

# ATHLETE NUTRITION & HYDRATION



**HYDRATION**



**CARBOHYDRATES**



**PROTEIN**



**RECOVERY**



**FAST FOOD**



**CONCESSIONS**

# Keeping Them Safe, Hydrated & In The Game

## SIGNS OF DEHYDRATION:

- Feeling weak
- Lightheadedness
- Dizziness
- Nausea

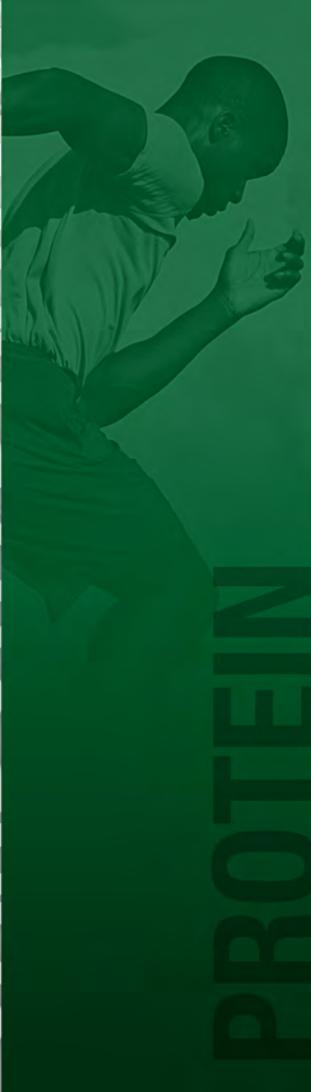
## EFFECTS OF DEHYDRATION:

- Decrease of mental function
- Deterioration of motor skills
- Lower fluid absorption
- Heat intolerance
- Decrease in performance

## HELP KEEP THEM HYDRATED:

- Have them drink fluids throughout the day
- Incorporate into their diet foods with high water content such as fruits, vegetables, soups, smoothies and popsicles
- Send them to practice and games with water bottles and/or sports drinks like Gatorade® Thirst Quencher so they can take sips during breaks
- Have them watch their urine color  
— *it should look light, like lemonade*





# Fueling Their Performance With Carbohydrates

## WHY CARBS ARE IMPORTANT:

- Primary fuel for the body during exercise
- Replenish energy stores during recovery
- Help performance when consumed in the appropriate amount (30-60 g/h) during training or competition lasting more than an hour
- A small amount consumed with water can help promote fluid absorption

## SOURCES:

- Breads
- Pasta
- Rice
- Potatoes
- Beans
- Fruits & Vegetables
- Gatorade® Thirst Quencher

## HOW MANY CARBS:

- Make sure about 2/3 of every meal is carbs with grains, fruits, vegetables and drinks
- Include carbs in snacks and meals

## WHEN\*:

- Several hours before activity  
— eat a meal rich in carbs (*e.g., pasta*)
- Up to 1 hour before activity  
— eat a small snack (*e.g., granola bar or banana*)
- During practices and games lasting 60 minutes or longer
- After activity  
— eat a snack (*e.g., protein bar, smoothie, Greek yogurt*) that contains carbohydrates and protein for recovery

\* These guidelines pertain to athletes to meet in-season demands. During the off-season this may not be the case.





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# Helping Their Bodies Recover With Protein

## WHY PROTEIN IS IMPORTANT:

- Muscles, hormones and other parts of the body are made of protein
- During training and competition, muscle proteins are broken down and need to be built back up
- Eating protein post-activity provides the building blocks needed to rebuild muscles
- Good recovery helps the athlete bounce back strong — ready to perform

## SOURCES:

- Meat
- Fish
- Tofu
- Milk
- Soy
- Eggs
- Cheese
- Greek Yogurt
- Gatorade Recover®  
Whey Protein Bar

## HOW MUCH:

- Athletes should eat small portions of protein throughout the day — about 10-20g in every meal and snack, depending on their weight
- About 1/3 of each meal should be protein

## WHEN:

- Around every 3 hours during the day
- As soon as possible after a game or practice\*



\*Based on an average weight of 180 lbs.

If they're smaller, they may need less; larger and they may need more. To determine exact needs, multiply your weight (*in pounds*) by 0.11g



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# Treating Them After The Game

## KEEP THEIR BODIES RECOVERING PROPERLY WITH THESE POST-GAME SNACKS

- Cheese sticks and crackers
- Chocolate or strawberry milk
- Greek yogurt
- Fruit and Greek yogurt smoothies
- Protein muffins or cookies
- Egg & cheese sandwich
- Gatorade Recover<sup>®</sup> Protein Shake





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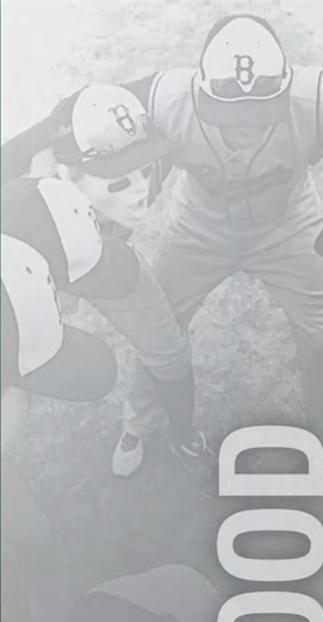
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# Nutrition Choices For Fast Food Restaurants

## BEST FAST FOOD CHOICES FOR WHEN ATHLETES ARE ON THE ROAD:

- Focus on carbs pre-activity — minimize protein, fiber and fat
- Water or tea are good beverage options
- Sandwich restaurants are a good option, but avoid higher fat, fried meat and heavy condiments — grilled chicken, turkey and ham are ideal. As a side, choose apple slices or baked chips rather than fries
- At burrito restaurants, choose chicken or pork with rice, beans, salsa and light cheese — limit sour cream and guacamole
- At pasta restaurants, choose lower-fat options — such as marinara rather than white sauces, which tend to be high in saturated fat
- If eating dessert, look for lower-fat options, but avoid sugar-free

## FOODS TO AVOID:

- Avoid fried foods, supersizes and condiment-heavy burgers — plain burgers are fine
- While pizza has carbs, it is also high in fat. Avoid eating it before a practice or game and limit the toppings if ordering it post-activity





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# Nutrition Choices For The Concession Stand

## BEST CHOICES FOR ATHLETES

- Soft pretzels are a good choice since they are high in carbs and low in fat and provide sodium
- Candy provides carbs, but limit the amount and choose low-fat options
- Ask for popcorn without butter if possible
- Choose fruit if they have it
- Avoid anything fried or greasy

