

HEALTHY EATING CHOICES	
Meal suggestions. • (3-4 hours pre- or post-workout meal).	Meal 1: Oatmeal, berries, sliced almonds, Greek yogurt. Meal 2: Peanut butter and jelly or lean turkey and cheese on whole grain bread, low-fat milk, fruit. Meal 3: Lean burger or grilled chicken on whole grain bun with veggies, side salad, low-fat milk or yogurt, fruit. Meal 4: Whole grain spaghetti with tomato sauce and lean meatballs, side salad, low-fat milk, fruit.
Snack suggestions for school. • (1-3 hours pre-workout during day).	<ul style="list-style-type: none"> <li>• Low-fat granola bars.</li> <li>• Fruit with peanut butter.</li> <li>• Fruit and yogurt smoothie.</li> <li>• Low-fat yogurt with dry cereal.</li> <li>• String cheese with whole grain crackers.</li> <li>• Trail mix with dried fruit, whole grain cereal, some nuts.</li> </ul>
Pre-workout snack suggestions. • (30-60 minutes prior to workout).	<ul style="list-style-type: none"> <li>• Sports drinks (not energy drinks with caffeine).</li> <li>• Sports gels or beans.</li> <li>• Easy-to-digest fruit, e.g., a banana</li> <li>• Bread with jam/jelly</li> </ul>
During workout snack ideas. • Consume any solids slowly and in small portions to determine tolerance.	<ul style="list-style-type: none"> <li>• Sports drinks.</li> <li>• Gels or beans.</li> <li>• Fig bars or low-fat granola bars.</li> </ul>
Post-workout snack. • To be consumed within 45 minutes of workout.	<ul style="list-style-type: none"> <li>• Peanut butter and jelly sandwich, low-fat milk.</li> <li>• Chocolate milk with graham crackers and peanut butter.</li> <li>• Recovery shake with 40-60 grams carbs and 15-40 grams protein.</li> </ul>

### Energy Drinks

Some school districts also discourage the use of energy drinks by student-athletes. Focus on a sound nutrition plan for the energy and fuel you need.

### Travel Tips

During away games, continue following your eating plan to stay on track. This may mean planning to bring meals or snacks with you. If your team stops at restaurants before or after games, choose foods that follow the suggested nutrition principles. Limit fried foods and sweetened beverages. Below are examples of food options that are better choices when eating on the road.

Locations:	Eat This:
Fast Food Restaurants	<ul style="list-style-type: none"> <li>• Grilled chicken sandwiches, single patty burgers, veggie burgers with vegetables, chili, baked potato, fruit, milk.</li> </ul>
Sub and Sandwich Shops	<ul style="list-style-type: none"> <li>• Lean meat sandwiches with veggies.</li> </ul>
Mexican Cuisine	<ul style="list-style-type: none"> <li>• Burrito, soft taco with chicken or fish and veggies, and/or beans and rice.</li> </ul>
<b>Don't Eat This</b> The following words usually mean high in fat/calories and low in nutrients: fried, crispy, alfredo, cheese sauce, creamed/creamy, with gravy, au gratin, special sauce, butter sauce.	

### Supplements

It's important young athletes are aware of the potential risks associated with consuming supplements that aren't recommended by a physician.

Many supplements violate the nutritional and dietary guidelines set forth by the NCAA—consumption of banned substances may put your eligibility at risk. Contamination or questionable manufacturing of the supplement may also pose problems.

If you would like additional information regarding sports nutrition, or any other sports medicine related topic, please contact us at [CHSSportsmedicine@carolinashealthcare.org](mailto:CHSSportsmedicine@carolinashealthcare.org). To learn more about Levine Children's Hospital, visit [LevineChildrensHospital.org](http://LevineChildrensHospital.org).

### Sports Nutrition Information for the High School Athlete

For student-athletes, following a proper nutrition plan can significantly impact athletic performance, including strength, speed and stamina.

The following principles will help you design a strategic nutrition plan. For further assistance, schedule an appointment with a sports registered dietitian (Sports RD).



Carolinah HealthCare System  
 Levine Children's Hospital



## Fuel

Food provides energy to your working muscles. The amount of fuel you need in a given day depends on how much energy you burn, but it's important to know that simply living, breathing and growing burns energy. Improper fueling can lead to fatigue, injury and decreased immunity, all of which can keep you on the sidelines.

The best way to properly fuel your body is by choosing foods that are nutrient-rich (fruits, vegetables, whole grains, lean protein, low-fat dairy, and healthy fats) while limiting those low in nutrient content (sweetened beverages, fried foods, junk food, etc.). Knowing how much food/fuel/energy you need on a daily basis is a great place to start. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and click the "SuperTracker" to get started.

For more information on fuel sources, visit [USADA.org/Diet](http://USADA.org/Diet).

## Timing

Because your body is continuously burning energy, eating at regular times throughout the day is crucial. Do not skip meals. Properly fueling your body before, during and after exercise is important to ensure peak performance.

Make sure to choose the right types and amounts of foods to meet your body's needs for energy (carbohydrates), muscle building and repair (protein), and balance to ensure you get all the nutrients your body needs.

## Hydration

Proper hydration is also a key to maximizing your performance on the field. Just a 2 to 3 percent loss of weight (e.g., a 3-pound weight loss from exercise in a 160-pound person) through

perspiration can lead to decreased performance.

Tips to maintain your hydration:

- Monitor your urine. It should be clear to pale yellow (lemonade color).
- Check your weight before and after your exercise session to determine your sweat rate and amount of loss.
- Eat foods that contain fluid, including fruits and vegetables.
- Start your workout well-hydrated and maintain fluid intake throughout and after physical activity.

Use the following chart to help plan your fuel and hydration schedule.

Timing of Food and Fluid Intake	Keys to Success
<b>DAILY EATING HABITS</b>	
Shortly after you wake up. <ul style="list-style-type: none"> <li>• Helps give you energy for the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Eat a balanced breakfast that contains healthy carbohydrates (whole grains, fruit, low-fat dairy), lean protein, and healthy fat.</li> <li>• Choose nutrient-rich foods.</li> <li>• Drink fluids.</li> </ul>
Every 3-4 hours throughout the day. <ul style="list-style-type: none"> <li>• Ensures that you maintain your energy levels throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not skip meals. Eat at regular intervals.</li> <li>• Choose balanced meals and snacks that are nutrient rich, including whole grains, lean protein, fruits, vegetables, low-fat dairy, and healthy fats.</li> <li>• Drink regularly. Carry a water bottle with you.</li> <li>• Plan ahead and bring snacks with you.</li> <li>• Use the practice and competition timing goals listed to help ensure you are eating at the right times during the day based on your schedule.</li> </ul>

<b>PRACTICE AND COMPETITION</b>	
1-3 hours pre-practice/competition. <ul style="list-style-type: none"> <li>• Begin the fueling and hydration process to be utilized during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose a meal higher in carbohydrates, moderate in protein, and low in fat.</li> <li>• Consume 16 ounces of fluid.</li> </ul>
30-60 minutes pre-practice/competition that will last longer than 1 hour. <ul style="list-style-type: none"> <li>• Continue fueling and hydration process.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose a snack that has 30-60 grams of carbs that are low in fat and fiber.</li> <li>• If exercising at a high intensity or if you have a larger-than-normal frame, you may need more carbs.</li> <li>• 8 ounces of fluid about 30 minutes prior to start.</li> </ul>
During practice/competition that lasts longer than 60 minutes. <ul style="list-style-type: none"> <li>• Ensures adequate energy and hydration needed to sustain exercise level until the end of your practice/game.</li> </ul>	<ul style="list-style-type: none"> <li>• 30-60 grams carbs per hour</li> <li>• Try sports drinks to help provide carbs, fluids and electrolytes.</li> <li>• If you choose solid food, start slowly and in small quantities to determine tolerance.</li> <li>• Drink 4-8 ounces of fluids every 15-20 minutes (2-3 large gulps) as tolerated.</li> </ul>
Post-practice/competition – within 30-45 minutes for moderate to intense exercise lasting more than an hour. <ul style="list-style-type: none"> <li>• Restores fluid and electrolytes lost from sweat.</li> <li>• Carbs replace muscle fuel used during practice.</li> <li>• Protein helps with repair of muscle and stimulates muscle growth.</li> </ul>	<ul style="list-style-type: none"> <li>• 40-60 grams of carbs (possibly more if longer practice), 15-40 grams protein.</li> <li>• Bring snacks or recovery drinks if you don't have access to food right away.</li> <li>• If it's a light workout, eat within 2 hours.</li> </ul>
2 hours after moderate/intense exercise. <ul style="list-style-type: none"> <li>• Continue recovery and replenishment.</li> </ul>	<ul style="list-style-type: none"> <li>• Consume a meal or snack with at least 40-60 grams of carbs and 15-30 grams protein.</li> <li>• Replenish fluids lost. 2-3 cups of fluid for every pound lost.</li> </ul>