

# Sports Nutrition Tips

Fuel for performance!



## Fuel

- Carbohydrates to fuel muscles

*Tip!*

Carbohydrates on a daily basis reduce fatigue and enhance stamina. Include a protein-rich food at each meal to build muscles.

- Cereal, bread, oatmeal, rice, pasta, and other grain-foods
- Vegetables and fruits
- Carb-rich lentils, chickpeas, and other kinds of beans and legumes

## Quick Energy

- Pre-exercise energy boosters!

*Tip!*

An improved breakfast and lunch reduces the need for energy boosters.

- Banana, crackers, or a granola bar
- Juices



*Tip!*

If your urine is a pale yellow, you are drinking enough fluids.

## Fluids

- Hydrate for performance and recovery.



- To prevent dehydration, drink plenty of fluids before, during and after strenuous exercise.
- Water (less than 1 hr of exercise)
- Sports drinks (over 1 hr of exercise)
- Chocolate milk (carbs and protein) for recovery.

*Tip!*

Eat a hearty pre-game meal 2-3 hrs before start time. For late afternoon or evening games, eat breakfast, lunch and possibly an early dinner + pre-game snack.

## Pre-Exercise Meal

- Night before and the morning of breakfast for improved performance.

- Spaghetti with meat & tomato sauce, beans, rice, chicken & veggies.
- Oatmeal, cold cereal, banana, canned peaches, granola bars, bagels, and pasta.



*Tip!*

Your muscles want more carbs than protein.

## Recovery Foods

- Help your body recover – the sooner the better!

- Salty foods and drinks
- Soup, spaghetti and sauce, rice and veggies, cheese, dinner rolls
- Sandwich
- Sprinkle salt on food or drinks

