



# got sport nutrition?

As an athlete, you devote hours of your life to your sport. At practice, you work on form, speed, agility, power, strength, and endurance, but your body is limited without proper fuel. Good food is essential to reaching your potential as an athlete, and learning to treat your eating habits (what you eat, and when you eat) as part of your training will allow your body to perform at its very best.

## sport nutrition essentials...



### Carbohydrate:

**Foods:** grains (bread, cereal, pasta, rice), fruit, dairy, veggies (potatoes, corn, squash) & sport foods

**Functions:** fuels muscle during high intensity exercise & supports brain function

**Tip:** incorporate a carb-rich snack before and after training

### Protein:

**Foods:** meat, fish, poultry, eggs, dairy, nuts, seeds, beans & soy

**Functions:** builds and repairs muscle tissue; important for bone health & immune function

**Tip:** aim for protein with each meal and snack as well as before and after exercise

### Fat:

**Foods:** animal products, nuts, seeds, avocado, vegetable oils, some packaged foods

**Functions:** serves as an energy source for low intensity exercise; helps send messages; reduces inflammation

**Tip:** incorporate healthy fats (avocado, olive/canola oil, nuts, and nut butters) into a balanced diet; limit fatty meat and fried foods

### What to eat?

**Pre-Workout Meal Ideas:** cereal, milk, fruit & toast with nut butter • turkey sandwich, fruit & cup of milk

**Pre-Workout Snack Ideas:** granola bar & water • bp&j sandwich • toast with honey • cereal w/milk

**Post-Workout:** chocolate milk! • sport bar • fruit & yogurt • pb&j sandwich • cereal with milk

### Important Habits for Athletes:

- ✓ Eat every 3-4 hours
- ✓ Eat after training! The body is primed and ready to recover immediately after a hard workout
- ✓ Bring a water bottle or sport drink to each training session, practice & competition
- ✓ Make a nutrition travel pack so you can maintain your good habits when you are on the road
- ✓ Eat breakfast to help your body wake up, to prepare your muscles for training later in the day, and to give your brain the fuel it needs to think, focus, and concentrate
- ✓ Make your diet colorful - incorporate variety

for more recipe ideas and healthy eating tips, visit:  
[www.utahdairycouncil.com](http://www.utahdairycouncil.com) or visit us on Facebook: [www.facebook.com/dairyutnv](https://www.facebook.com/dairyutnv)

