

(Never takes place of medical advice)

By Dawn Weatherwax, RD, LD, ATC, CSCS

# Step 1:

### Stay Healthy! You Must Fuel Enough!

- Over 75% of athletes do no eat enough!
- The average female student athlete needs 2500-2800 units while the males need 2500-5000 units of fuel a day. Many need more.
  - They should never consume less than 2000 units of fuel a day for optimal growth, academics or performance.
  - Cannot maximize goals if body, brain & muscles are not fueled!
- 8x more likely to get sick or injured if under fueled.

#### Quality Matters 100% Balanced Macros % NOT meeting daily Varies per person recommendations Goals 80% fruit 25-30g of added 90% non starchy veg sugar- Not including Activity 98% whole grains No more than 10% saturated % EXCEED • 100% Vit C, D, 74% refined grains Iron, Calcium • 63% added sugars · 20-40g fiber/day • 85/15% rule • 77% saturated fats

# Step 2:

# Eat Enough, High Quality Foods at the Right Times

- Athletes average over 25% of their fuel needs from added sugars and saturated fat foods.
- Eat 5-6x a day
  - ~ Every 2-4 hours
- · Eat enough protein.
  - ~1 gram of high-quality protein per pound of lean weight
    - Spread evenly throughout the day
    - High quality proteins: Lean proteins, eggs, yogurts, tempeh, edamame
- Aim for a minimum of 30g of fiber a day.
- 10% or less of total fats coming from saturated fats (solid at room temperature and fried foods)
- Keep added sugars to 30 grams a day or less, NOT including around activity.
- Aim for whole fruits, non-starchy vegetables, and whole grains.



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# Step 3:

### **Hydration**

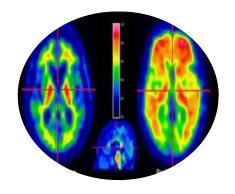
- If you are 1% dehydrated performance can decline up to12%!
- 76% show up 1% dehydrated for school or morning training.
- 66% show up 1% dehydrated any other time.
- Aim for ½ your weight in fluid ounces a day plus activity.
- Aim for a minimum of 3000mg of sodium a day if an athlete



# Step 4:

### **Recovery and Immunity**

- Minimum 8 hours of sleep
  - · Sickness and injuries Increase 61% if lacking.
  - · Impacts growth, academics & recovery
- Boost Immunity
  - Enough Vit D3, probiotics and Vit C are suggested





Dawn Weatherwax (RD, LD, ATC, CSCS) is a registered/licensed dietitian with a specialty in sports nutrition and founder of Sports Nutrition 2Go and Dawn Weatherwax Sports Nutrition Academy. She has been working with swimmers for over 25 years and has launched an online nutrition program for swimmers. She is also a board-certified specialist in sports dietetics, which is the premier professional sports nutrition credential in the United States. In addition, she is an athletic trainer with a certification in strength and conditioning from The National Strength and Conditioning Association.

