



Nutrition Program
Powered By



Girls 10 - 13 years old

1. **Drink more water and less of everything else.** Avoid soda and limit juice, sugary drinks and slushes.

- Hydration improves speed and muscle strength.
- Dehydration may lead to muscle cramping and fatigue as well as headache, dizziness, blurred vision, stomach upset and chills.
- Proper hydration decreases risk of injury, especially muscle pulls, tears or sprains.
- 65g of sugar found in a soda or iced tea/lemonade= \sim 23 sugar packets.

2. **Eat real foods you can recognize as often as possible.** If it swims, runs, flies, grows from the ground or falls from a tree and you can still recognize it, it's a better choice than something packaged in a shiny wrapper or crinkly bag.

- Eat breakfast every day.
- Look in your refrigerator before your cabinets when you need a snack.
- Add lots of colors to your plate (and ketchup doesn't count).
- Eat at least one fruit or vegetable at every meal and snack.

3. **Play your best.** Fuel your performance by eating a meal about 3 hours before you play and a snack within an hour. Drink water at every break in play.