

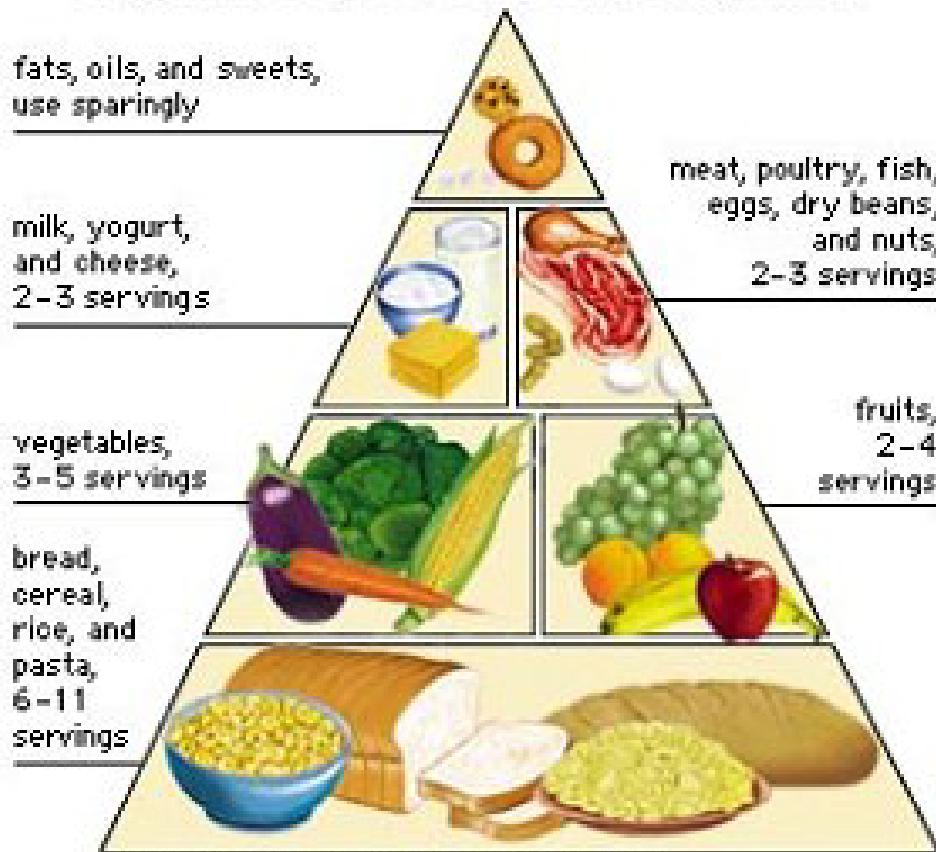
## Nutrition Information

### **NUTRIENTS IMPORTANT FOR THE BODY:**

*Proteins, Carbohydrates, Fats, Vitamins, Minerals, and Water.*

- Each nutrient performs specific functions in the body. A lack of one is a disadvantage to the body!
- By eating the recommended amounts of food from each food group daily (from the Food Guide Pyramid), you can greatly increase your ability to get all the nutrients the body needs, which will improve your ability on the playing field!
- Carbohydrates are the most efficient fuel for the body during strenuous activity.

### **Original USDA Food Guide Pyramid**



Source: U.S. Department of Agriculture

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\*\*To meet higher energy needs, most teen athletes require more than the minimum amount of servings listed. In some cases, teen athletes may need more than the recommended number of servings. For most athletes, the increase in energy should come from the vegetable group and bread, cereal, rice, and pasta group. These groups contain a lot of starch, an excellent source of food energy.

*My Pyramid (<http://www.MyPyramid.gov>) is an excellent guide for young athletes:*

- Helps to select a variety of nutritious foods
- Emphasizes starch foods like grain and vegetables needed to build glycogen stores
- Guides your selection of a lower fat diet
- Offers a variety of foods within each food group so that meals can be built around the foods you like

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### *What to eat before a game:*

- Eat meals high in starch (pasta, baked or sweet potatoes, rice, etc.) 24-48 hours before competition. Select foods from all 5 food groups...our bodies use nutrients more efficiently when consumed together.
- Eat breakfast the morning of competition
  - Should eat an easily-digested meal (higher in starch) no later than 3 hours before competition avoid foods that contain lots of fats and oils (harder to digest)
  - Avoid candy or honey cause rapid swings in blood sugar, resulting in lower energy levels
- Drink plenty of fluids to ensure full hydration, especially water.

### *At all day events (tournaments/track meets):*

- Breakfast is especially important!!
- Consume several high-starch mini-meals or snacks, along with lots of fluids
- Eat snacks high in carbohydrates and don't forget to snack before bedtime (keeps energy levels up) *Choose snacks that contain more than just calories!*
- Select meals containing all 5 food groups our bodies use the nutrients better when consumed together
- When eating out, choose something nutritionally sound, like a cheeseburger with lettuce and tomato

Try to choose starchy vegetables and whole grain and enriched breads, cereals, and pasta over fatty foods (for example, a baked potato over french fries)

### ***To refuel after a workout:***

- Consume high carbohydrate, nutritious foods
- The body replaces lost glycogen rapidly and normal synthesis of new proteins can resume
- Should eat within 2 hours after the event/workout
- Drink plenty of fluids, even if you aren't thirsty.

### ***For more information on Sports Nutrition:***

American Academy of Orthopedic Surgeons - Sports Nutrition:

<http://orthoinfo.aaos.org/topic.cfm?topic=A00370>

**Gatorade Sports Science Institute:** <http://www.gssiweb.com/>

NWCA Optimal Performance Calculator:

<http://www.nwcaonline.com/nwcaonline/default.aspx>

**University of Illinois Extension, Sports, and Nutrition: The Winning Connection:**

<http://www.urbanext.uiuc.edu/hsnut/>

Colorado State University Cooperative Extension - Nutrition for Athletes:

<http://www.ext.colostate.edu/PUBS/FOODNUT/09362.html>