



NUTRITION TIPS FOR ATHLETES!

Hydration:

- WATER is the best form of hydration.
- Drink ½ body weight in ounces of water a day. If you are 100 lbs then drink 50 ounces. Add a pinch of sea salt to rebalance electrolytes if the water runs through you and still thirsty.
- Hydrate an hour before competing. 12 ounces an hour before and then 6 ounces every 30 minutes during competition or practice.
- If exercising for more than 90 continuous minutes, best to add a bit of electrolytes.

Carbohydrates:

- Ideally, fill with fuel 2 hours prior to competing with a mix of carbs such as whole grains, rice and some protein such as peanut or almond butter for sustained energy.
- If eating within 30 minutes of practice or competition, fuel with simple carbs such as bananas, potatoes or other easily digestible foods. Don't eat too much this close to a match / practice.
- After exercising and at all other meals, it is better to fuel the body with complex carbs such as veggies. Aim for 5-6 servings of veggies a day- incorporating as many colorful options as possible. Aim for 1 veggie for breakfast, 2 for lunch/snacks, and 2 for dinner.
- 40% of daily calories is ideal.

Proteins:

- Athletes need protein to feed muscles and maintain body strength.
- During heavy training, aim for 1 gram of high-quality protein per lb. of body weight.
- Include post workout protein to ensure proper muscle recovery. 25-30 grams is ideal.
- Good sources of protein are organic and grass fed meats, pasture raised eggs and Greek yogurt. 30% of daily calories is ideal.

Fats:

- Quality fats help athletes manage inflammation system, immune health, and recover better.
- Quality fats matter! Nuts, avocado, olive oil, grass fed butter, and coconut oil are best.
- Athletes should try to eat more fats on non-performance days and ease the organ's burden of eating carbohydrates for energy.
- 30% of daily calories is ideal.

Sleep:

- Critical that an athlete regularly *sleep at least 8 hours* a night for optimal performance! No phones or bright lights for an hour before bed time.

Hydration Sources:

- Daily: Drink 1 or 2 cups of water first thing in the morning, adding a slice of lemon if possible.
- Consume half of your body weight in ounces throughout the day, mainly avoiding too much with meals. Add a pinch of sea salt if water runs through your body too quickly.
- Practice or Games: Drink 12 ounces an hour prior and 6 ounces every 30 minutes of exercise.
- Tournaments: Add some electrolytes to water for days with *multiple* games. NUUN Tablets and LMNT powder are very good sources. Avoid sugar or artificial dyes in any of the popular electrolyte drinks. Electrolytes are not needed unless exercising for more than 90 minutes unless you are heavy sweater.

Daily Meals: Include all of the macronutrients to ensure a proper balance. Make sure the first meal of the day includes protein and fats. Ideally, meals are eaten at least 2 hours before games to give the stomach time to digest food and have all energy directed towards competition. Good daily meals include:

Pre-Game Meals: (Eat at least 2 hours prior to activities for full benefit) *Complex carbs, protein and fats.*

- Egg or sausage scrambles.
- Oatmeal or granola with berries, walnuts and Greek yogurt.
- Veggie smoothies- leafy greens such spinach, kale, or other power greens, berries, almond butter, cucumbers, celery, beets, protein powder, etc. Limit tropical or dried fruit to ½ serving. Add only 1 serving of fruit per smoothie.
- Turkey or chicken salads, add nuts, seeds, or good oils like EVOO or avocados.
- Skillet meals with a meat (chicken, fish, pork, beef, beans) and veggies. Or slow cooked meats such as chicken, roasts, with a few non starchy veggies.
- Bowl meals with chicken, beans, or ground taco meat, plus various salad or raw shredded veggies such as carrots, cabbage, celery, and top with healthy fats such as avocado and raw nuts.

Snacks: (within 2 hours of a game) *Simple carbohydrates with a touch of protein.*

- Banana with almond butter.
- Orange with a handful of raw nuts such as Almonds, Pumpkin Seeds, Pistachios.
- Healthy bars such as low sugar KIND, Protein Bites, Kize. Ideally, look for sugar under 8 grams, plus at least 8 grams of protein.
- Hummus with GF bread.
- Boiled Potato with Boiled Egg.
- Avocado Toast on Gluten Free Bread.

Post-Game Snacks: (ideally, within 30 minutes to replenish muscle needs) *A mix of protein and carbs*

- Beef jerky and an apple.
- Hummus and carrots, celery, peppers or other veggies.
- Raw nuts with veggies or fruits.
- Cottage Cheese with fruit.
- Greek Yogurt with fruit.
- Turkey, Chicken, or Roast Beef Gluten Free wraps such as almond tortillas or lettuce.
- Protein Vegetable smoothies.