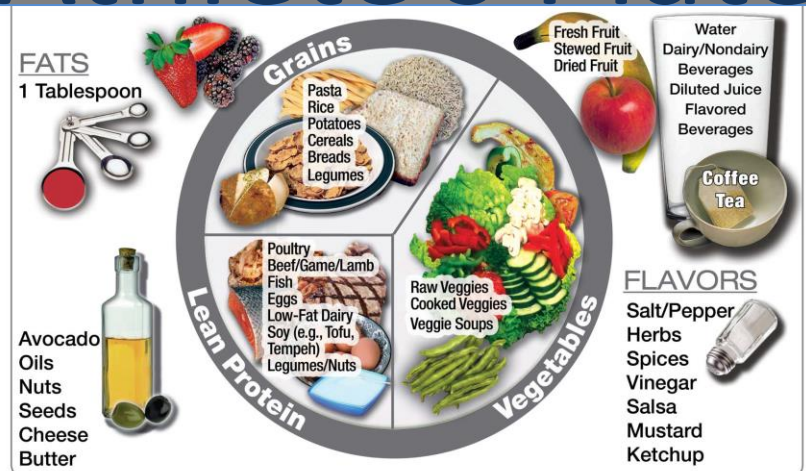






Sport Nutrition Basics

Benefits of sport nutrition include:

- ◆ Maintain health
- ◆ Support growth
- ◆ Maximize training
- ◆ Faster recovery
- ◆ Immune function

Athlete's Plate



Nutrient	Function in Sport	Foods	How Much?
Carbohydrate 	Fuel for brain and intense exercise	Grains, Cereals, Breads Fruits and Vegetables Dairy, Legumes	Up to 65% of total intake Each meal & snack
Protein 	Rebuild/repair muscle tissue	Lean cuts of Meat Fish, Eggs, Dairy, Legumes, Nuts and Seeds, Soy	15-25% total intake Small to moderate amounts with each meal and snack
Fat 	Fuels low-moderate intensity exercise	Avocado Fatty fish Oils Nuts and seeds	20-30% total intake Used in preparing meals and to add flavor
Water 	Prevents dehydration, regulates body temperature	Water ☺ Other beverages Soups Fruits and vegetables	At least 2-3 liters per day! Carry a water bottle at all times and drink throughout day

Travel Packs

Why snack?

- Provides energy between meals
- Sustains energy levels during competition days



Helpful snacking tips:

- Planning ahead is key!
- Pack snacks for school, before practice, and for tournaments

Non-Perishables:

- ✓ Pretzels
- ✓ Crackers
- ✓ Cereal
- ✓ Dried fruit/Fruit leather
- ✓ Whole fruit (i.e., apples, bananas, peaches, oranges)
- ✓ Nuts
- ✓ Nut butter packs
- ✓ Trail mix
- ✓ Granola bars
- ✓ Fig Newton's
- ✓ Sport Foods
- ✓ Sport bars
- ✓ Recovery & Sport drink mixes
- ✓ Gels, blocs
- ✓ Soup Mixes
- ✓ Popcorn
- ✓ Applesauce
- ✓ Instant Oatmeal
- ✓ Tuna/Salmon (foil packs)
- ✓ Graham crackers
- ✓ Peanut Butter & Jam Sandwiches
- ✓ Shelf-stable Milk (individual cartons)



Have a cooler?

- ✓ Yogurt
- ✓ String Cheese
- ✓ Cut fruit
- ✓ Cut veggies with hummus
- ✓ Milk
- ✓ Cottage cheese
- ✓ Pasta Salad
- ✓ Deli Sandwiches
- ✓ Smoothies