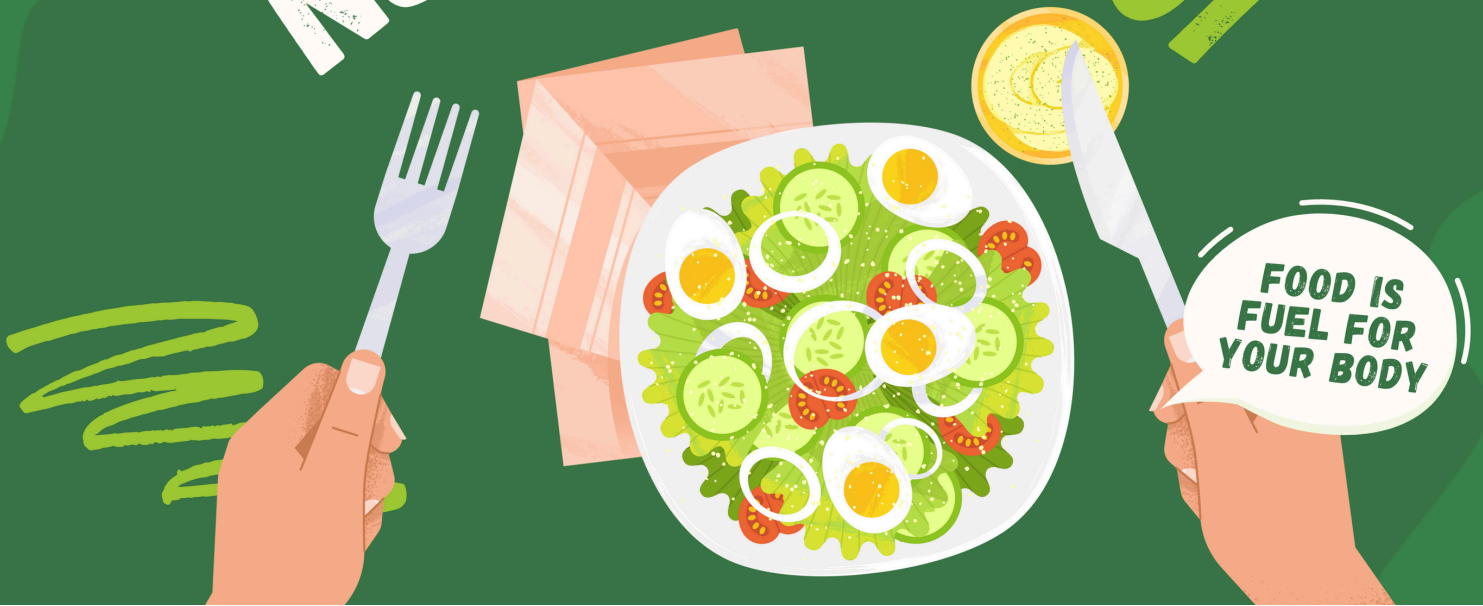


NUTRITION 101



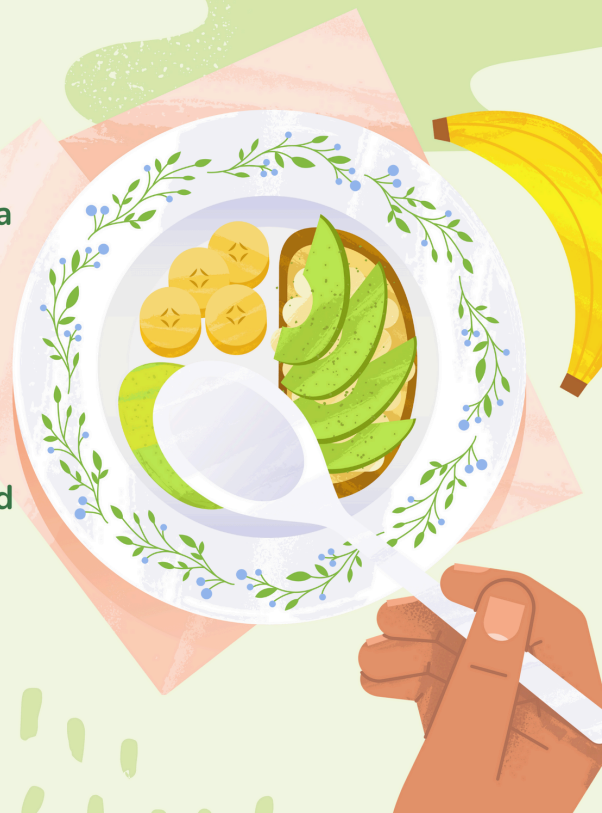
DYK...

Girls go through a growth spurt around the age of 12 and boys around the age of 14.

The best way you can maintain a healthy weight is to eat a diet rich in whole grains, fruits, vegetables, no-fat or low-fat milk products, beans, eggs, fish, nuts, and lean meats.

Eating healthfully means getting the right balance of nutrients. As you grow, you will require more calories and an increase of key nutrients including protein, calcium, and iron.

How much a teen should eat depends on their individual needs. Keep in mind, the more active you are, the more your body will need to be sustained and recover.

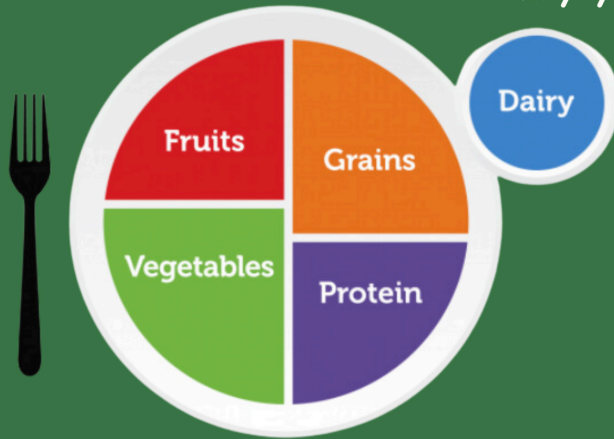


KNOW YOUR PLATE

50% of your plate should be fruits and vegetable

More than half of your plate should be grains (whole grains)

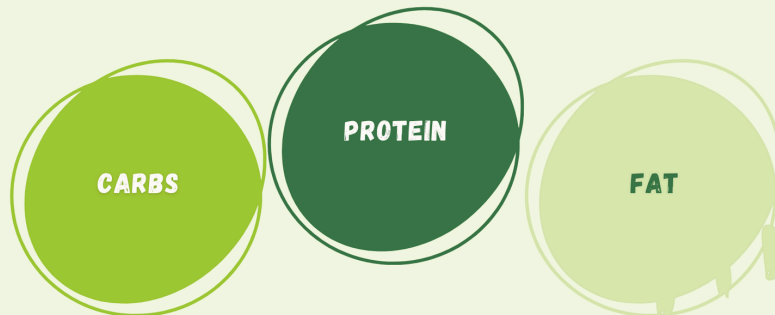
Vary your protein - fish, lean beef, chicken, turkey



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Learn more at USDA MyPlate (myplate.gov)

WHAT ARE MACRONUTRIENTS?



Macronutrients, or “macros,” are nutrients your body needs in large amounts to function optimally. The three main macronutrients are carbohydrates, protein, and fat. They’re considered essential nutrients, meaning your body either cannot make them or cannot make enough of them.

For example, proteins provide essential amino acids, while fats contain essential fatty acids. Your body utilizes these components for specific functions.

Macronutrients also contain energy in the form of calories. Carbs are the main energy source, but your body can use other macronutrients for energy if needed.

WHAT TO EAT?

During digestion, macronutrients are broken down into smaller parts that are used for specific functions. Carbs are the main energy source, proteins help build and repair tissues, and fats insulate organs and make up cell membranes.



CARB SOURCES

- **Whole grains:** brown rice, oats, farro, and barley
- **Vegetables:** peas, potatoes, corn, and other starchy veggies
- **Fruits:** mangoes, bananas, figs, and apples
- **Beans and legumes:** black beans, lentils, and chickpeas
- **Dairy products:** milk and yogurt



FAT SOURCES

- **Extra virgin olive oil**
- **Coconut:** fresh, dried, and coconut oil
- **Avocados:** fresh and avocado oil
- **Nuts and seeds:** almonds and pumpkin seeds
- **Fatty fish:** salmon and herring
- **Dairy products:** full fat yogurt and cheese



PROTEIN SOURCES

- **Poultry:** chicken and turkey
- **Eggs:** particularly egg whites
- **Red meat:** beef, lamb, and pork
- **Seafood:** salmon, shrimp, and cod
- **Dairy products:** milk, yogurt, and cheese
- **Beans and legumes:** black beans, lentils, and chickpeas
- **Nuts and seeds:** almonds and pumpkin seeds
- **Soy products:** tofu, edamame, and tempeh

WHAT TO EAT ON GAME DAY?

PRE GAME

- Well rounded breakfast the morning of
- 2-3 cups of water prior to game time
- Nice pre game snack (granola bar, trail mix, banana, yogurt, fruit, pretzels and peanut butter, smoothie, oatmeal)

DURING GAME

Hydrate!

- Drink plenty of water and get your needed electrolytes.
- Opt for ZERO SUGAR Gatorade, Powerade, or Liquid IV packets

POST GAME

- Drink plenty of water
- Eat a protein-packed snack (protein bar, protein shake, chocolate milk, greek yogurt, meat and cheese stick, apple slices and peanutbutter)

UNDERSTAND SUGAR & CAFFEINE

- For kids and teens, the American Academy of Pediatrics suggests caution. Adolescents ages 12 to 18 should cap daily caffeine intake at 100 mg (the equivalent of about one cup of coffee, one to two cups of tea, or two to three cans of soda). For children under 12, there's no designated safe threshold.

- Alani Nu = 200mg
- Celcius = 200mg
- Pepsi/Coke = 34-46mg per 12 ounces
- Coffee = 95mg

- Soda = 39 grams of sugar (or 10 tsp)

***Daily amount of sugar is 25 grams



REVIEW

- **WHAT ARE MACRONUTRIENTS (OR MACROS)?**
- **50% OF YOUR PLATE SHOULD CONSIST OF WHAT?**
- **GIVE AN EXAMPLE OF THE PERFECT PLATE.**
- **HOW MUCH CAFFEINE SHOULD A TEEN CONSUME PER DAY?**
- **WHAT IS THE DAILY MAX OF SUGAR PER DAY?**
- **LIST A PRE GAME AND POST GAME SNACK.**