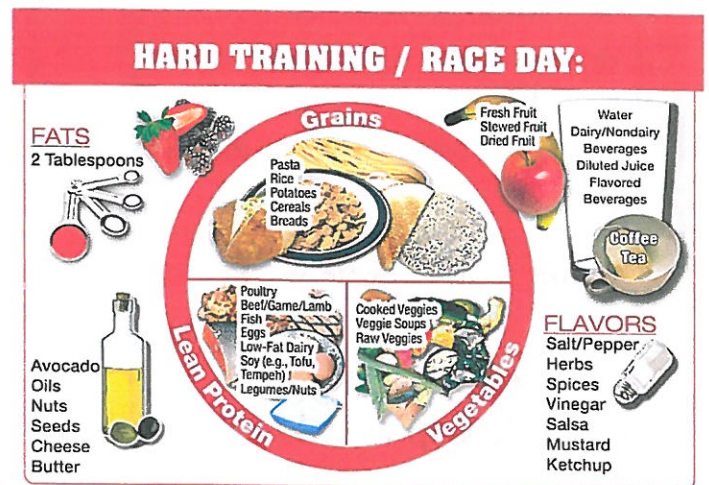
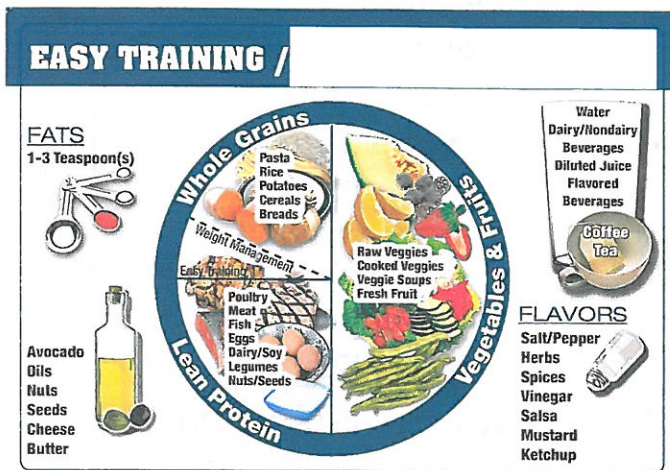


Sports Nutrition 101

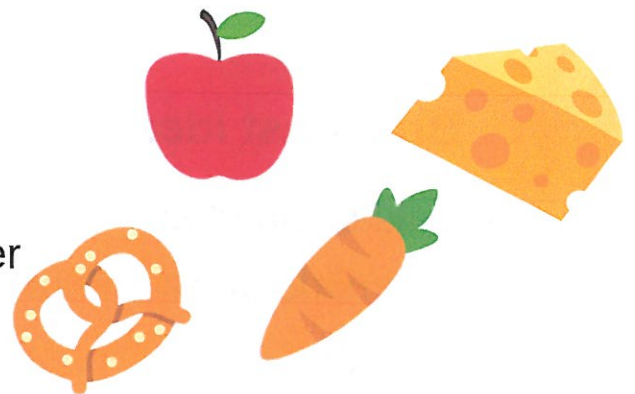
What to Eat:

- Carbohydrates: fuel for muscles during workouts and races
- Protein: build and repair muscles to get stronger and faster
- Fat: source of fuel for longer workouts, important for your body to function
- Water: needed to transport oxygen and nutrients in your blood



Snacks: protein + carb

- Pretzels + cheese stick
- Whole wheat crackers + hummus
- Whole wheat bread + peanut butter
- Granola + Greek Yogurt
- Carrots + cream cheese
- Small apple + trail mix



Hydration

- Drink 3-4 24 oz. water bottles every day!
- Sports drink on hard days, hot days, race days



When to Eat:

- Before practice (1-2 hours): high carb, low protein, low fat
- During practice (workout days): sports drink
- After practice (within 1 hour): high protein, high carb



Before a Workout

- Half of a PB&J on white bread
- Fruit snacks or a piece of fruit
- Applesauce
- 1 packet of oatmeal
- Toaster waffle with honey
- Small granola bar
- Half of a bagel with cream cheese
- 8 oz. water and/or electrolytes

After a Workout

- 30 min - 1 hour after
 - ◆ 2:1 carbohydrate to protein ratio
 - ◆ Chocolate milk
- Within 2 hours
 - ◆ A meal high in carbohydrates and protein, moderate in fat
- Water and/or electrolytes

Plan Ahead!

- Don't skip breakfast!
- Pack snacks the night before



Breakfast Ideas

- Breakfast burritos
- Homemade egg McMuffin
- Overnight oats
- Smoothie with protein
- Egg scramble pita pocket

Sleep Better:

1. Put away the technology 30 minutes - 1 hour before bed
2. Make your room dark and cool
3. Take some time to read, journal, etc.
4. Make your room only for sleeping
5. Avoid caffeine 6 hours before bed
6. Keep a consistent schedule

