

TOP NUTRITION TIPS

Nutrition Basics for an Active Lifestyle

1. Eat every 2- 3 hours (3 meals & 3 snacks every day)
2. Combine complex carbs w/ protein & fat at meals
3. Add healing antioxidants by eating colorful fruits & veggies
4. “Bookend” workouts: carbs + protein both before & after workouts will enhance muscle recovery
5. Sleep 8-10 hours each night to give your body time to rest and recover
6. Practice mindful eating and balance. Food “perfectionism” can lead to trouble

Fuel

- The primary fuel for your muscles & brain is carbohydrate
- Carbs include foods like rice, pasta, bread, cereal, potatoes, milk, and fruit
- Protein is important for repairing your muscles, but is NOT used as a main energy source by your muscles
- Protein includes foods like chicken, meat, fish, eggs, peanut butter, tofu, dairy, bacon, sausage, and beans
- Fat is used as a substrate for energy at low intensity activities and can also the body heal
- Fats include avocado, olive oil, butter, seeds, nuts/nut butters, & oils found in salmon

Fluids

- Fluid helps you excel. Water helps your body metabolize food. This means more energy.
- Is your fluid intake adequate? Monitor your pee (it should be pale yellow, like lemonade, not dark, like apple juice)
- Which is better – water or sports drink?
 - Water is best to drink if you are playing or practicing for less than one hour, especially if you have enjoyed a pre workout snack.
 - If you are playing or practicing for more than one hour, or you are low on energy, a sports drink gives you carbohydrates for energy

Sample Menu (Includes 3 + liters H₂O throughout the day)

Breakfast	Eggs w/ avocado, oatmeal, and berries
Morning Snack	Banana, peanut butter
Lunch	Turkey sandwich with cheese and tomatoes, apple, cookie
Afternoon Snack	Hummus, baby carrots
Practice	Pre: Energy bar/ During: Energy Chews + H ₂ O/ After: Chocolate Milk
Dinner	Baked chicken, roasted red potatoes, roasted veggies with olive oil
Evening Snack	Chocolate, raspberries, handful raw almonds

