



Eating For Enhanced Performance!

Energy Comes from the good we eat: Carbohydrates, Fat, and Protein

Carbohydrate: Most important fuel for athletes. Provides energy that fuels muscle contraction. Energy from carbohydrates depends on the length and intensity of exercise and can range from 30-90 minutes or more. To avoid running out of energy during exercise, start with a full load, replenish them during exercise and refill them after exercise.

A **PRE-EXERCISE** meal should include foods that are **HIGH** in carbohydrates and easy to digest. These include: whole grain pasta, rice, bread, or cereal and fresh fruits.

Protein: Protein is often referred to as the building block of our bodies. Consuming protein is very important because it isn't easily stored by the body. We can get protein from meat, beans, eggs, milk, cheese, yogurt and nuts.

Athletes need protein to repair and rebuild muscle that is broken down during exercise.



Fat: Fat is an essential nutrient for optimal health. Stored fat provides cushion and insulation to internal organs, insulates our nerves, moves vitamins throughout the body and is the **LARGEST** reserve of stored energy available for physical activity. Too much dietary fat can lead to problems with health as well as athletic performance.

It is vital that kids have time to digest a meal before exercise. The best time to fuel for exercise is 1-4 hours before competition.



What kids eat before, during and after exercise is important for comfort & performance during exercise.

FOODS FOR FUEL

Planning meals around competition is a great idea.

Sample pre-game meal ideas:

Night Before Competition Meal:

Whole grain pasta or rice as the main dish- small portion of lean meat, vegetables, and whole grain bread on the side. Water!

Breakfast- Day of Competition:

Whole grain cereal, toast, bagel, or oatmeal with low fat milk. Water!

Lunch:

PB&J, turkey, tuna, or chicken sandwich with side of fruit or veggie. Water!

Snack 1-4 hrs before:

Fresh fruit or veggie, yogurt, string cheese, peanut butter and



crackers. Water!

Water....**WATER**....**WATER**....

Post Exercise Meal:

Carbohydrate + Protein speeds recovery after exercise!!

Lasagna, whole grain pasta with meat sauce, fillet of pork, chicken, beef or fish, fresh or steamed vegetables. Milk or water to drink.

Sports Drinks vs. Water: The FACTS

Water is the **MOST** essential ingredient to a healthy life.

Water has many important functions:

- Transportation of nutrients/ elimination of waste products.
- Lubricating joints & tissues
- Facilitating digestion

Adequate water intake for athletes is essential for comfort, performance and safety.



Sports drinks were designed for athletes who are exercising at a high intensity for 90 minutes or more. Fluids supplying 60-100 calories/8 ounces helps to supply the needed calories required for continuous performance such as a 26.2 mile marathon.

Sports drinks for kids are empty calories and do not enhance performance!