

FOODS FOR IMPROVING SPORTS PERFORMANCE

GOOD CARBS

Carbohydrates increase endurance by replenishing stored glycogen (muscle fuel)

Frozen mixed veggies
Broccoli
Sweet potatoes
Baby Spinach
Celery
Cauliflower
Baby carrots
Tomatoes
Green Peppers
Whole grain bread
Bagels
Pasta
Brown rice

**In most cases you may have all you want of these items at a meal

GOOD PROTEINS

Protein is needed to repair tissue, it is essential to building muscle and strength

Lean beef
Chicken breast
Lean Ground turkey
Tuna
Salmon
Beans
Mozzarella cheese
Cottage cheese
2% Milk
Eggs



**all beef, fish, chicken and turkey should be 92% lean and should be grilled or baked

PRE WORKOUT SNACKS

Fruit
Bagel
Sports drink
Granola bar
P.B.&J
Yogurt
Power Bars

**these items should be consumed 30 minutes to 1 hour before workouts

POST WORKOUT SNACKS

Protein
Chocolate milk
Bananas
Turkey/tuna sandwich
Peanut butter
Mixed nuts/almonds
Protein bar

**these items are to supplement regular meals and should be eaten in limited amounts 20-30 minutes after activity

HYDRATION

Sweating is a loss of body fluid (electrolytes, sodium & potassium), which results in weight loss, decreased performance & soft tissue injury

1. Track your body weight pre/post practice
2. Drink 16-20 oz of water for every lost pound

SPORTS NUTRITION IS A PLANNED, SCHEDULE PART OF TRAINING.

Practicing sound nutrition optimizes performance and health.

SUPERIOR FUEL ALLOWS ATHLETES TO OUTWORK OPPONENTS IN PRACTICE AND GAMES, AND GIVES THE ULTIMATE EDGE DURING COMPETITION!!!