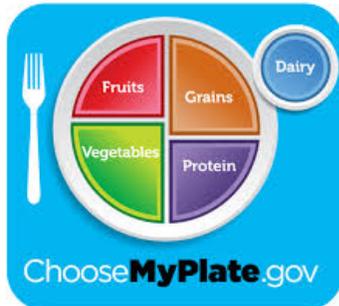


## General Food Choices-“YOU ARE WHAT YOU EAT!”

Currently the best guidelines for food portion and balanced meals follow the my plate diagram.



Athletes burn way more calories than people may think and the saying “you are what you eat” is especially true when it comes this demographic. The food you intake will directly affect how the energy from those calories are used. You want this to be as efficient as possible when talking performance in practice and meets. The following are some more basic guidelines.

### Calorie intake/day

Calories consumed per day should ideally be through 5-6 well portioned meals.

To maintain a healthy weight the following guidelines should be followed. If weight gain or loss is desired alter the calorie intake to be more or less than the values provided.

Girls ages 9-18 1800-2500 calories per day

Boys ages 9-18 2000-3200 calories per day

An exact amount can be calculated using your child’s body weight

Girls 7-12 need 30 calories/lb.

Boys 7-12 need 34 calories/lb.

Girls 12-18 need 20 calories/lb.

Boys 12-18 need 27 calories/lb.

\*Things to keep in mind....if your child is more muscular they will need about 2 calories/lb. more than the above guidelines.

## What should these calories be made up of?

\***PROTEIN**

\***CARBOHYDRATES**

\***FRUITS**

\***VEGETABLES**

\***DAIRY**

\***OTHER**

## Protein-Is KEY for athletes!

\*Helps muscles recover quicker

\*Strengthens muscle tissue

\*Builds muscle tissue mass

The amount of protein consumed per day should at a minimum **equal half your weight in grams**

-Example an 80 lb. child should intake at least 40 grams of protein/day

## Carbohydrates

Carbs should equal about 70% of calories consumed per day

This should occur in 6-8 serving sizes. Half of these serving should come from grains while the other half should be consumed through other sources such as fruits, veggies, dairy etc.

## Fruits

Should make up 4-6 servings

## Vegetables

Should make up 5-7 servings

## Dairy

Should make up 2-3 servings

## Other

Should make up a minimal part of your diet. This would be things you cook with olive oil, spices etc.

## Drinks

**Water** is by far the best way to stay hydrated. You are supposed to drink **half your body weight in ounces** each day.

Example: A child who weight 70 lbs. should drink 35 ounces of water per day

## **Treats**

Treats should be just that treats, not an all the time occurrence. Moderation is key!  
When having treats try to have somethings else with it that has some nutritional value



## **Snacks**

Snacks should basically be smaller meals. They should have some nutritional value.

Examples:

- \*Apple, banana, carrots, celery with peanut butter
- \*Cottage cheese with mandarin oranges or pineapple
- \*String cheese with whole grain crackers
- \*Trail mix
- \*Broccoli and cauliflower with small amount of dressing
- \*Trader Joe's sweet potato chips
- \*Yogurt—watch the sugar
- \*Granola/Protein bars—watch the sugar
- \*Popcorn
- \*Turkey or Beef Jerky

## GOOD SOURCES/FOOD GROUPS

Things to keep in mind

\*Grocery shopping is very overwhelming for everyone

\*Making changes to your diet is intimidating and takes time

\*Take the time to read labels and if you don't understand what it says you probably shouldn't be eating it

Below is a brief list of some healthy choices per food group. It is not a complete list just some ideas to get things started.

### HEALTHY CHOICES-PROTEIN

Lean meat such as chicken, beef, turkey, ham etc.

Eggs

Yogurt

Cottage Cheese

Fish

Beans

Nuts

Peanut butter or Almond Butter

Hummus

### HEALTHY CHOICES-CARBS

Fruits

Veggies

Whole Grain pasta

Quinoa

Rice

Legumes

Yogurt, Cottage Cheese, & Milk

Whole Grain Bread

## **HEALTHY CHOICES-FRUIT**

- Apples or applesauce
- Oranges
- Bananas
- Pineapple
- Berries
- Watermelon
- Cantaloupe
- Honeydew
- Cherries
- Pears
- Mangos
- Kiwi

## **HEALTHY CHOICES-VEGETABLES**

- Broccoli
- Cauliflower
- Spinach, Kale, Spring Greens
- Olives-green and black
- Onions
- Carrots
- Potatoes-brown and sweet
- Asparagus
- Brussels Sprouts
- Mushrooms
- Peppers-green, red, yellow, etc.

Cucumbers

Pickles

Zucchini

Peas

### **HEALTHY CHOICES-DAIRY**

Almond or Coconut Milk

Greek Yogurt \*watch for high fructose corn syrup in label

Cheese-slices or string

Cottage Cheese

## **WHAT SHOULD I BE FEEDING MY KIDS BEFORE/DURING/AFTER PRACTICE?**

### **BEFORE PRACTICE-**

If you are eating within 1.5 hours of practice ideally the meal size should be a little smaller than usual with high protein and carbs.

Examples:

\*peanut butter sandwich with whole grain English muffin, bagel or toast topped with a banana

\*turkey sandwich with whole grain bread with fruit or veggies

\*Eggs with turkey sausage and fruit

### **DURING PRACTICE-**

\*DRINK WATER!!!!

\*Coconut water

\*G2 Gatorade

## **AFTER PRACTICE-**

***Within an hour of practice or between practice and dryland eat something high protein with some sugar***

Examples:

\*Chocolate milk

\*Greek Yogurt

\*Coconut Water

\*Cottage cheese with fruit

\*Peanut butter with celery, carrots, or banana

\*Protein Bar with at least 5g protein----best ones are Skinny Girl, Lara bar, Kind Bars, Luna Bars, Cliff Bars

***After the 1 hour has passed then eat a meal. High in protein and carbs***

Examples:

\*Omelet with meat and veggies

\*small amount of whole grains (pasta, bread, rice) with a protein and veggies

\*pancakes with peanut butter and banana

\*Chicken with rice and veggie stir fry

\*Hamburger or Turkey burger with whole grain bun and veggies

\*Homemade mac and cheese with all natural beef or turkey hot dogs and broccoli

## **WHAT SHOULD I BE FEEDING MY KIDS BEFORE/DURING/AFTER MEETS?**

### **NIGHT BEFORE MEET-**

High protein with carbs but NO grease!

Examples:

- \*Hamburger or Turkey burger with whole grain bun, a sweet potato and veggies
- \*Small amount of pasta with meat sauce or meatballs and veggies
- \*Small amount of pasta with mixed veggies and chicken breast

### **BREAKFAST BEFORE MEET-**

High protein with carbs

Examples:

- \*Oatmeal with peanut butter and berries
- \*Eggs and fruit
- \*Smoothie with protein powder and fruit
- \*Peanut butter, honey and banana toast or bagel

### **DURING MEET-**

Light and nutrient dense

Examples:

- \*Apples, bananas, carrots, celery with peanut butter
- \*Protein Bar- at least 5g protein
- \*Trail mix
- \*Hard-boiled egg
- \*Yogurt-Greek
- \*DRINK Chocolate milk or something HIGH in protein and sugar immediately following your  
Cool down