**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!