

# Eat to be Fit

## Fuel Yourself For Sports



### Do You Know ...

... that how you fuel yourself before, during and after an athletic event can impact your performance?

### Basic Fueling Tips for Teen Athletes

- Eat every three to four hours.
- At each meal, try to eat from at least three different food groups.
- Start with a base of **healthy whole grains** (breads, cereals, pastas, rice); **add protein and lots of fruits and vegetables.**

#### Eating Before an Event

Include lots of carbohydrates and low-fat protein in your pre-event meal.

##### Sample Pre-Event Meal:

- 1 cup cereal with 1 c. skim milk
- 1 banana or 3/4 cup orange juice
- 1 bagel with 1 tablespoon of jelly
- 1 low-fat string cheese

#### Eating After an Event

A recovery snack should be eaten immediately after exercise in order to replace the carbohydrate fuel in the working muscles.

##### Recovery snacks include:

- Trail mix & 100% juice
- Yogurt and fruit
- Cereal and milk
- Water

### Fueling and Refueling

#### Eating During an Event

When exercise lasts for more than one hour, remember to refuel. This helps to keep your energy and performance at top notch!

##### Some quick fuel sources to try include:

- Sports drinks
- Energy bar and water
- Fruit and water

## What About Performance Enhancers?

Performance enhancing supplements are everywhere! Many athletes look to supplements for that “edge” over the competition.

### **Caution!**

Supplements do not have to be tested for safety or effectiveness. “Energy” supplements often contain caffeine which can cause dehydration. Your best bet is a sound training routine fueled by nutritious food and drinks.

### **Staying Hydrated Enhances Performance**

When you don’t drink enough water, concentration, coordination and endurance are affected negatively. One simple way to tell if you are well hydrated is to check your urine. If it is clear to pale yellow and you urinate at least four times a day, then you are doing well.

**Q: Water or Sports Drinks? What is Best?**

**A: Cool Water is Often the Best Choice!**

However, when athletic events last more than one hour, sports drinks may be the more appropriate choice of beverage. A sports drink will help replace lost electrolytes and also replenish carbohydrate to fuel active muscles.

## How Much Water Should You Drink?

### **Before Exercise:**

1 to 2 hours before: 2 cups of fluid  
30 minutes before: 2 cups of fluid  
5 to 15 minutes before: 1-2 cups of fluid

### **During Exercise:**

Drink 1/2 cup to one cup of fluid every 15 minutes.

### **After Exercise:**

Keep in mind, for every pound lost during exercise drink two cups of fluid.



### **Looking for More Sports Nutrition Info? Check out the following Web sites...**

A Guide to Eating for Sports

[http://kidshealth.org/teen/food\\_fitness/sports/eatnrun.html](http://kidshealth.org/teen/food_fitness/sports/eatnrun.html)

Sports Nutrition for Young Adults

<http://www.aces.edu/pubs/docs/H/HE-0749/HE-0749.pdf>