

## Healthy Eating for Athletes

- **Eat well**
  - Eat a well balanced diet
  - Eat every 2-3 hours
  - Make sure to get enough servings from each food group every day (lots of colors)
  - Get the majority of your servings from foods and not supplements
  - Always have snacks with you
  - Have a snack between every class
  - Eat or drink something high in carbs within 15 to 45 minutes of the end of activity (game, practice, dryland)
- **Breakfast**
  - **Most important meal of the day**
  - Sets your body's metabolism
  - Eat 300-700 calories at breakfast
- **How many calories do you need?**
  - **wt in lbs/2.2 = body weight in kg**
  - **Carbohydrates: 55-65% of total calories**
    - 5-9 grams/kg of body weight
    - 1g = 4 calories
  - **Protein: 10-15% of total calories**
    - 1.2-1.7 grams/kg of body weight
    - 1g = 4 calories
  - **Fats: ~30% of total calories**
    - 1+ gram/kg of body weight
    - 1g = 9 calories
- **Pre-game Nutrition**
  - What you put in your body all week impacts performance
  - Prepare for games a couple days ahead of time

- Try to eat your last large meal 3-4 hours before a game
- Have a small snack 1.5-2 hours before game time
- What you eat after a game is important for the game the next day
- **Hydrate**
- **Recovery Nutrition**
  - Eat or drink something high in carbs within 15 to 45 minutes of the end of activity (game, practice, dryland)
  - 3:1 or 4:1 carbs to protein
  - Choc milk, crackers w/cheese or peanut butter, granola bars, fruit and cheese or peanut butter
  - Eat a large meal within 2 hours
- **Hydrate with quality liquids**
  - Drink plenty of water (this is the single most important thing that you can put into your body)
  - Drink at least 1oz of water for every 2lbs of body weight per day
  - Also drink electrolyte drinks such as Gatorade or PowerAde
  - Drink low-fat milk and 100% fruit juice
  - **Stay away from energy drinks**
- **Sleep well**
  - Get enough uninterrupted sleep every night
  - Most athletes need at least 8-10 hours of sleep every night. More if you are a younger athlete
  - Turn off the TV, and cell phone
- **Work out smart**
  - Train hard, but be smart
- **Stay away from drugs, alcohol, and tobacco**
  - These will all impair your abilities as an athlete, even if you are not under the influence at the time.
  - These will slow your body's ability to recover from practice or a workout, or even an injury
  - Alcohol lowers testosterone, HGH, and other hormones