



## Sports Diet and Nutrition Tips for Athletes

1. Eat a balanced diet every day, including a good breakfast.
2. Carbs are for energy – avoid processed foods and sugar and eat whole grains.
3. Proteins build muscle – avoid fatty meats and eat fish, poultry, and lean meat.
4. Fast foods don't make you fast – they slow you down.
5. Read food labels – look at serving size and the ingredient list.
6. Have FUN FUN FUN and enjoy being active – it's the best habit you can have!!!

## Pre and Post Game/Practice Meal and Snack Ideas

Eat snacks with no more than 5 grams of fat or 12 grams of sugar per serving – fewer is better

- ✓ Fruit and veggies like grapes, orange and apple slices, a half of a banana, baby carrots, celery sticks, cucumber slices
- ✓ Pretzels, Popcorn
- ✓ Make a trail mix with nuts and dried fruits
- ✓ Chex cereal mix or other low sugar cereals
- ✓ Fruit cups/apple sauce
- ✓ Low fat granola bars and crackers like graham/whole wheat bread and peanut butter
- ✓ Yogurt (try Dannon Gogurts or Stonyfield squeeze tubes)
- ✓ Popsicles
- ✓ Healthy quick-breads or muffins (banana, zucchini, pumpkin)
- ✓ Cheese sticks or cubes
- ✓ Eat a balanced meal within 60 minutes after a game or practice.

## Fluid Replacement

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| 1. 2 to 3 hours before the event           | Drink 16 ounces of water  |
| 2. 1 hour before the event                 | Drink 8 ounces of water   |
| 3. 15 minutes before the event             | Drink 4 ounces of water   |
| 4. Immediately before the event            | Weigh yourself  |
| 5. Every 10 to 20 minutes during the event | Drink 4 ounces of water   |
| 6. Events longer than 60 to 90 minutes     | Drink 4 ounces of sports drink every 10 to 20 minutes   |
| 7. Immediately after the event             | Weigh yourself again  |
| 8. For every pound of weight loss          | Drink 16 to 24 ounces for every pound of weight loss – see below  |
| 9. The rest of the day                     | Keep sipping water throughout the day. For example, if you lose 3 pounds you cannot guzzle 48 to 72 ounces in one sitting. Consume this amount throughout the remainder of the day. |
| 10. Next Morning                           | Weigh yourself again. Make sure you have fully rehydrated.  |