

Ways to Eat Healthy During Sports Season

1

Healthy Meals

Eat a healthy breakfast the morning of both practices and games, as well as a healthy meal 2-3 hours prior to a game or practice.

2

Carbohydrates

Eat 300-600 grams of carbs per day. Some examples are breads, cereals, pastas, fruit, rice veggies and other protein rich foods.

3

Post-Sport Snack

Eat a carb and small protein snack 30 minutes after competition or practice.

Some examples are:

- granola bar
- bagels and peanut butter
- small sandwich
- crackers and cheese
- fresh fruit and/or yogurt
- veggies
- protein bar
- protein shake
- trail mix
- fruit smoothies

4

Don't Skip Meals

Nutrition is vital to growth and performance. Skipping meals will not allow you to perform at your best.

