

SIMPLE TIPS TO FUEL YOUR YOUNG ATHLETE

Young athletes must eat right to perform their best, grow and recover. Food is fuel, and proper nutrition will keep kids feeling focused and strong throughout the day!



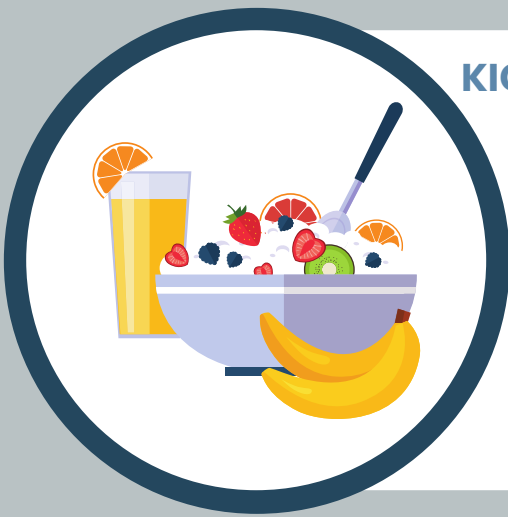
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KICK START THE DAY WITH BREAKFAST

A missed morning meal can deprive youth of crucial nutrients and leave your young athlete with low energy levels later in the day.

Breakfast Ideas:

- Yogurt, Fruit & Seeds
- Scrambled Eggs on Whole Wheat Wrap with Berries
- Oatmeal, Fruit & Nuts
- Eggs and Avocado on Sprouted Bread with Orange Juice



SNACK TO AVOID THE AFTERNOON SLUMP

Smart snacks keep energy high throughout the day. Youth who fuel up mid afternoon will feel strong and ready for afternoon or evening activities.

Snack Ideas:

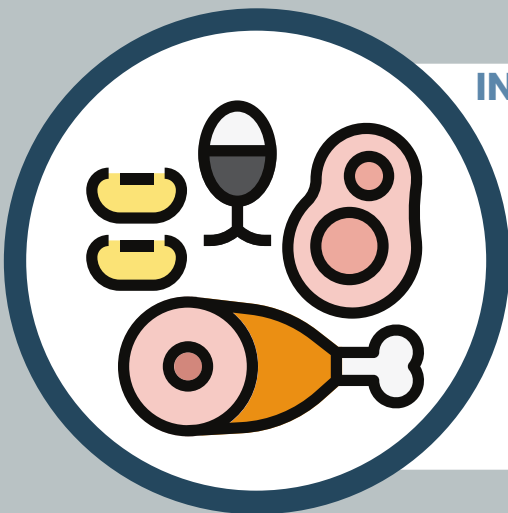
- Hummus with pita, crackers or pretzels & veggies
- Banana and Nut Butter on a rice cake
- Apple Slices and Cheese
- Yogurt, berries, low sugar granola



INCORPORATE PROTEIN INTO EVERY MEAL

Protein is necessary for rebuilding and repairing muscles. For endurance athletes an approximate equation is 1.2-1.4 g of protein per kilogram of body weight (sources below).

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| <ul style="list-style-type: none"> • 3oz Chicken breast(25g) • 4oz Ground Beef(24g) • 3 oz Fish(20g) • 1 large Egg(7g) • 1cup Quinoa(4g) | <ul style="list-style-type: none"> • 1/2cup Cottage Cheese(12g) • 8oz Greek Yogurt(15g) • 1/2 cup Cooked Lentils(9g) • 1/4cup Mixed Nuts(4g) • 1 slice Whole Wheat Bread(3g) | <ul style="list-style-type: none"> • 1/2cup Black Beans(8g) • 1cup Milk(8g) • 2tbsp Peanut Butter(7g) • 1 ounce Cheese String(7g) • 1/2cup Tofu(7g) |
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CARBOHYDRATES FOR FUEL

Carbohydrates increase both endurance and intermittent high intensity performance. Eat 2-3 hours before activity and should provide 3-4 grams per kilogram of body weight (sources below).

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| <ul style="list-style-type: none"> • 1large Baked Potato(plain) 58 g • 1cup Whole Grain Cereal 47g *add 1/2cup 1% Milk 8g • 1 Whole Grain Bagel 47g *add 2tbsp peanut butter 8g • 12oz Fruit smoothie 47g • Oatmeal Nut and Raisin Bar 43g | <ul style="list-style-type: none"> • 1cup Oatmeal 26g • 1cup Flavored Greek yogurt(nonfat)27g • 2 Pancakes/Waffles 20g *(mix - 5" diameter) • 1cup Fresh fruit(chopped apple) 19g |
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CARBOHYDRATES FOR RECOVERY

Athletes need to replenish carbohydrate stores in the body to aid in recovery as well. Eat 1-1.2 grams of carbohydrates per kilogram of body weight per hour for the first 4 hours after exercise to stimulate muscle rebuilding and repair.

Recovery Snack Ideas:

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| <ul style="list-style-type: none"> • Cereal with milk • Fruit and nonfat yogurt • Pita and hummus | <ul style="list-style-type: none"> • Chocolate milk (low fat) • Banana with peanut butter • Trail mix |
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KEEP THE HYDRATION FLOWING

Hydration is one of the most important nutritional concerns for an athlete. Approximately 60% of body weight is water. As an athlete trains or competes, fluid is lost through the skin via sweat and through the lungs while breathing.

- Drink 6-8 glasses of water a day
- Drink 8-12ounces 15-20 min before activity
- Fluid consumed during activity should contain a small amount of sodium and electrolytes for better absorption
- Start drinking early in activity as thirst is a sign of dehydration



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