



# Nutrition & Exercise

The tips in this document can be utilized both by student athletes and those who enjoy exercising for fun! Food is incredibly important for fueling the body and investing in overall health, but it can be challenging to eat well if you are busy or stressed. This document provides basic information on how to create a plan that will result in high energy, good health and top performance!

## The Basics

- A fundamental key to eating well is to prevent yourself from getting too hungry.
- Eat at least three, preferably four, and ideally five, different types of nutrient dense food at meals. The more types of food you eat, the more variety of vitamins, minerals, and other nutrients you consume.
- Think moderation. Enjoy a healthy foundation of food but don't deprive yourself of enjoyable foods that you love. Rather than categorize a food as being good or bad, think about moderation. Aim to make the foundation of what you eat: vegetables, grains, starches, proteins, fruits & healthy fats, and then add in foods that you love as you desire!
- Honor your hunger! Keeping your body fed with adequate energy and carbohydrates can help prevent excessive hunger. Learn to honor your biological hunger cues, even if they are off what you planned to eat for the day!

---

## Pre-Workout

- Just as you put fuel into your car before driving, you need to put fuel into your body before exercise. This helps prevent low blood sugar, fatigue, etc... It also can help settle your stomach, if you eat the right thing for your body!
- Choices of what to eat before exercise vary person-person and from sport to sport. There is no single right or wrong choice. It may take some tinkering to figure out what works best for you.
- For workouts that are 60-90 minutes or less, pre-exercise food should be primarily carbohydrate. Try to eat an hour before your workout.
- Good options include: oat squares or cereal bars, tortillas with 1 tbsp of almond butter, 1 banana, 8oz orange juice

## Post-Work Out

- After your workout you should consume carbohydrates with a bit of protein! The optimal amount is a primarily carbohydrate meal with 10-20g of protein. This offers the nutrients that will replenish lost nutrient stores and promote muscle synthesis.
- Good options include: chocolate almond milk and a granola bar, peanut butter & honey sandwich, a bowl of oatmeal with peanut butter mixed in, fruit smoothies

## Daily Energy and Nutrition Requirements

Overall, the foundations for a healthy diet include...

- CARBOHYDRATES:
  - Carbohydrates help fuel the body so that we can move, think, and essentially live! They are incredibly important.
  - There are a few ways to make sure that you are getting enough carbohydrates....

- To get enough carbohydrates to fuel your muscles, you need to consume carbohydrates as the foundation of each meal. You can do this by eating at least 200-300 calories of grain foods per meal - such as two slices of bread, one cup of rice or couscous, or one bowl of cereal. Once you do this for a few days/a few meals, you will be able to gauge what amount feels good to you!
- You can also estimate by body weight: To optimize performance, consume 3 to 5 grams of carbohydrate per pound of body weight/day. For an 135lb individual, that comes to 405-675grams of carbohydrate per day. Therefore, you can aim to get 135g-200g in each meal that you eat and about 75g in your snacks. Once you start meeting this, you will be able to tell what amount feels good to you!
- Also include 100-300 calories of carbohydrates in snacks
- PROTEIN-RICH FOODS
  - Protein is the building blocks of muscles, and therefore it is important to get enough. However, it is easy to go overboard and if you consume more protein than you need, you will simply burn more protein as a fuel source. Also, your body can only utilize about 25g of protein at one time!
  - Aim to get 100-125 grams of protein from foods such as chicken, shrimp, salmon, nut butters, beans, and quinoa!
  - When you are starting out you can aim for 25g at each meal and two snacks with 15g..
- FATS
  - Healthy fats are important for the digestion of fat-soluble vitamins and to stay full! Aim to get around 90g. You can split this up into your meals and snacks. Aim for 20-25g at each meal and then 10-15g at a snack or with dessert.
- VEGETABLES
  - Eat a variety and try and get 2 ½ cups/day

---

- FRUIT

- Eat a variety and try and get 1 ½ cups/day
- If you don't love fruit, I recommend you schedule it into your breakfast and post-workout routine. For example, an 8oz glass of orange juice and a banana will get you your baseline fruit requirement for the day and then you can add on as you crave it!

- DAIRY

- You mentioned you don't love how dairy makes you feel. A calcium supplement is an easy alternative for calcium for those who want to avoid dairy. I recommend taking a supplement in the amount of 50% of your daily recommended intake and then try and meet the rest with food.
- Teenagers between the ages of 9-18 need 1300mg/day
- Almond milk, greens, salmon, broccoli, and enriched orange juice are all great sources.
- I also recommend a vitamin D supplement for times when you are not outside much