



Youth Sports & Nutrition



Importance of Nutrition in Sports

- ❖ Decrease muscle soreness
- ❖ Heal/recover muscles
- ❖ Prevent Injury
- ❖ Improve energy levels
- ❖ Enhance athletic performance

Important Nutrients

Water

Carbohydrates

Protein



Water

- ❖ Makes up 60% of body
- ❖ Lost during sweat (Need to replace!)
- ❖ Helps regulate body temperature
- ❖ Clear urine is a good sign that you are fully rehydrated



Water

- ❖ Drink water every 15-20 minutes
- ❖ Drink even when you are not thirsty
- ❖ Carry a water bottle
- ❖ Aim for 11-14 cups/day

Sugary Drinks

- ❖ Slows digestion
- ❖ Causes cramps, fatigue, nausea
- ❖ Energy crash

WATER IS BEST!

SUGAR-COATING SPORTS DRINKS



Carbohydrates

Main source of energy during exercise

Complex carbohydrates

Longer to digest=long-lasting energy

Fruits

Vegetables

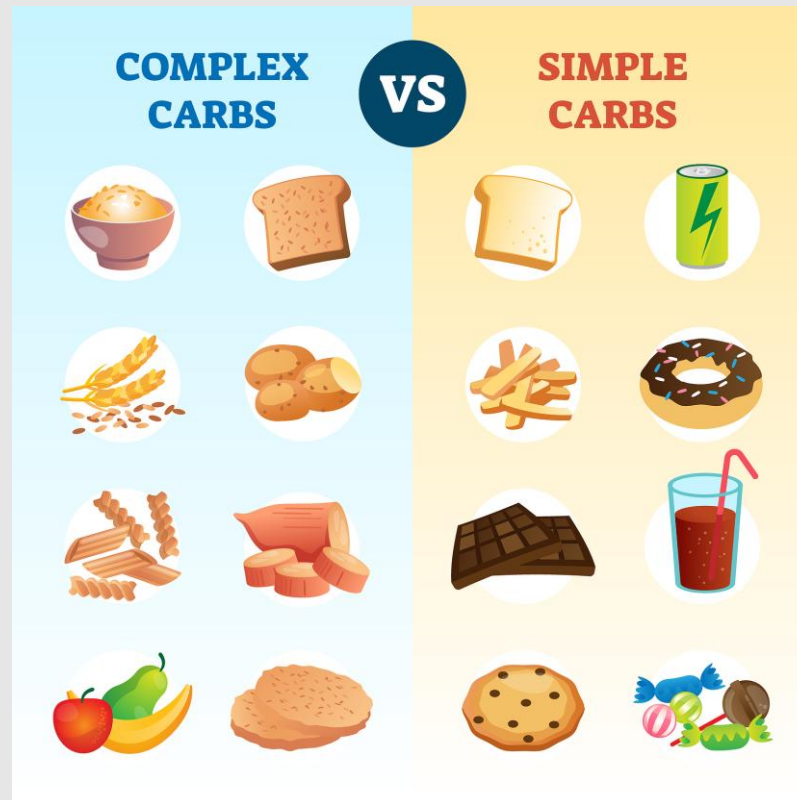
Whole grain bread

Brown rice

Cereal

Beans

Potatoes



Simple Carbohydrates

Quick to digest= short-lasting energy

Soda

Candy

Fruit juice

White bread/pasta

White rice



Protein

- ❖ Aides in muscle growth and repair
- ❖ Used for energy once carbohydrates have been used up
- ❖ 1 serving= palm of hand





Quick Fuel/ Game Day Snacks

- ❖ Running out of time before a workout or not hungry before a workout ?
- ❖ Try one or more of these foods to give yourself some energy:
 - ❖ Apple sauce
 - ❖ Dried fruit (mangos)
 - ❖ Granola bar
 - ❖ Crackers
 - ❖ Honey & Bread
 - ❖ Fruit (whole or dried)
 - ❖ Granola



Carbohydrate	Protein
Fuel and Focus Helps keep your muscles energized and brain focused on the game	Recover and Build Aids in forming new tissue to help with proper growth, development, and exercise recovery
Fruit Banana, apple, strawberries, grapes, melon, applesauce, orange slices	Nut butter Peanut, almond, or soy nut for peanut-free teams
Vegetable Cucumber slices, carrots, sugar snap peas, pepper slices	Lunch meat Slices rolled up, or cubes on a kabob
100% fruit leather Like a fruit roll-up, but healthier!	Nuts or seeds Peanuts, almonds, cashews, sunflower, pumpkin
Dried fruit Raisins, cranberries, cherries	Cheese Cheese sticks, slices, cubes, squares
Whole grain crackers or pretzels Look for the whole grain symbol on the front of the box	Hardboiled egg Make a few dozen and keep them in a cooler during the game
Popcorn Aim for a little salt; avoid the loaded butter or strong flavorings	Hummus Most stores offer small pre-packaged containers for convenience
Granola bars Watch those covered in chocolate or other sugary coatings	Yogurt For extra hot days, freeze the yogurt for a cool treat after the game



Pre-Event Fueling

- ❖ Eat 2-4 hours before start of event
- ❖ Consume plenty of water, complex carbohydrates, and lean protein (40-50 grams of carb and 10-15 grams of protein)
- ❖ Avoid sugar and greasy/fatty foods
- ❖ A small snack may be needed in the hour before the start of a match

Pre-Event (2-4 hrs before)

Breakfast

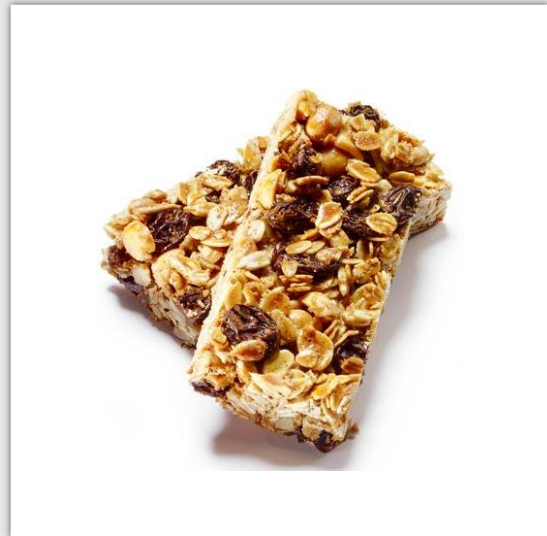
- ❖ Bagel with low-fat milk, or low-fat yogurt
- ❖ Whole grain toast with PB or Jam
- ❖ Rice cakes with peanut butter & banana
- ❖ Fruit Smoothie w/ spinach
- ❖ Omelet/hard boiled eggs
- ❖ Whole grain cereal with low-fat milk



Lunch/Dinner

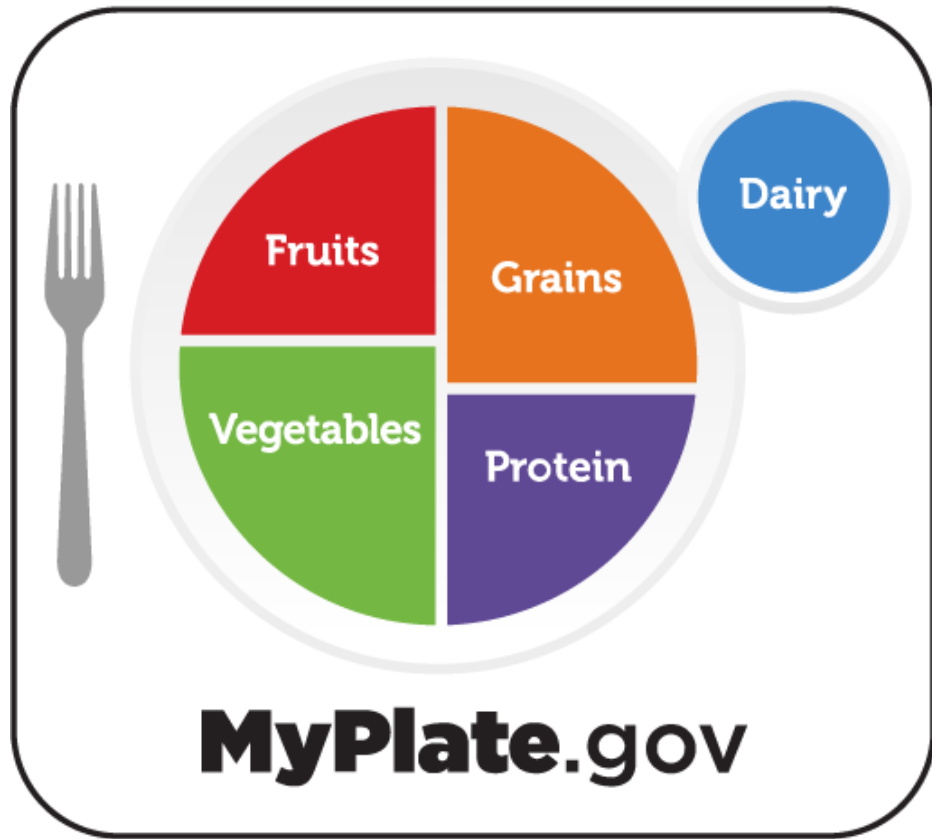
- ❖ Sandwich (PB&J or turkey/chicken)
- ❖ Grilled chicken (or other lean meat) with rice / baked potato
- ❖ Pasta with red sauce and vegetables





In-between Event

- ❖ Take advantage of all off time as an opportunity to fuel and hydrate
- ❖ Carbohydrate rich, easy to digest snacks are best for quick refuel
- ❖ Snack ideas:
 - ✓ Fruit (add peanut butter)
 - ✓ Granola bars
 - ✓ Trail mix
 - ✓ Nuts/seeds
 - ✓ Crackers/ pretzels



Post-Event Fueling

- ❖ RECOVERY IS IMPORTANT
- ❖ Consume snack 15-60 minutes after event
- ❖ Consume meal 1-2 hours after event
- ❖ Balanced meal: whole grains, vegetables, fruit, lean protein, milk/water

Post-Event

- ❖ Granola bars
- ❖ Reduced fat milk
- ❖ Sandwich with lean meat and/or cheese
- ❖ Yogurt with fruit and added nuts
- ❖ Smoothie
- ❖ Homemade pizzas with cheese + veggies
- ❖ Grilled salmon, rice, veggies
- ❖ Low-fat string cheese with crackers





Every athlete is different!

❖ Foods affect bodies differently, so determine:

- ✓ How long before working out is best for you to eat.
- ✓ How much food is the right amount for you

❖ Nutrient needs are based on weight, height, and activity level

- ✓ Speak with dietitian to determine your own needs!



Thank you!