

NUTRITION



TO FUEL THE YOUNG ATHLETE



Key to Improved Performance:

Eating enough food at the right **TIME** and in the right **FORM** because food is fuel.

Goals of Nutrition Recovery:

- Replace fuel (carbs) used by muscles during training
 - Restore fluid & electrolytes lost through sweat
- Eat protein to repair and strengthen your muscles
 - Reduce inflammation and boost immunity

What are Carbohydrates?

- Grains, fruits, vegetables, milk products
- The major source of fuel used during exercise
- After you eat carbs, they are stored in our bodies to use later as energy during exercise or competition
- Carb intake and timing is crucial



When and how much carbohydrate?

Specific carb amounts will depend on weight and length/type of exercise

4 hours before:

- Regular Meal: carbs, protein, and healthy fats
 - Whole-grain pancakes, yogurt with blueberries and walnuts, turkey and vegetable omelet, water

2-3 hours before:

- Small Meal: Oats with ½ banana, 1 tsp PB, honey or Rice cake with avocado, chicken, and tomato slices

1 hour or less:

- 100-200 calories of easily digestible carbs
- 1 slice of toast topped with yogurt and fruit slices

If unable to eat a meal or snack before exercise:

- Eat easily digested carbs (aim for 30 grams) up to 5 minutes before exercise to improve performance
- Sports drink, gels, honey

Hydration

Purpose

- Staying hydrated during exercise can delay fatigue
- Slight dehydration may negatively affect performance
- Do not rely on thirst to tell you that you are dehydrated. By the time you feel thirsty, you may already be dehydrated

Practice/Training

- Practice drinking during training
- Train yourself to drink more during exercise
- Take fluid with you everywhere if possible
- After exercise, drink 16-24 oz for every pound of weight lost during activity

Event/Performance

- Better hydration means better performance—plan to drink during competition
- When sweating, drink often. Aim for small sips to prevent overdrinking
- If prone to dehydration, try drinking by schedule

Recovery

Start Refueling ASAP within 30 minutes

- Eat a carb+protein snack
- **Muscles absorb the most fuel during this time**
- Eat a meal within 4 hours to maximize recovery

When exercise sessions are less than 8 hours apart:

- Try eating small amounts of carb every 15-30 minutes for up to 4 hours post exercise
- Or 1 snack within 30 minutes after training and 1 large meal within 4 hours of training

After training "On-the-Go" Snack Ideas:

- 8 oz chocolate milk
- Yogurt with granola
- PB+fruit or PB sandwich
- Turkey sandwich
- Boiled egg with crackers
- Frozen berries with oats
- Nuts with dried fruit
- Hummus and pretzels

CREATING A Performance Plate



WHAT IS A PERFORMANCE PLATE?

1. **Grains or carbohydrate rich foods used to refuel:**
 - Whole wheat bread, bagels, crackers, tortillas, pasta, and pita bread; brown rice, oats and quinoa; beans and potatoes.
2. **Proteins to promote recovery:**
 - Chicken, pork, turkey, sirloin and lean ground beef, eggs, cheese, tofu, and Greek yogurt
3. **Fruits and vegetables filled with vitamins and minerals to boost your immune system:**
 - Berries, apples, oranges, pears, grapes, melon, broccoli, green beans, spinach, carrots, cauliflower, mushrooms, cucumber, and tomatoes.
4. **Healthy fats to keep your heart healthy and help keep you full in between workouts:**
 - Salmon, tuna, nuts, seeds, olives, olive or canola oil, avocado, and nut/seed butters.
5. **Fluids for hydration:**
 - Water, low-fat milk, and sports drinks (exercise > 1 hour).



Complex Carb

(lasting energy)

Whole Wheat Bread/Bagel
 Whole Wheat Pretzels/Crackers
 Whole Wheat English Muffin
 Frosted Mini Wheat Cereal
 Wheat Chex Cereal
 Whole Wheat Pasta
 Whole Wheat Pita or Tortilla
 Quaker Oatmeal Squares Cereal
 Cheerios - plain
 Oats/Oatmeal
 Brown Rice
 Corn Tortilla
 Baked Potato
 Beans/Lentils/Peas
 Quinoa
 Low Fat Granola

Protein

(endurance and strength)

Cheese
 Cottage/Ricotta Cheese
 Milk/Soy Milk
 Yogurt
 Egg
 Nuts
 Peanut Butter/Nut Butter
 Seeds
 Turkey/Chicken
 Ham/Pork
 Beef
 Tofu
 Fish/Tuna
 Edamame
 Jerky

Simple Carb

(quick energy)

Banana
 Melon
 Berries
 Apples/Pears
 Plums/Peaches/Apricots
 Citrus (Oranges, Clementines)
 Grapes
 Raisins
 Dried Apricots/Prunes
 Cherry Tomatoes
 Other dried fruit
 Other fresh or frozen fruit
 Fruit preserves
 Honey

Team Nutrition Talks & Individual Consults

Topics included but not limited to:

- ◇ Building a performance plate
- ◇ Fueling "On The Go" and healthy snacking
- ◇ Hydration
- ◇ Recovery nutrition
- ◇ Grocery shopping
- ◇ Off season vs. In season fueling
- ◇ Sport specific nutrition

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