



THREE SPORTS NUTRITION TIPS TO ENHANCE ATHLETIC PERFORMANCE

Much like a sports car needs premium gas, an athlete needs high quality fuel to fire on all cylinders. Active teenage boys need 3,000 to 4,000 calories a day, while girls need 2,200 to 3,000 calories. Choose quality calories from fruits, vegetables, whole-grain breads and cereals, low-fat dairy products, lean proteins and healthy fats. These foods provide the energy, vitamins, and minerals an athlete needs to be successful.

FUEL WITH CARBOHYDRATE

Carbohydrate is the most important fuel for an athlete. It is their main source of energy. Carbs are stored as fuel inside the muscle and athletes need full carbohydrate stores before an activity. Carbohydrates after a workout quickly decreases muscle soreness and prepares an athlete for the next day. The only fuel that can be used for power movements, such as, a slam dunk, a sprint to the goal line or a swing at a baseball, is carbohydrate.

- Rice, pasta, bread, cereal, fruit, and vegetable are high quality carbohydrate sources.

SPORTS NUTRITION PRO TIPS

- Start your day with breakfast
- Eat lean protein at every meal
- Hydrate throughout the day
- Sleep for 8-10 hours every night
- Strive for 5 servings of fruit and vegetable each day
- Eat and snack every 3-4 hrs.

BUILD MUSCLE WITH PROTEIN FROM FOOD

Protein plays a big role in keeping the body working properly. It helps repair and rebuild muscles after a hard workout or game. It is most effective when spread through the day rather than in 1 or 2 large meals. Muscle can get all the protein they need from food, avoiding the expensive protein supplements.

- Lean meat, chicken, turkey, fish, eggs, low-fat milk, cheese, and yogurt are high quality protein sources.
- Tofu, beans, and lentils are also good source of protein.

PACK SNACKS

Active teens need snacks to boost calories. Here are some options:

- Trail mix, nuts, or seeds
- Peanut butter crackers
- Fruits with peanut butter
- Dried fruits with string cheese



ASK A SPORTS RD

Q: What is the best diet?

A: A diet rich in a variety of fruits and vegetables with a balance of lean proteins and whole grains. Switch to low-fat dairy options if possible.

Balance is key

Balance your nutrition intake over a few days, so that you are able to include all of the different food categories.



Basic Principles

- **Moderation** and variety
- **Appropriate** for age, weight, and disease status
- **Avoid** oversized portions
- **Make** half your plate fruits and vegetables
- **Switch** to low-fat milk
- **Make** half your grains whole grain
- **Drink water** instead of sugary beverages

SPORTS FOOD OF THE MONTH

CHOCOLATE MILK

Serious athletes know the importance of what they eat after a game or practice. Low-fat chocolate milk has the right mixture of carbohydrate and high-quality protein. It is proven to help refuel the body, rebuild lean muscle, and help you recover quickly so you can push further tomorrow. Drink 8-16 ounces of chocolate milk within 30 minutes of finishing practice to reap the benefits and improve athletic performance.



SMOOTHIE OF THE MONTH

REESE'S SHAKE

If you like peanut butter cups, you'll love this shake! For a light-tasting and refreshing recovery shake, use 1/4 cup each of peanut butter and chocolate syrup. For a heavy-duty weight gainer, use 1/2 cup each.

Ingredients:

- 2 cups of milk
- 1/2 cup of powered milk
- 1/4 to 1/2 cup of peanut butter
- 1/4 to 1/2 cup of chocolate syrup

Instructions:

1. Combine all the ingredients in a blender.
2. Cover and blend for 1 minute or until smooth.

Nutrition information: 890-1,500 total calories; 105 - 170 g carbohydrate; 45-60 g protein; 32-64 g fat