

Sports Nutrition

Shared by Beth Wolfram, Bowdoin College Sports Nutritionist

Facts:

1. Adolescent athletes who sleep less and eat less fruits and veggies have higher injury rates.
2. Athletes who don't get enough carbs will lose focus and mental clarity during practices and games.
3. Under fueled athletes fatigue quicker, breakdown more muscle, are injured more and unable to train at high intensity.
4. Athletes in season should consume 3 meals and 3 snacks per day. Approximately 2500-3000 calories. This varies depending on height, weight, intensity of exercise.

Hydration:

1. Check proper hydration by the color of your urine. You want pale yellow and clear-ish. Not dark.

Fluid Guidelines for athletes:

2. 24 hours before game be well hydrated
3. 2-3 hours before the game consume 16-20 oz
4. 15 min before game consume 8 oz
5. During the game stay hydrated if you can
6. Re-hydrate with water, juice, milk, tea or sports drinks. Avoid soda.
7. Sports drinks are designed for athletes during workouts of more than one hour. After one hour water will not cut it. You need carbs and electrolytes which sports drinks deliver.

Fueling:

1. Pre practice/game: 1-4 hours before you need carbs - goldfish, popcorn, animal crackers, bananas, pretzels,

Smartfood. Goldfish and pretzels in cups are great at halftime.

2. During game: If more than 60 minutes you need to replace carbs -Go Gurt squeeze, fruit chews, sports drinks.
3. Post-game/practice: Refuel immediately. Best are chocolate milk, trail mix, peanut butter..
4. Within 60 minutes: Try to eat a well-balanced meal.

For Saturday game day:

1. Have a healthy breakfast before coming to gym.
2. Have a banana once you arrive.
3. Have some carbs at halftime and chocolate milk right after the game.
4. Have a well-balanced meal after the game.

Snack Ideas: Bananas, halos, apples, trail mix, pretzels, popcorn, goldfish, crackers w peanut butter, fruit snacks, Go Gurt squeeze, cereal, chocolate milk, smoothies...

Resources:

<https://www.ncaa.org/sport-science-institute/nutrition-sleep-and-performance>

www.choosemyplate.gov