

General Nutrition

- Balance of all food groups
- Food is fuel, better fuel=better performance
- Before practice: simple carbohydrates and a little protein
- After practice: carbohydrates and protein to replace energy and muscle tissue
- Never skip meals
- Healthy snacks are helpful for performance

Race/Game Day

- Consume fluids throughout the day
- Eat protein foods throughout the day
- Eat normal foods that you tolerate well

Pre-Race/Game Nutrition

- 2-3 hours prior to competition eat 200-500 calories
 - Mostly simple carbohydrates (granola bar, fruit)
 - Protein to keep you full
 - Low in fat and fiber
 - This is not the time to try new foods
- 30 minutes prior: small snack if needed

Post-Race/Game

- If you can't have a full meal right away, have a snack within 20 minutes
- Meal 3-4 hours after competition
 - High in complex carbohydrates (whole grains, beans, vegetables)
 - Lean meats and vegetables

Hydration

- Dehydration is the largest contributor to exercise fatigue
- 2 hours before exercise 16-24oz of water
- 15 minutes before: drink 3 oz of water
- Rehydrate after with water
- For exercise >60 minutes, electrolyte drink may be needed (watch out for sugary drinks)

Pre-workout Snack Ideas

- Nuts and dried fruit (trail mix)
- Fruit with 1 Tbsp peanut butter
- Granola bar
- Greek yogurt with berries
- Rice cakes with 1 Tbsp peanut butter

Post-workout Snack Ideas

- Chocolate milk
- Whole wheat toast with peanut butter and ½ banana
- 1-2 hard-boiled eggs with whole grain toast
- Whole grain crackers with low fat cheese
- Yogurt with granola bar

Post-workout Meal Ideas

- Lean meat or fish, vegetables, whole grain pasta/rice/bread
 - Vary your choices
 - Protein: chicken, turkey, 90% ground beef, beans, nuts, fish, tofu, pork loin, eggs
- Whole wheat bread, low sodium deli meat and vegetables, low fat mayo or mustard
- Whole grain English muffin, with a vegetable omelet
- Peanut butter sandwich on whole grain tortilla with side of vegetables and hummus

For more ideas:

- www.choosemyplate.gov
- www.eatright.org/resources/for-teen