

## High School Athlete Nutrition

Aim for breakfast, lunch, pre-workout snack, post-workout snack, and dinner every day. Every meal should have carbs, protein, and fruit or veggies. Remember healthy fats are NEEDED and have a ton of benefits for athletes!

### Pre-Race breakfast ideas -

- Egg on toast with OJ and side of fruit
- Oatmeal with peanut butter with side of fruit
- Smoothie made with yogurt, piece of toast on the side
- Scrambled eggs with a piece of bacon and toast with OJ
- Avocado toast w/ fried egg
- Toast with tomato, avocado, and cottage cheese

Athletes need to bring snacks to school EVERY DAY. Snacks can be more carb heavy - but try to limit added sugar. High schoolers burn A LOT of calories and proper nutrition is key to performance (both academic and athletic) as well as recovery.

### Snack ideas -

- PB&J sandwich
- Chocolate milk (Costco sells shelf stable single serve ones)
- Lunch meat and cheese roll ups
- Fruit or crackers with nut butter
- Hummus and crackers/veggies
- Yogurt with fruit and granola
- Trail mix
- Popcorn
- Cheese stick and pretzels
- Granola bar
- Beef jerky

Water - Each athlete should carry a water bottle - hydration keeps you healthy!

Remember **ANY FOOD IS BETTER THAN GOING HUNGRY**. If it's a really busy day and your only option is fast food that is better than waiting for something 'healthy'.

### Resources -

- <https://extension.usu.edu/nutrition/research/nutrition-needs-among-high-school-athletes>
- <https://www.nytimes.com/2018/02/23/sports/olympics/cross-country-skiing-food.html>
- <https://www.businessinsider.com/how-many-calories-does-cross-country-skiing-burn-2018-2>
- <https://coloradocrosscountry.com/resources/nordic-nutrition-what-to-eat-for-xc-skiing>