

EAT YOUR WAY TO BECOMING A BETTER ATHLETE:

Sports Nutrition

Nutrition needs to be a long term modification, not a quick fix.

Nutrition Can:

- Help with Strength and Endurance
- Help with Performance and Recovery
- Improve Immune System
- Help with Muscle Recovery
- Reduce Injuries
- Increase Energy

Key Nutrients:

Carbohydrates-

Assist with ENERGY, muscle recovery, concentration, and ability to work at high intensities

Good Sources are whole grains, bagels, bread, pretzels, raw vegetables, dried fruit, bananas, apples, oranges, grapes, and energy bars

Protein-

Assist with strength and endurance
Good Sources are yogurt, cheese, meat, peanut butter, and eggs

Fats-

Assist with energy, metabolism, and hormone regulation

Good Sources of healthy fats are olives, avocados, nuts, vegetable oils

Micronutrients (Vitamins)-

Assist with bone density and immune system
Good Sources are fruits, vegetables, dairy, and meats

Hydration-

Assists with homeostasis (body functions) and maintaining energy
Good Sources are WATER, sports drinks, and juice

Post Workout Snacks are often missed. It should happen **within 30 minutes** of finishing a workout.
Replaces Energy and Fluids and Helps Muscle Recover/Repair

Studies show that those who have a post workout snack perform 5% better the second day.
Studies also show that those who have a post workout snack perform twice as fast on another same day event.

Ideal Post Workout Snacks:

Carbs: 75 grams -120 grams Protein: 10 grams Water: 20+ ounces

POST WORKOUT SNACK IDEAS

APPLESAUCE AND PRETZELS W/ WATER (20 oz)

Applesauce, unsweetened

Serving Size: 1 cup

Carbs: 27 grams

Protein: 0 grams

Pretzels (plain)

Serving Size: 15 pretzels (90 grams)

Carbs: 72 grams

Protein: 8 grams

Total:

Carbs: 99 grams

Protein: 8 grams

TROPICAL TRAIL MIX W/ WATER (20 oz)

Tropical Trail Mix

Serving Size: 1 cup

Carbs: 92 g

Protein: 9g

BANNANA AND BAGEL W/ WATER (20 oz)

Bagel, Cinnamon Raisin

Serving Size: 1 bagel (4 inch diameter)

Carbs: 49 g

Protein: 9 g

Banana

Serving Size: 1 regular

Carbs: 51 g

Protein: 2 g

Total:

Carbs: 100g

Protein: 11g

FROSTED MINI WHEATS WITH MILK AND WATER (20 oz)

Milk, Lowfat

Serving Size: 12 oz

Carbs: 16 g

Protein: 12 g

Frosted Mini Wheats

Serving Size: 2 cups

Carbs: 88 g

Protein: 9 g

Total:

Carbs: 104 g

Protein: 21g

CHOCOLATE MILK AND WHEAT TOAST AND PEACHES

Chocolate Milk, Lowfat

Serving Size: 16 oz

Carbs: 52 g

Protein: 16 g

Peaches, canned w/ juice

Serving Size: 1 cup

Carbs: 29 g

Protein: 2 g

Wheat Toast

Serving Size: 2 slices

Carbs: 26 g

Protein: 6 g

Total:

Carbs: 107g

Protein: 24g

RAISINS and TURKEY W/ GATORADE (20 oz)

Raisins (Seedless)

Serving Size: ¾ Cup (not packed)

Carbs: 83 grams

Protein: 3 grams

Gatorade

Serving Size: 20 oz

Carbs: 34 grams

Protein: 0 grams

Turkey, deli

Serving Size: 4 slices

Carbs: 0 grams

Protein: 8 grams

Total:

Carbs: 117g

Protein: 11g