



Eat to Excel

Performance Nutrition for Practice, Games, and
Tournament Weekends





Food is FUEL, not an afterthought.

If you are active in your sport once a day for 30 minutes or more, how you eat changes how you perform.

- Calories are an energy source from food that the body transfers into energy substrates (sources). The more energy sources your body can access, the better your brain and body function.
- Carbohydrates are THE BEST form of energy for youth athletes. You need 150-160 grams of carbohydrate per day if you are active 30+ minutes 5+ days a week.
- There are good calories that fuel you efficiently. And there are costly calories that are less efficient and harder for your body to digest effectively.



What youth athletes struggle with most:

Empty Calorie Consumption: Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2–18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.

Not Eating: Many kids, especially girls, don't eat often enough. Or when they do, their choice doesn't help them. Have you ever skipped dinner, breakfast, or lunch? Eating effectively results in faster reaction times, increased attention span, more accessible energy, and increased output.

Timing: When you eat to perform, **practice is the biggest part of the day**. The majority of your carbohydrates need to be eaten before and after practice time. Proteins need to be eaten throughout the day, but MOST IMPORTANTLY, after practices. Healthy fats are essential to eat throughout the day.

Before Practice: Eat a quick-absorbing carbohydrate source 30-60 minutes before practice. Avoid high fats as these tend to lead to increased sensitivity and slower digestion = cramping, nausea, fatigue

After Practice: eat a carbohydrate and protein rich fuel source within 30 minutes following exercise. Follow this up with a meal within 2 hours.

Dehydrated: If food is the electrical outlet, then water is the cable cord. Energy is transferred through water. Female athletes between 13-18 need 2.5 liters (85 fl oz) of water a day--BEFORE, DURING, and AFTER practice. One GGB is 32 fl oz.



What can you do right now?

Ever feel like you had a bad practice? Want to get more out of all of the time you spend on your sport? Try these tips. Eat better → practice better → perform better

Eat three meals everyday: The three golden rules are 1. Breakfast 2. Lunch 3. Dinner. Prioritize them. Even if you aren't hungry. Make an effort to get these in EVERY day.

Snack 2-3 times a day: As an athlete, you should eat every 3 hours. A healthy snack regulates your blood sugar, prevents cravings, and stores energy for your practice later. ALWAYS EAT BEFORE AND AFTER PRACTICE- 30-60 minutes before, and within 30 minutes following practice.

Drink water with every meal: You have to fit in 2.5 liters per day. If you eat 6 times a day, that is 14 fl. oz per meal. HALF of a Green Gatorade Bottle

Make a mental difference between a SNACK and a TREAT: A snack is fuel. We will discuss healthy snacks. A treat is a not a helpful part of your daily fuel needs. Treats require BALANCE.



Halloween: with a big tournament weekend coming up, eating lots of candy throughout the week without BALANCE could derail your progress.

THIS DOES NOT MEAN NO CANDY. But, there is a way to do it with minimal negative effects.

Tips for optimal Trick Or Treating performance:

- Eat dinner before you go.
- Drink water throughout the day, 2.5 liters or 85 fl. oz.
- Eat 5-6 full servings of vegetables and 3-4 servings of protein the day of, eat less fruit and fewer starches.

Tips for the rest of the week:

- Minimize candy intake the closer you get to the tournament.
- *Candy is not a snack.* For every piece eaten, you need to eat a fuel piece and water to balance it.
- Prioritize meals and healthy snacks to reduce the candy cravings



Tournament Weekend Fueling HOW-TO's

Two Days Before: Eat more vegetables and complex carbohydrate sources. These will store in your muscles for long term use. Add in one extra starch or veggie source PER MEAL. Water intake needs to be a priority.

Day Before: Increase fluid intake to 90 fl. oz. Eat 3 meals and 2-3 quality snacks. The last meal of the day should include 1 starch, 2 vegetable carbs, 1 protein source, 1 fruit source, and 1 unsaturated fat source.

Eat a snack before bed. 1 complex carb (bagel or grain-based cereal), 1 unsaturated fat, and one protein source.

Day of: EAT BREAKFAST. 1 starch, 2 easily digested carbohydrates, 1 unsaturated fat, 1 protein source.

EAT DINNER. This is your best form of recovery after each day. Especially if you play the next day. 2 starches, 2 vegetables, 1-2 protein sources, 1 unsaturated fat source.

Between Games: SNACKS SAVE THE DAY. THIS IS A MUST. If you have 2 hours of less between games, eat a moderate sized snack. If you have 3 or more hours, go for a heavy snack (sandwich). If you only have 30 minutes, 1-2 easily digested carbohydrates sources and 15-20 fl. oz of water.



FOOD SOURCES:

Fat (Saturated)

Anything dairy based: cheese, yogurt, milk, sour cream, etc., meat fats, grain or dairy based desserts, some chocolate/candy, fast food, butter

Protein

Lean meats: chicken, turkey, fish, 95% lean ground beef, venison, beans, soybeans, tofu, quinoa, nuts (although these are much higher in fat), eggs

Vitamins

Vitamin A, B1-12, C, D, E, K,

Minerals

Potassium, Iron, Magnesium, Manganese, Calcium, Zinc, Sodium Chloride, Phosphorus, selenium

Electrolytes

Potassium, Iron, Magnesium, Calcium, Sodium Chloride,

Fluids

WATER, tea, diluted 100% freshly ground juice/smoothie, G2, Cherry Juice, Beet Elite

Carbohydrate (Starch)

Rice, beans, corn, pasta, bread, quinoa, couscous, polenta, potatoes, oatmeal, cereal

Carbohydrate (Fruit or Veggie)

Tomatoes, leafy greens, bell peppers, soybeans, red onion, broccoli, asparagus, brussel sprouts, carrots, squash, cauliflower, melon, grapefruit, cherries, black/blue/raspberries, pears, beets

Carbohydrate (easily digested fuel sources)

apple/apple sauce, oranges, bananas, kiwi, pretzel, tortilla chip, carrots, sliced peppers, diluted juice, crackers, dried fruit

Fat (Unsaturated)

1. Monounsaturated fats: Olive, peanut, and canola oils, Avocados, Nuts such as almonds, hazelnuts, and pecans, Seeds such as pumpkin and sesame seeds
2. Polyunsaturated fats: Sunflower, corn, soybean, and flaxseed oils, Walnuts, Flax seeds, Fish, Canola oil – though higher in monounsaturated fat, it's also a good source of polyunsaturated fat



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