americans. These dietary guidelines are designed to reduce the risk of many different illnesses and diseases. These guidelines are:

- Eat a variety of foods.
Balance the food you eat with physical activity. Maintain and improve your weight.
Choose a diet with plenty of grain products, vegetables, and fruits.
Choose a diet low in fat, saturated fat, and cholesterol.
Choose a diet moderate in sugars.
Choose a diet moderate in salt and sodium.
If you drink alcoholic beverages, do so in moderation.

How To Read a Nutrition Fact Label
Understanding the nutrition fact label is a great way to identify whether or not you or your athlete is getting the correct nutrients. All individuals should understand how to read a traditional nutritional fact label in order to maintain an all around proper diet.

The Nutrition Facts Label:
The information in the main or top section (see #1-4 and #6 on the sample nutrition label below), can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom part (see #5 on the sample label below) contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber. The footnote is found only on larger packages and does not change from product to product.
In the following Nutrition Facts label we have colored certain sections to help you focus on those areas that will be explained in detail. You will not see these colors on the food labels on products you purchase.
The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams. The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more) In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat two cups. That doubles the calories and other nutrient numbers, including the %Daily Values as shown in the sample label.

Calories (and Calories from Fat)
Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e., gain,
lose, or maintain.) Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

Say there are 250 calories in one serving of this macaroni and cheese. How many calories from fat are there in ONE serving? Answer: 110 calories, which means almost half the calories in a single serving come from fat. What if you ate the whole package content? Then, you would consume two servings, or 500 calories, and 220 would come from fat.

General Guide to Calories

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high

The General Guide to Calories provides a general reference for calories when you look at a Nutrition Facts label. This guide is based on a 2,000 calorie diet. Eating too many calories per day is linked to overweight and obesity.

The Nutrients: How Much?

(#3 and 4 on sample label):
Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups:

Limit These Nutrients

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
</tbody>
</table>

(#3 on sample label):
The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as Limit these Nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Get Enough of These

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4g</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2g</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2g</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>2g</td>
<td>4%</td>
</tr>
</tbody>
</table>

(#4 on sample label):
Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their
diets. They are identified in blue as Get Enough of these Nutrients. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages (see calcium section below). Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

**Remember:** You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.

### Understanding the Footnote on the Bottom of the Nutrition Facts Label

Note the * used after the heading "%Daily Value" on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you "%DVs are based on a 2,000 calorie diet". This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does appear, it will always be the same. It doesn't change from product to product, because it shows recommended dietary advice for all Americans--it is not about a specific food product. Look at the amounts circled in red in the footnote--these are the Daily Values (DV) for each nutrient listed and are based on public health experts' advice. DVs are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet. Note how the DVs for some nutrients change, while others (for cholesterol and sodium) remain the same for both calorie amounts.

#### How the Daily Values Relate to the %DVs

Look at the example below for another way to see how the Daily Values (DV) relate to the %DVs and dietary guidance. For each nutrient listed there is a DV, a %DV, and dietary advice or a goal. If you follow this dietary advice, you will stay within public health experts' recommended upper or lower limits for the nutrients listed, based on a 2,000 calorie daily diet.

**Examples of DVs versus %DVs**

**Based on a 2,000 Calorie Diet**

**Upper Limit - Eat "Less than"...**

The nutrients that have "upper daily limits" are listed first on the footnote of larger labels and on the example above. Upper limits means it is recommended that you stay below - eat "less than" - the Daily Value nutrient amounts listed per day. For example, the DV for Saturated fat (in the yellow section) is 20g. This amount is 100% DV for this nutrient. What is the goal or dietary advice? To eat "less than" 20 g or 100%DV for the day.<

**Lower Limit - Eat "At least"...**

Now look at the section in blue where dietary fiber is listed. The DV for dietary fiber is 25g, which is 100% DV. This means it is recommended that you eat "at least" this amount of dietary fiber per day.

The DV for Total Carbohydrate (section in white) is 300g or 100%DV. This amount is recommended for a balanced daily diet that is based on 2,000 calories, but can vary, depending on your daily intake of fat and protein.

Now let's look at the %DVs.

### The Percent Daily Value (%DV):
The % Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients but only for a 2,000 calorie daily diet—not 2,500 calories. You, like most people, may not know how many calories you consume in a day. But you can still use the %DV as a frame of reference whether or not you consume more or less than 2,000 calories.

The %DV helps you determine if a serving of food is high or low in a nutrient. Note: a few nutrients, like trans fat, do not have a %DV—they will be discussed later.

Do you need to know how to calculate percentages to use the %DV? No, the label (the %DV) does the math for you. It helps you interpret the numbers (grams and milligrams) by putting them all on the same scale for the day (0-100% DV). The %DV column doesn't add up vertically to 100%. Instead each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet). This way you can tell high from low and know which nutrients contribute a lot, or a little, to your daily recommended allowance (upper or lower).

**Quick Guide to %DV:**

%DV or less is low and 20% DV or more is high

(*#6 on sample label*):

This guide tells you that 5% DV or less is low for all nutrients, those you want to limit (e.g., fat, saturated fat, cholesterol, and sodium), or for those that you want to consume in greater amounts (fiber, calcium, etc). As the Quick Guide shows, 20% DV or more is high for all nutrients.

Example: Look at the amount of Total Fat in one serving listed on the sample nutrition label. Is 18% DV contributing a lot or a little to your fat limit of 100% DV? Check the Quick Guide to %DV. 18% DV, which is below 20% DV, is not yet high, but what if you ate the whole package (two servings)? You would double that amount, eating 36% of your daily allowance for Total Fat. Coming from just one food, that amount leaves you with 64% of your fat allowance (100%-36%=64%) for all of the other foods you eat that day, snacks and drinks included.

Using the %DV for:

Comparisons: The %DV also makes it easy for you to make comparisons. You can compare one product or brand to a similar product. Just make sure the serving sizes are similar, especially the weight (e.g. gram, milligram, ounces) of each product. It's easy to see which foods are higher or lower in nutrients because the serving sizes are generally consistent for similar types of foods, except in a few cases like cereals.

Nutrient Content Claims: Use the %DV to help you quickly distinguish one claim from another, such as "reduced fat" vs. "light" or "nonfat." Just compare the %DVs for Total Fat in each food product to see which one is higher or lower in that nutrient--there is no need to memorize definitions. This works when comparing all nutrient content claims, e.g., less, light, low, free, more, high, etc.

Dietary Trade-Offs: You can use the %DV to help you make dietary trade-offs with other foods throughout the day. You don't have to give up a favorite food to eat a healthy diet. When a food you like is high in fat, balance it with foods that are low in fat at other times of the day. Also, pay attention to how much you eat so that the total amount of fat for the day stays below 100% DV.

**Nutrients With a %DV but No Weight Listed - Spotlight on Calcium:**
Calcium:

Look at the %DV for calcium on food packages so you know how much one serving contributes to the total amount you need per day. Remember, a food with 20%DV or more contributes a lot of calcium to your daily total, while one with 5%DV or less contributes a little. Experts advise adult consumers to consume adequate amounts of calcium, that is, 1,000mg or 100%DV in a daily 2,000 calorie diet. This advice is often given in milligrams (mg), but the Nutrition Facts label only lists a %DV for calcium.

For certain populations, they advise that adolescents, especially girls, consume 1,300mg (130%DV) and post-menopausal women consume 1,200mg (120%DV) of calcium daily. The DV for calcium on food labels is 1,000mg.

Don't be fooled -- always check the label for calcium because you can't make assumptions about the amount of calcium in specific food categories. Example: the amount of calcium in milk, whether skim or whole, is generally the same per serving, whereas the amount of calcium in the same size yogurt container (8oz) can vary from 20-45 %DV.

Equivalencies

Nutrients Without a %DV: Trans Fats, Protein, and Sugars:

Note that Trans fat, Sugars and, Protein do not list a %DV on the Nutrition Facts label.
Trans Fat: Experts could not provide a reference value for trans fat nor any other information that FDA believes is sufficient to establish a Daily Value or %DV. Scientific reports link trans fat (and saturated fat) with raising blood LDL ("bad") cholesterol levels, both of which increase your risk of coronary heart disease, a leading cause of death in the US.

Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Protein: A %DV is required to be listed if a claim is made for protein, such as "high in protein". Otherwise, unless the food is meant for use by infants and children under 4 years old, none is needed. Current scientific evidence indicates that protein intake is not a public health concern for adults and children over 4 years of age.

Sugars: No daily reference value has been established for sugars because no recommendations have been made for the total amount to eat in a day. Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for specifics on added sugars.

Take a look at the Nutrition Facts label for the two yogurt examples. The plain yogurt on the left has 10g of sugars, while the fruit yogurt on the right has 44g of sugars in one serving.

Now look below at the ingredient lists for the two yogurts. Ingredients are listed in descending order of weight (from most to least). Note that no added sugars or sweeteners are in the list of ingredients for the plain yogurt, yet 10g of sugars were listed on the Nutrition Facts label. This is because there are no added sugars in plain yogurt, only naturally occurring sugars (lactose in the milk).
Plain Yogurt - contains no added sugars

Fruit Yogurt - contains added sugars

If you are concerned about your intake of sugars, make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

To limit nutrients that have no %DV, like trans fat and sugars, compare the labels of similar products and choose the food with the lowest amount.

http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm

Treatment Plans for Eating Disorders

There are many treatment options for eating disorders. The right approach for each individual depends on his or her specific symptoms, issues, and strengths, as well as the severity of the disorder. To be most effective, treatment for an eating disorder must address both the physical and psychological aspects of the problem. The goal is to treat any medical or nutritional needs, promote a healthy relationship with food, and teach constructive ways to cope with life and its challenges.

Often, a combination of therapy, nutritional counseling, and group support works best. In some cases, residential treatment or hospitalization may be necessary.

- Psychotherapy – Individual and group therapy can help your loved one explore the issues underlying the eating disorder, improve self-esteem, and learn healthy ways of responding to stress and emotional pain. Family therapy is also effective for dealing with the impact the eating disorder has on the entire family unit.

Nutritional counseling – Dieticians or nutritionists are often involved in the treatment of eating disorders. They can help your loved one design meal plans, set dietary goals, and achieve a healthy weight. Nutritional counseling may also involve education about basic nutrition and the health consequences of eating disorders.

Support groups – Attending an eating disorder support group can help your loved one feel less alone and ashamed. Run by peers rather than professionals, support groups provide a safe environment to share experiences, advice, encouragement, and coping strategies.

- Residential treatment -- Residential or hospital-based care may be required when there are severe physical or behavioral problems, such as a resistance to treatment, medical issues that require a doctor’s supervision, or continuing weight loss.

Finding an eating disorder specialist
For treatment advice or referrals, call the National Eating Disorders Association’s 24-hour information and referral helpline at 1-800-931-2237.

http://www.helpguide.org/mental/eating_disorder_treatment.htm
The Service Project: Informing Parents, Athletes and Coaches (LH)

For this unethical issue, we have decided to do a service project to let the athletes and parents know that there is a way to treat and prevent eating disorders. We will inform parents, athletes, and coaches about this service project so that everyone will be aware that there is an issue and something will be done to prevent athletes and eating disorders in the future. The service project will be to create tabs and links on a free website that is specifically designed and made available to owners, managers, coaches, parents, and all levels and age groups of athletes. The website will have healthy eating and exercise tips, signs and symptoms of disorders, and ways to prevent or treat eating disorders for male and female athletes. You can find our service project at www.healthyath.webs.com. Enjoy.

THE FOLLOWING PAGES CONTAIN WHAT EACH TAB OF OUR WEBSITE LOOKS LIKE:
ATHLETIC DISORDERED EATING

Signs & Symptoms, Treatment, Prevention

MALE ATHLETES

Several male athletes find themselves pressured in either gain or lose an excessive amount of weight in pursuit of their sport. Male athletes participating in sports such as football and wrestlers are presented with the pressure of maintaining a strict weight throughout the season.

Many wrestlers also have problems cutting to make a certain weight class so that they can be at an advantage to pin someone of a smaller size. Many wrestlers dehydrate themselves for a few days before the weight cuts. Although they can make the weight class desired, dehydration is extremely unhealthy to do and can result in severe illness or death. Coaches need to stress proper ways to lose weight for these athletes as well as proper eating habits.

There is also an issue of weight gain in college football. Many football players know that if they gain twenty pounds, they can be at an advantage for the sport. However, the weight gain could last them a lifetime. They could get into unhealthy eating habits and stick to those habits even when their season ends. Football coaches often want their players to be bigger, faster, and stronger but is it really healthy or is it just for the win?
FEMALE ATHLETES

The pressures for females to be thin and aesthetically appealing is already a prevalent issue in the American society. Now, this problem has been magnified by the demands presented by various sports. For females, disordered eating stems from a combination of athletic success and overall self-image.

More specifically, many sports with judges create much of this pressure to look a certain way. The stress of critical eyes during competition drive athletes to eat less and even more. This is supremely dangerous within any sport, especially those that require a great deal of energy.

Many female athletes, particularly gymnasts, have a misconception that losing weight will enhance their performance. However, this only feeds into their vulnerability to eating disorders because they use excessive, pathogenic weight behaviors, and food as tool to control their athletic performance.

Three preventative techniques that should be addressed for assessing and treating an eating disorder include creating a risk-management team, educate athletes and risk management teams, and use risk reduction strategies. A risk management team should include trainers, nurses, counselors, teachers, dietitian, psychologists, and parents to help coaches educate athletes about healthy eating and body image. It is important that if a parent/child is diagnosed with an eating disorder that they don't blame themselves, but instead accept the problem and find them help.
SIGNS & SYMPTOMS

An athlete that may be suffering from an eating disorder, depending on which disorder they have, will develop some signs and symptoms that a parent, coach, or friend may be able to spot very easily. Some of the signs and symptoms for an athlete suffering from anorexia nervosa are:

- Excessive weight loss
- Always thinking about food, calories, and body weight
- Wearing layered clothing
- Mood swings or depression
- Inappropriate use of laxatives, enemas, or diuretics in order to lose weight
- Avoiding activities that involve food

Some of the signs and symptoms of an athlete suffering from bulimia are:

- Excessive weight loss or gain
- Being overly concerned with one’s weight
- Visiting the bathroom after meals
- Depression
- Excessive dieting, followed by binge eating
- Always criticizing one’s body
PREVENTION & TREATMENT

If a parent, coach, or teammate notices any of these signs, the earlier they address the issue and begin treatment with the athlete, the faster the athlete can recover, and the better chance that this disorder can be put to rest. The longer the disorder continues, the harder and longer it takes for an athlete to fully recover.

It is also important to educate coaches and athletes on healthy eating habits that include information of a well balanced meal. Coaches will be able to get this information from a dietitian or sports trainer from the risk management team. Coaches can also talk about the negative impact that pathological weight techniques of self-induced vomiting, the intake of laxatives, diuretics, and diet pills have on an athletes body to help reduce the occurrence of them. Not only will these techniques be harmful to the body, but their performance will also suffer; therefore, coaches should stress how a well balanced healthy can improve an athletes performance.

Coaches, trainers, and judges must first understand the risks associated with pressuring athletes to lose and to lose weight, and the potential consequences behind the words they speak. They must be able to detect when healthy exercise, training and nutrition turns into obsession and athletes take severe measures to be thin, to advance in their sport.

Nutritionists should educate not only the athletes, but also the coaches, of how and what healthy eating consists of for hardworking athletes. Finally, counseling and reaching out to parents must be stabilized for athletes suffering from eating disorders. Parents should always be conscious of the environment their child is surrounded by, including the coaches, trainers and facility in which he or she is training in. Parents should be sure that their child’s coach is someone who is encouraging healthy routine and lifestyle, rather than extreme pressure and putting them at risk for harming themselves. Coaches and trainers should always be proud of their athletes, praise their athletes, encourage them, and never pressure their athletes enough for them to resort to dangerous methods of weight control to try and succeed.
Information is now provided for male athletes, female athletes, coaches, and parents on the signs, symptoms, dangers, treatment options, and ways of prevention for athletes with eating disorders.

**About Us:**
Due to the rising problem of Athletes with eating disorders, a group of students have come together to raise awareness and to educate Athletes, coaches, and parents of the dangers associated with improper nutrition and eating habits of competitive athletes. Emphasis has been made on coaches and their possible influences on preventing, diagnosing and treating athletic disordered eating.

**MALE ATHLETES**
Several male athletes find themselves pressured in either gain or lose an excessive amount of weight in excess in their sport of choice. Athletes partaking in sports such as football and wrestlers are presented with the pressure of maintaining a strict weight throughout the season. Many wrestlers also have problems cutting to make a certain weight class so that they can be at an advantage to pin someone of a smaller size. Many wrestlers dehydrate themselves for a few days before the weight cuts. Although they can make the weight class desired, dehydration is extremely unhealthy to do and can result in severe illness or death. Coaches need to stress proper ways to loose weight for these athletes as well as proper eating habits.

There is also an issue of weight gain in college football. Many football players know that if they gain twenty pounds, they can be at an advantage for the sport, however, the weight gain could last them a lifetime. They could get into unhealthy eating habits and stick to those habits even when their season ends. Football coaches often want their players to be bigger, faster, and stronger, but is it really healthy or is it just for the win?

**FEMALE ATHLETES**
The pressures for females to be thin and aesthetically appealing is already a prevalent issue in the American society. Now, this problem has been magnified by the demands presented by various sports. For females, disordered eating stems from a combination of athletic success and overall self image.

More specifically, many sports with judges create much of this pressure to look a certain way. The stress of critical eyes during competition drive athletes to eat less and exert more. This is extremely dangerous within any sport, especially those that require a great deal of energy. Many female athletes, particularly gymnasts have a misconception that losing weight will enhance their performance. However, this only feeds into their vulnerability to eating disorders because they use exercise, pathogenic weight behaviors, and food as tool to control their athletic performance. Three preventative techniques that should be addressed for assessing and treating an eating disorder include creating a risk management team, educate athletes and risk management teams, and use risk reduction strategies. A risk management team should include trainers, nurses, counselors, school district psychologists, and parents to help coaches educate athletes about healthy eating and body image. It is important that if a parents child is diagnosed with an eating disorder that they don’t blame themselves, but instead accept the problem and find them help.
SIGNS & SYMPTOMS
An athlete that may be suffering from an eating disorder, depending on which disorder they have, will develop some signs and symptoms that a parent, coach, or friend may be able to spot very easily. Some of the signs and symptoms for an athlete suffering from anorexia nervosa are:
- Excessive weight loss
- Always thinking about food, calories, and body weight
- Wearing layered clothing
- Mood swings or depression
- Inappropriate use of laxatives, enemas, or diuretics in order to lose weight
- Avoiding activities that involve food
Some of the signs and symptoms of an athlete suffering from bulimia are:
- Excessive weight loss or gain
- Being overly concerned with one's weight
- Visiting the bathroom after meals
- Depression
- Excessive dieting, followed by binge eating
- Always criticizing one's body

COACHES AND PARENTS
PREVENTION & TREATMENT
If a parent, coach, or teammate notices any of these signs, the earlier they address the issue and begin treatment with the athlete, the faster the athlete can recover, and the better chance that this disorder can be put to rest. The longer the disorder carries on, the harder and longer it takes for an athlete to fully recover.
It is also important to educate coaches and athletes on healthy eating habits that include information of a well balanced meal. Coaches will be able to get this information from a dietitian or sports trainer from the risk management team. Coaches can also talk about the negative impacts that pathogenic weight techniques of self-induced vomiting, the intake of laxatives, diuretics, and diet pills have on an athlete's body to help reduce the occurrences of them. Not only will these techniques be harmful to their bodies, but their performance will also suffer, therefore, coaches should stress how a well balanced healthy can improve an athlete's performance.

Coaches, trainers, and judges must first understand the risks associated with pressuring athletes to be thin and lose weight, and the potential consequences behind the words they speak. They must be able to detect when healthy exercise, training, and nutrition turns into obsession and athletes take severe measures to be thin to advance in their sport. Nutritionists should educate not only the athletes, but also the coaches, of how and what healthy eating consists of for hard working athletes. Finally, counseling and reaching out to parents must be established for athletes suffering from eating disorders. Parents should always be conscious of the environment their child is surrounded in, including the coaches, trainers, and facility in which he or she is training in. Parents should be sure that their child's coach is someone who is encouraging healthy routine and lifestyle, rather than extreme pressure and putting them at risk for harming themselves. Coaches and trainers should always be proud of their athletes, praise their athletes, encourage them, and never pressure their athletes enough for them to resort to dangerous methods of weight control to try and succeed.
Editorials

Lea Hess
Editorial

Editorial to Sports Illustrated Kids Regarding Football Players Recommended Weight Gain

To: Sports Illustrated Kids, Director of Editorial Letters

There is a major issue in our nation regarding athletes of all training levels and their health and weight issues. Anorexia and bulimia are the most common weight loss disorders that can develop into lifelong health issues. However, people don’t often think about football players and when their coaches and trainers are telling them that they need to gain weight and get bigger if they want more playing time.

Many football players know that if they gain twenty pounds, they can be at an advantage for the season, but the weight gain could last them a lifetime. The players could get into unhealthy eating habits and stick to those habits even when their season ends. Coaches often want their players to be larger, faster, and stronger, but is it really healthy for the athletes, or is it just for the team’s win?

Something had to be done in favor of these athletes, so we, a group of Rutgers University students in an Ethics in Science class, came up with a informational web site as a service project that people can view to see healthy foods to eat and informational links. Parents, athletes, and coaches are encouraged to view and share this website so that everyone is aware of the serious weight and health issues in sports. We also show signs and symptoms of eating disorders and ways to prevent them on the website. This website will allow all those involved with sports to be aware of and acknowledge healthy eating and training habits.

Please allow others to use this website as a reference: www.healthyath.webs.com

Thank You,

Lea Hess

______________________________________________________________________________

Michele Mattioli
Editorial

Magazine: Inside Gymnastics Magazine

Disordered eating among athletes is a serious issue that occurs with athletes who strive to obtain the “perfect” body image of their sport. This pressure can result in anorexia nervosa, bulimia, malnutrition, as well as becoming deficient in certain essential nutrients. Therefore, it has become essential for athletes, parents, and coaches to be informed of who to contact if an athlete suffers from disordered eating as well as ways that it can be prevented. If you or someone you know has suffered from disordered eating from the pressure coaches put on athletes please visit www.healthyath.webs.com.

Michele Mattioli
Dear Editor:

In a sport where our athletes are striving for practically unattainable perfection, our coaches are there to help guide us to be as close to perfect as we can be. This includes emotionally, mentally, but also physically. Sometimes, the pressures can be too great, and coaches can cross a line.

If you feel like you are being abused by a coach, judge, or gym owner, you are not alone.

Visit [http://www.healthyath.webs.com](http://www.healthyath.webs.com)
Prevention against eating disorders in Elite Level Sports

Kyle Bowen

------------------------

Megan Patro
Editorial

Dear Editor,

In most common sports, such as basketball, softball, or soccer, the person’s level of athletic ability to perform the sport, and knowledge of the game is what makes them as good as they are at that sport. The individual’s physical appearance while he/she performs does not truly matter, or make the individual better or worse in that sport. However, when it comes to the sport of dancing, appearance is a large factor. Most dancers believe that the skinner, taller, and prettier they can perceive to be, the better dancer they will be. This thought is becoming a factor that is pushing many of these individual’s into suffering from harmful, and life threatening eating disorders. Eating disorders, such as anorexia and bulimia, have seemed to be the most common disorders that dancers are suffering from. Fear of looking too fat, and appearing to not be pretty while performing is forcing them to become malnourished. By not eating correctly, these dancers are messing with their energy intake, which could effect them from not being able to perform to the best of their ability. Many coaches and parents encourage these behaviors without really knowing it sometimes. What most coaches and parents do not know is that by doing this they can be leading their dancer or child into a dangerous path, which could eventually end in death.

To help learn more about the issue on eating disorders, and the dangers of them, a website www.healthyath.webs.com has been produced to educate coaches, parents, and athletes. This website includes signs and symptoms of those suffering from eating disorders, treatment methods, as well as the effects that a parent or coach can have on an athlete to lead them into this destructive path. The website will also provide information and links about healthy eating, as well as healthy ways to exercise. On this website, athletes of all sports can communicate with each other to discuss some of the issues they may be having with eating or exercising, and encourage one another to make healthy choices. Many athletes suffering from these disorders do not tend to talk to people about their issue, and being able to see that many other athletes deal
with this as well can possibly help them recover faster. This website is to bring awareness to the issue, while also providing those who may be dealing with this issue, or know someone who is dealing with it, with information on how to help them, and ways to begin living a healthier, fulfilling lifestyle.

Sincerely,
Megan Patro
Undergraduate
Rutgers University 2010

Gina Savarese
Editorial

To The Editorial and Creative Departments of Women’s Running Magazine,

Hidden behind the success of many female runners is an unfortunate secret that has a devastating effect on the physical, mental and social health of women: eating disorders. For runners, as well as several other sports, there is an extremely large amount of pressure to be thin, fit and aesthetically appealing. Unfortunately, to many female athletes, this becomes an obsession and some resort to desperate measures of starvation, excessive exercising and/or binging and purging. Many parents, coaches and athletes are uninformed of this enormous problem and need assistance and education on this issue. Also, coaches across the country are unaware of the detrimental effect he or she can have on athletes’ lives when demands are made to be skinny and not eat large quantities of food.

The website entitled, “Athletic Disordered Eating”, has been designed in order to inform parents and coaches of the signs, symptoms, and ways to prevent/treat athletes with eating disorders. Emphasis is made on coaches and their ability to have a negative impact on athletes’ health when demand and pressure is made to be very thin. There is also a section designed specifically for athletes in order to teach them how to stay physically fit while eating healthy and consuming the nutrients needed for he or she’s physically demanding lifestyle. This website, accessed at http://healthyath.webs.com/, can help to educate athletes, coaches, parents, and the general public of the prevalent issue of athletic eating disorders. With proper instruction of this information and a generation of concern of this prevailing problem, athletes can live happier, less stressful, and most importantly, healthier lives.

Sincerely,
Gina Savarese
Rutgers, The State University of New Jersey
Undergraduate
Lauren Ferraro
Editorial

Swimming World Magazine

Are you or your teammates eating healthy? Disordered eating is one of the most prevalent problems among swimmers trying to maximize performance as well as their image. Swimmers are at risk of developing an eating disorder by 62% or more than other athletes. In the most common situation, swimmers over expend their bodies during regular practice. The pressure from coaches to maintain a certain image causes many swimmers to reduce calories. Without the proper nutrition, a vigorous swimmer cannot replenish his or her energy. If you would like to know more about athletic eating disorders, or find out how to treat someone who suffers from athletic disordered eating, please visit our website at www.healthlyath.webs.com.