

FOOD FOR THOUGHT

EATING RIGHT FOR TEAM SPORT PARTICIPATION

DO YOU KNOW HOW YOU SHOULD EAT TO MAXIMIZE OUR PERFORMANCE AND MINIMIZE YOUR RISK OF INJURY WHILE PARTICIPATING IN SPORTS SUCH AS BASKETBALL, SOCCER, VOLLEYBALL, BASEBALL AND HOCKEY?

THE FOLLOWING WILL EXPLAIN THE PROPER NUTRITION AND HYDRATION FOR PARTICIPATING IN TEAM SPORTS.

WHAT SHOULD I EAT BEFORE PRACTICE OR A GAME?

- YOU SHOULD EAT AND FUEL YOUR BODY 2-3 HOURS BEFORE COMPETITION WITH A MEAL OR SNACK CONTAINING PRIMARILY CARBOHYDRATES

SHOULD MY TEAM ORGANIZE PRE-GAME PASTA PARTIES?

- **YES**, HIGH ENERGY FOODS LIKE PASTA, RICE FRUITS, AND VEGETABLES ALONG WITH LEAN SOURCES OF PROTEIN ARE A GREAT WAY TO MAXIMIZE YOUR ENERGY FOR GAMES
- ALWAYS EAT FOODS YOU KNOW WORK WELL WITH YOUR BODY

IS SALT BAD FOR ME WHEN PARTICIPATING IN TEAM SPORTS?

- **ABSOLUTELY NOT**, YOU NEED TO REPLACE THE SODIUM YOU LOST IN YOUR SWEAT
- SALT CAN HELP PREVENT MUSCLE CRAMPS
- ATHLETES SHOULD EAT HEALTHY SALTY SNACKS IF THEY ARE PREDISPOSED TO MUSCLE CRAMPING (PRETZELS, CRACKERS, SOUPS ETC.)
- **DO NOT USE SALT TABLETS!**

WHAT SHOULD I EAT AFTER PRACTICE AND GAMES?

- REPLENISH YOUR MUSCLE ENERGY BY EATING A CARBOHYDRATE RICH FOOD WITHIN 30 MINUTES AFTER A PRACTICE OR GAME AND AGAIN WITHIN 2 HOURS.

WHAT ARE SOME EXAMPLE OF NUTRITIOUS SNACKS I CAN EAT THROUGHOUT THE SCHOOL DAY?

SCHOOL SNACKS

- ❖ DRIED FRUIT
- ❖ DRY CEREAL
- ❖ PRETZELS
- ❖ GRAHAM CRACKERS
- ❖ FIG NEWTONS
- ❖ ANIMAL CRACKERS
- ❖ PEANUT BUTTER SANDWICH ON WHEAT BREAD
- ❖ GRANOLA BARS

SCHOOL SNACKS

- ❖ CHEESE STICKS
- ❖ YOGURT
- ❖ PUDDING CUPS
- ❖ FRESH FRUIT
- ❖ RAW VEGETABLES
- ❖ 100% FRUIT JUICE
- ❖ WATER
- ❖ LOW FAT MILK
- ❖ CEREAL BARS

WHAT SHOULD I DRINK THROUGHOUT THE DAY AND HOW MUCH?

- YOU SHOULD ALWAYS DRINK THROUGHOUT THE DAY – REMEMBER ONCE YOU BECOME THIRSTY YOU ARE DEHYDRATED!!
- WATER IS YOUR BEST OPTION TO MAINTAIN HYDRATION
- WATCH OUT FOR SPORTS DRINKS THEY CONTAIN A LOT OF SUGAR/SODIUM – IF YOU ARE GOING TO DRINK A SPORTS DRINK DILUTE IT WITH WATER IN A 1:1 RATIO
- ALWAYS HYDRATE 2-3 HOURS BEFORE COMPETITION – DRINK AT LEAST 16 OZ OR 2 CUPS OF FLUID AND THEN AN ADDITIONAL 8 OZ 10-20 MINUTES PRIOR TO COMPETITION
- ALWAYS DRINK WATER THROUGHOUT YOUR WORKOUT
- STAY AWAY FROM BEVERAGES CONTAINING CAFFEINE THEY WILL DEHYDRATE YOU