

Eating for awesome athletic performance!

Next to proper training and practice, good nutrition will affect how you perform.

What you eat on a daily basis as well as before, during, and after training and athletic events can make the difference between having the energy and strength to reach your goals or falling short!

Here are the top points for you to remember:

Breakfast, Lunch, Dinner – Always!!!

- ❖ Do NOT skip meals – your body needs a regular supply of food to get enough energy. When we skip meals then our body breaks down our muscles to get that energy.
- ❖ Skipping meals also makes us more hungry for junk food instead of the foods that have necessary nutrients. *Junk food is okay to eat as long as it does not replace healthy meals on a regular basis!*

Eat many different foods from ALL food groups

- ❖ Our body needs carbohydrates, protein, and fat in order to function optimally. Do not eliminate any major food groups – they all play very important roles and provide the calories, vitamins (folate, B vitamins, and Vitamin C), minerals (calcium, iron, zinc), and phyto-nutrients that are found there.
- ❖ Especially important for athletes is a constant supply of carbohydrates (bread, cereal, fruit, rice, pasta, crackers) to provide the quick energy needed for your muscles and brain.

Hydrate and eat before and after all activities!

- ❖ Drink water and other healthy beverages throughout day and with your meals!

Meal and Snack Ideas

English muffin with peanut butter, honey, sliced strawberries and a glass of milk.

Bagel with cream cheese, slice of ham, and a glass of orange juice.

Granola cereal with raisins and juice.

Eggs and toast, fresh fruit, and milk.

Oatmeal with added nuts, fruit, and milk

Yogurt with fruit and nuts, and a glass of water or juice

Fruit and vegetable smoothie with added milk or yogurt

Ham and cheese sandwich with carrots and hummus, crackers and fruit.

Milk

Chocolate milk

Yogurt

Cheese sticks

Pudding

Ice cream

Slices strawberries

Orange/Clementine segments

Bananas

Grapes

Blueberries/ Raspberries

Cantaloupe

Watermelon

Pineapple

Apples

Granola Bars

Crackers/Bagels/Bread

Pasta/Rice/Potatoes

Cereal and Bars

Popcorn

Veggies with ranch or hummus

Carrots

Broccoli/Cauliflower

Salad

Peppers

Beans and peas

Hummus

Peanut or Almond butter

Deli Meat cubes and slices

Olives