

# YOUTH ATHLETES GUIDE TO SPORTS NUTRITION



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# SPORTS NUTRITION BASICS

## Hydration

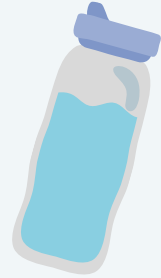
It's important to keep hydrated while you're playing your sport!

Your body is 70% water, and every organ needs water to keep functioning

Drink 1 water bottle throughout your activity to replenish what you lose when you sweat



A 9-12 year old needs 7 glasses of water per day

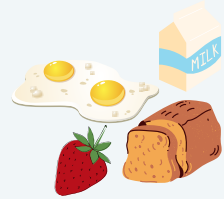
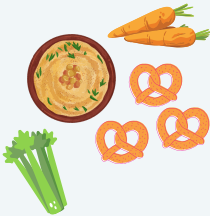


## Food is Fuel

During a workout your body uses the food you eat to fuel itself

### Breakfast

Never skip breakfast! It sets up your body for a day of activity



Healthy snacks help keep your energized throughout the day

### Snacks

## Protein

Protein from food is what your muscles use to help them stay strong

Sources- peanut butter, chicken, pork, steak, fish, shrimp, eggs, beans



## Carbohydrates

Carbs are your bodies first choice for fuel; your body needs carbs like a car needs gas!

Sources- bananas, apple, bread, bagels, pasta, rice, pretzels, potatoes



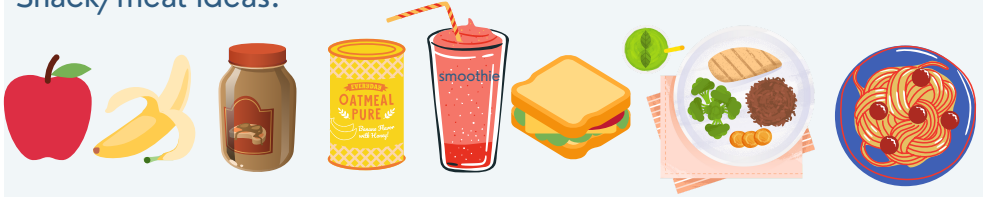
# PREWORKOUT FUEL

Food is what will fuel you throughout your workout/activity

Before you work out you want to eat carbohydrates for the most fuel, and some protein to keep you full throughout your workout

Avoid any food that will upset your tummy- like fried foods, cheese sauces, big meals

Snack/meal ideas:



Don't forget to hydrate!



# DURING WORKOUT FUEL

Sometimes you need food during a workout to help give you a burst of energy!

Focus on carbs again here, anything quick and easy that will give you some energy

Avoid any food that will upset your tummy- like fried foods, cheese sauces, big meals

Don't forget to hydrate!



Snack ideas:



# POST WORKOUT FUEL

Post workout your muscles need fuel to help them recover from the activity you did

Don't forget to hydrate!

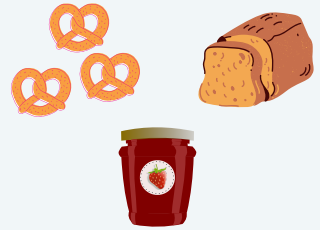


Immediately after a workout:

High protein snack

+

high carb snack



1-3 hours after a workout:  
Performance Plates



Think COLOR

Easy Day



Think BALANCE

Moderate Day



Think GRAINS

Hard Day



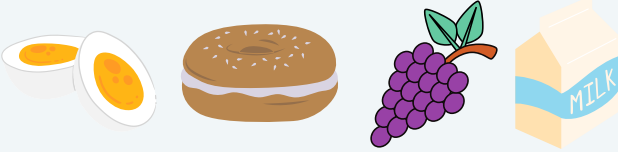
If you don't refuel your muscles after activity, you won't have the energy to do more activity the next day, and your muscles will be sore and tired

# PUTTING IT ALL TOGETHER

## Easy Day

Fueling your body doesn't have to be hard! Let's put together a sample day with what we learned

### Breakfast



### Snack



### Lunch- pre activity



### During activity



### Post activity



### Dinner- post activity



Don't forget to hydrate!

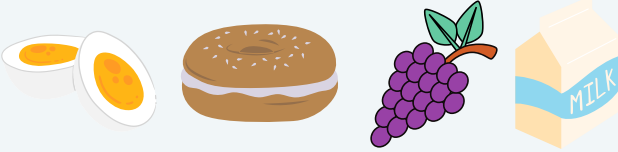


# PUTTING IT ALL TOGETHER

## Moderate Day

Fueling your body doesn't have to be hard! Let's put together a sample day with what we learned

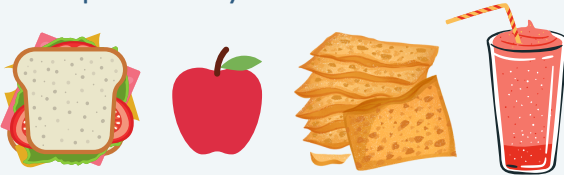
### Breakfast



### Snack



### Lunch- pre activity



### During activity



### Post activity



Don't forget to hydrate!



### Dinner- post activity



# PUTTING IT ALL TOGETHER

Fueling your body doesn't have to be hard! Let's put together a sample day with what we learned

Hard Day

## Breakfast



## Snack



## Lunch- pre activity



## During activity



## Post activity



## Dinner- post activity



Don't forget to hydrate!

