

SPORTS NUTRITION



I know that better nutrition will help my performance, were do I start?

BASIC FUELING TIPS

1. **Eat breakfast** – choose breakfast instead of the snooze button, so you don't miss out on easy energy! Yogurt with fruit or a PB&J with milk are both examples of a quick and balanced breakfast. It's also important to eat small meals throughout the day to keep energy levels high and promote muscle growth.
2. **Eat more vegetables** – put at least one vegetable on your plate before anything else. Brightly colored vegetables usually offer the most nutrition.
3. **Stay hydrated** – carry a water bottle. Water or milk are generally the best choices throughout the day. Limit sugar sweetened beverages. Dehydration is preventable!
4. **Include protein at each meal** – eggs, yogurt, cheese, meat and fish are all high in protein. Protein helps repair damaged muscles and keeps you feeling full.

5. **Distinguish snacks vs. treats** – healthy snacks provide energy and satisfy hunger. Examples include fruit, string cheese, granola bars, yogurt, jerky and trail-mix.
6. **Recover after exercise** – you haven't finished training until you've refueled! Fluids, carbohydrates and protein are necessary to replenish energy and repair damaged muscles. Aim to eat a recovery meal or snack within 15 – 60 minutes of completing practice or competition.

Master the basics of fueling, before you consider supplements!

PERFORMANCE BENEFITS

- Increased energy during activity and throughout the day
- Decreased risk for injury
- Decreased muscle soreness
- Enhanced performance
- Increased focus and attention span



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Looking for a personalized nutrition game plan?
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