



NUTRITION GUIDELINES FOR YOUTH ATHLETES

Athletes who eat healthy meals and snacks get the nutrients needed to perform well. Knowing when to eat is just as important as what to eat. Eating for sports may extend to an overall healthy eating lifestyle.

Eat all the time to stay healthy

VITAMINS AND MINERALS

For Calcium: low fat dairy products like milk and cheese. Leafy green vegetables like broccoli. **For Iron:** lean meat, tuna, eggs, leafy green vegetables, and fortified whole grains.



PROTEIN

Fish, lean meat, chicken, yogurt, milk, non-dairy milk alternative (soy, oat, almond), cheese, beans, and nuts.

CARBOHYDRATES

Whole-wheat pasta, brown rice, whole grain tortilla, whole-grain bread and cereal, and plenty of fruits and vegetables.



Game-time

Before

Eat these foods before the game to get energy.

3 HOURS BEFORE:

Carbohydrates, protein, and fat such as a ham and cheese sandwich on whole wheat bread and an orange.

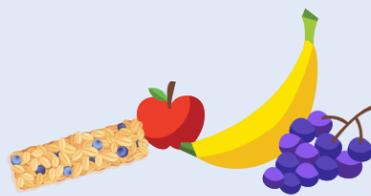
10 oz of water



1-2 HOURS BEFORE:

Fresh fruit or dried fruit with zero added sugar, a bowl of cereal with milk, juice or fruit-based smoothie.

8 oz of water



During

Drink water during the game to stay hydrated.

DURING:

Drink 3-5 oz of water every 15-20 minutes.

Eat fresh fruit or granola.

After

Eat these foods to help your muscles recover.

WITHIN 30 MINS:

Protein and carbohydrates such as graham crackers with peanut butter and juice, yogurt with fruit, or fruit and cheese.

8 oz of water

1-2 HOURS AFTER:

Protein and carbohydrates such as graham crackers with peanut butter and juice, yogurt with fruit, or fruit and cheese.

8 oz of water



Sources:

Laura Purcell, "Sport Nutrition for Young Athletes". *Pediatric Child Health*. National Center for Biotechnology Information, U.S. National Library of Medicine, National Institute of Health Pediatric Child Health Kidshealth.com "Feeding Your Child Athlete" (For Parents)
TodaysDietitian.com "Giving Nutrition Advice to Child Athletes-Active Kids Have Special Requirement for Top Performance"



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