



Sports Diet and Nutrition Tips for Athletes

1. Eat a balanced diet every day, including a good breakfast.
2. Carbs – avoid processed foods and sugar and eat enough veggies, yams, sweet potatoes, white potatoes (do not eat the potato skins), brown rice, and oats to feel energized.
3. Proteins build muscle – avoid fatty meats and eat fish, poultry, and lean meat.
4. Fast foods don't make you fast – they slow you down.
5. Read food labels – look at serving size and the ingredient list.
6. Have FUN FUN FUN and enjoy being active – it's the best habit you can have!!!

Pre and Post Game/Practice Meal and Snack Ideas

- ✓ Fruit and veggies like grapes, orange and apple slices, banana, plantain (my favorite!), baby carrots, celery sticks, cucumber slices
- ✓ Nuts and Seeds: Walnuts, Almonds, Brazil nuts, Macadamia nuts, pistachios, pecans, cashews, pumpkin seeds, sunflower seeds
- ✓ Make a trail mix with nuts and dried fruits
 - <http://www.marksdailyapple.com/sweet-and-salty-primal-trail-mix/>
- ✓ Make your own energy bar
 - <http://www.marksdailyapple.com/primal-energy-bar-redux/>
- ✓ Fruit cups/apple sauce
- ✓ Organic Yogurt
- ✓ Eat a balanced meal within 60 minutes after a game or practice.

Fluid Replacement

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| 1. 2 to 3 hours before the event | Drink 16 ounces of water |
| 2. 1 hour before the event | Drink 8 ounces of water |
| 3. 15 minutes before the event | Drink 4 ounces of water |
| 4. Immediately before the event | Weigh yourself |
| 5. Every 10 to 20 minutes during the event | Drink 4 ounces of water |
| 6. Events longer than 60 to 90 minutes | Drink 4 ounces of sports drink every 10 to 20 minutes |
| 7. Immediately after the event | Weigh yourself again |
| 8. For every pound of weight loss | Drink 16 to 24 ounces for every pound of weight loss – see below |
| 9. The rest of the day | Keep sipping water throughout the day. For example, if you lose 3 pounds you cannot guzzle 48 to 72 ounces in one sitting. Consume this amount throughout the remainder of the day. |
| 10. Next Morning | Weigh yourself again. Make sure you have fully rehydrated. |