**Nutrition Tips for Athletes**

**What your diet should look like…**

* **In Season: Carbohydrates and Protein!**
  + Carbohydrates give you energy to get through a practice as well as help you recover to prepare for the next work out
    - Fruits, vegetables, breads, cereal, pasta
  + Protein will help you build muscle
    - Meat, nuts, beans, protein shakes
* **Out of Season: Balanced diet!**
  + Decrease calories
  + Consume nutrient-dense foods rather than empty calories
    - High amounts of fruits and vegetables
* **Before/During a Competition: Carbohydrates!**
  + Consume low amounts of protein and fats because they take too long to be digested and used in the body
  + Consume high amounts of carbohydrates for quick and long lasting energy
    - Granola bars, energy chews, crackers, pasta
* **Drink water all day every day!**
  + Gatorade during practice for extra energy

**Sample Meal Plan…**

* **Breakfast**
  + Glass of milk
  + Piece of fruit (banana, apple, orange)
  + 2 scrambled eggs
    - Could add vegetables (pepper, tomato, broccoli)
  + Low fat breakfast meat (turkey bacon, ham)
  + Whole wheat toast
  + Water
* **Lunch**
  + Deli sandwich
    - Whole wheat bread
    - Slice of cheese
    - Deli meat (turkey, chicken, ham, roast beef)
    - Vegetables (lettuce, tomato, pepper)
  + Pretzels
  + Yogurt with granola
  + Piece of fruit (peach, grapes, blueberries, banana, apple)
  + Vegetable (carrots, peppers, cucumbers)
  + Water
* **Snack before or during practice options**
  + Fruit
  + Granola bar
  + Pretzels or crackers
  + Water
* **Dinner**
  + Low fat protein (chicken, pork, turkey)
  + Carbohydrate (rice, mashed potatoes, pasta, roll)
  + Vegetables (corn, asparagus, squash, peppers, onion, broccoli)
  + Glass of milk
  + Water

**Other helpful tips…**

* The brighter the color, the more nutrients
* If you are thirsty, you are not drinking enough
* Only eat when hungry, but still make sure you are eating enough
* Snack on healthy options rather than chips and candy
  + Stay away from fast food
* Eat within an hour after practice to help maximize recovery
* HYDRATION!