

# NUTRITION TIPS

## THREE TIPS FOR PRACTICE DAYS

Performance-based eating means choosing nutrient-dense options that serve as energy for training and recovery and contain nutrients to keep your body strong and illness free.

1. Healthy, nutrient-dense options are often identified by the dark, vibrant colors found in fruits, vegetables and lean protein. Every meal and snack should include one of each of these food groups.
2. For heavy training days, build your plate to look like the Moderate Training Day Athlete Plate (on back). For recovery days, build your plate to look like the Easy Training Day Athlete Plate. As training increases in difficulty, increase your intake of carbohydrates from Fruits and Whole Grains.
3. Proper hydration is important at all times, not just around training time. Fluids help your body to flush out byproducts and waste, which is especially important to prevent illness and injury and increase the efficiency of the body and mind.

### EASY TRAINING / WEIGHT MANAGEMENT:

**FATS**  
1 Teaspoon

Avocado  
Oils  
Nuts  
Seeds  
Cheese

**Whole Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads  
Legumes

**Weight Management**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Lean Protein**

**Vegetables & Fruits**  
Raw Veggies  
Cooked Veggies  
Veggie Soups  
Fresh Fruit

Water  
Dairy/Nondairy Milk  
Diluted Juice  
Flavored Beverages  
Coffee  
Tea

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

## THREE TIPS FOR GAME DAYS

To ensure you are prepared for a fast-paced, physical, or over-time game, make sure you fuel your body for performance.

1. In preparation for game days, your pre-game meal should reflect the Hard Training Day Athlete Plate. The increase in whole-grain carbohydrates and fruit will be your fuel during the game.
2. Small bites of carbohydrates between each period will deliver small jolts of energy to keep you quick on your feet. Approximately 100 calories between each period is ideal, in the form of 1 piece of fruit, 1 cup of Gatorade, 2-3 chews/sport gummies, or 2-3 bites of a bar.
3. Hydration is very important to prevent injury and maintain your concentration during the game. Sip water on the bench and in the locker room.

### MODERATE TRAINING:

**FATS**  
1 Tablespoon

Avocado  
Oils  
Nuts  
Seeds  
Cheese

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads  
Legumes

**Lean Protein**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Vegetables**  
Raw Veggies  
Cooked Veggies  
Veggie Soups

Fresh Fruit  
Stewed Fruit  
Dried Fruit

Water  
Dairy/Nondairy Milk  
Diluted Juice  
Flavored Beverages  
Coffee  
Tea

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

## THE FOUR R'S OF RECOVERY NUTRITION

A good recovery nutrition plan will ensure your body adapts to 100% of its potential, and is ready for the next training session or practice. Recovery nutrition is important every day leading up to game days. Immediately after training or games think about:

1. **Re-Hydrate** after training with both fluid and electrolytes (that are lost in sweat).
2. **Replenish** energy stores with enough carbohydrates. Good recovery food options are chocolate milk, flavored soy milk, greek yogurt, pretzels with peanut butter, and trail mix.
3. **Repair** muscles with quality lean protein. Examples are milk, yogurt, and peanut/almond butter.
4. **Reinforce** your immune systems with natural antioxidants found in fresh fruit and whole grains.

### HARD TRAINING / RACE DAY:

**FATS**  
2 Tablespoons

Avocado  
Oils  
Nuts  
Seeds  
Cheese

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads

**Lean Protein**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Vegetables**  
Cooked Veggies  
Veggie Soups  
Raw Veggies

Fresh Fruit  
Stewed Fruit  
Dried Fruit

Water  
Dairy/Nondairy Milk  
100% Fruit Juice  
Sport Drink  
Flavored Beverages  
Coffee  
Tea

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup