

# 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

**40 GRAMS  
OF SUGAR**  
PER 375ML SERVING



**36 GRAMS  
OF SUGAR**  
PER 600ML SERVING



Coca Cola serving size = 375ml; Gatorade serving size = 600ml; 1 teaspoon sugar = 4 grams sugar.

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# Carbohydrates

Main source of energy during exercise

## Complex carbohydrates

Longer to digest=long-lasting energy

Fruits

Vegetables

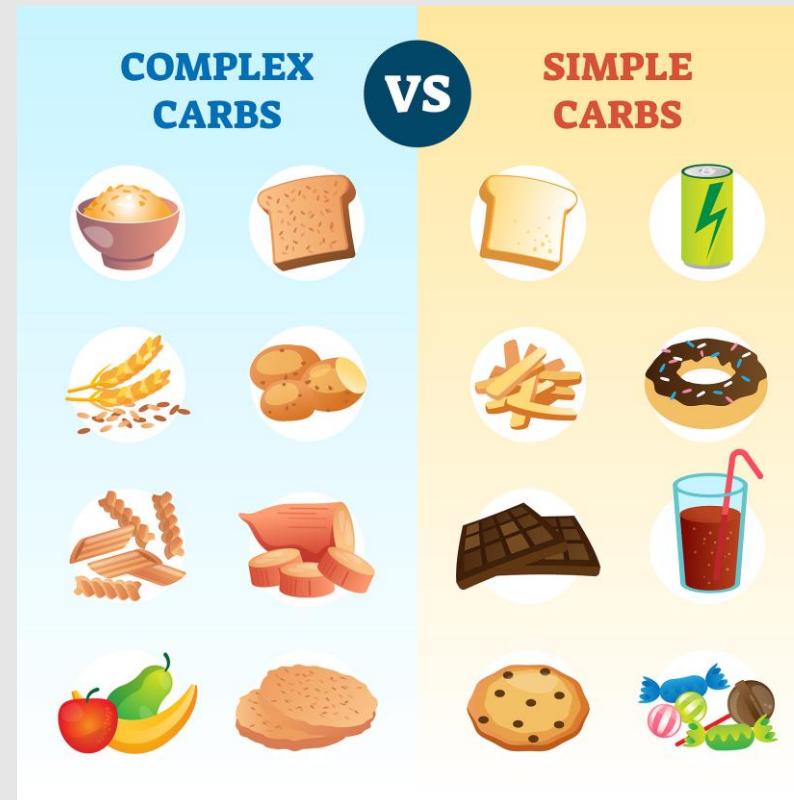
Whole grain bread

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

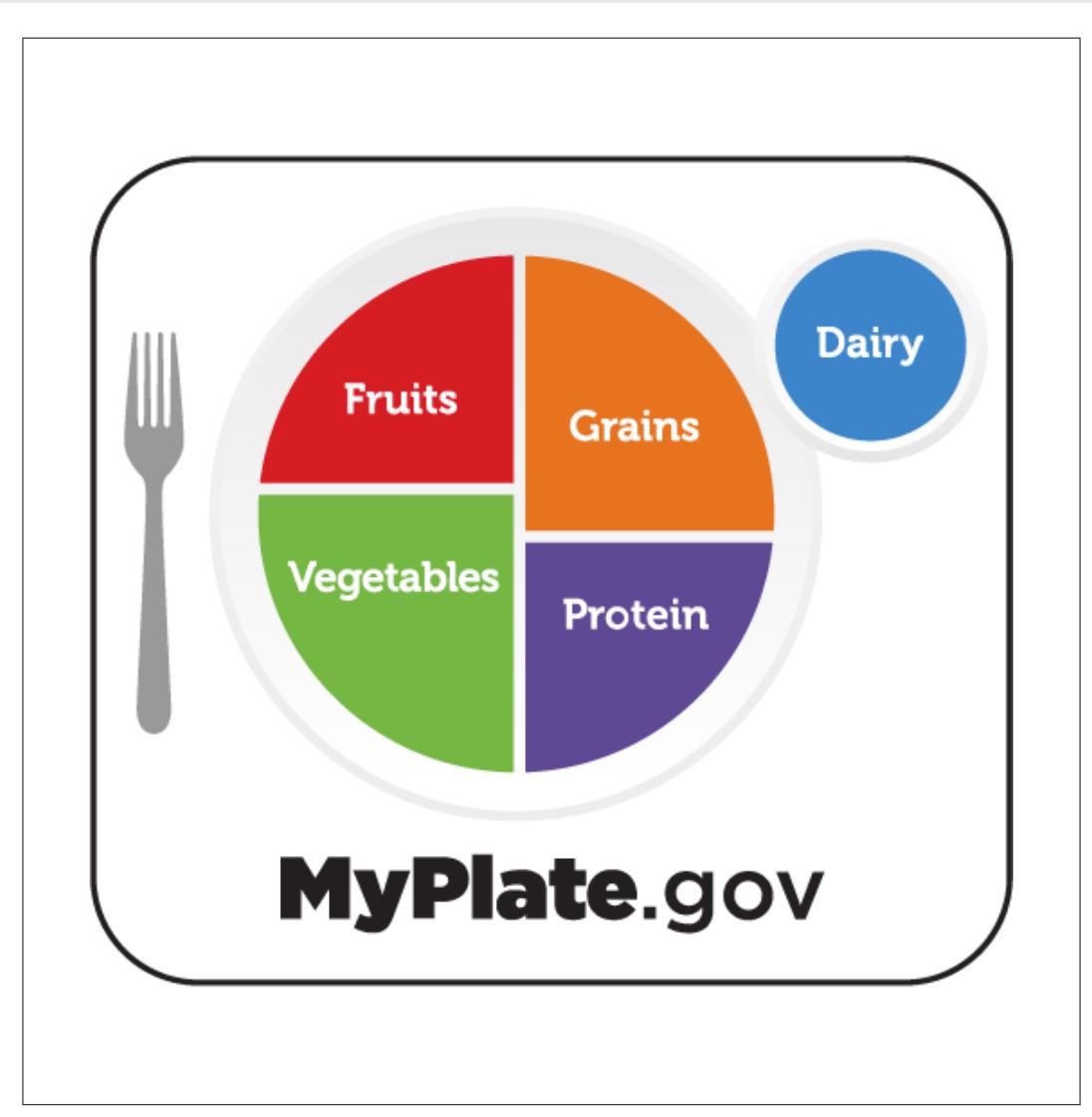
- ❖ Sandwich (PB&J or turkey/chicken)
- ❖ Grilled chicken (or other lean meat) with rice / baked potato
- ❖ Pasta with red sauce and vegetables





## 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!