

FOOD=FUEL

Must haves:

- Breakfast EVERYDAY
- High quality nutrient dense foods: lean protein, non-starchy veggies, quality starch, fruits, healthy fats, water
- 3 meals- 1-2 snacks/day on non-workout days
- Avoid liquid calories- sodas/punch/sweet teas/ coffee drinks/energy drinks/juices
- Use the PLATE METHOD for ease
- 64 oz of calorie free fluids/day
- Limit/Avoid diet sodas

HYDRATION

Rule of thumb: Drink $\frac{1}{2}$ your body weight in fluid ounces of liquid each day. Sodas and other sweetened beverages, even juice, do not count towards this goal.

Focus on sipping fluids throughout the day- even a 2% dehydration can cause negative athletic effects.

General Guidelines for Fluid Needs During Exercise

While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

Hydration Before Exercise

- Drink about 15-20 fl oz, 2-3 hours before exercise
- Drink 8-10 fl oz 10-15 min before exercise

Hydration During Exercise (aerobic/endurance)

- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.
- Goal- 16-24oz/hr of fluid

Hydration After Exercise

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fl oz water for every 1 lb lost

NUTRITION FOR YOUR ATHLETE

Optimal performance goes hand in hand with optimal nutrition. Your child's unique needs as a teen athlete require conscious effort and attention. If they want that competitive edge to reach their peak performance, don't underestimate the power of food.

- Carbohydrates are important
- So is protein- 15-20% of diet
- Fat is not all bad!
- Fluids are essential
- Higher intake must coincide with higher training volume/harder training
- Food + Rest = Recovery after strenuous workouts
- Quality & Quantity

SUPPLEMENTATION

Most of your child's nutrient needs should be supplied by their diet. However, female gymnasts are typically at higher risks for deficiencies in calcium, iron, and Vitamin D. Therefore, supplementation can help achieve the needed intake to avoid issues associated with deficiency.

Recommended daily intake:

- Calcium: 1300mg/day
- Vitamin D: 400-1500IU/day
- Iron: 8-15mg/day

A chewable calcium plus Vit. D supplementation can be utilized of a morning to help increase daily intake- be mindful the body can only absorb 500mg of Ca at a time.

An iron supplement can be used of an evening if your athlete's blood levels have been checked and her hemoglobin or hematocrit is low. *do not take iron and calcium within 2 hrs of each other- they compete for absorption*

PRE-WORKOUT FOODS

1-2 hrs before a workout

- 16oz water
- Light/portable
- Low in fat/mod in carbs/mod to low in protein
- American College of Sports Medicine and American Dietetic Association rec 1g of carbohydrate per kg of bodyweight (100lbs= 45kg= 45g carbs)

*Oatmeal cup with cinnamon and raisins

*1 slice whole grain toast, ½ sliced banana, 1 Tbsp natural peanut or almond butter

*1 apple with peanut butter

*1 slice 2% cheese, 6 crackers, ½ apple or pear

*8oz 1% chocolate milk, small banana

*6oz greek yogurt 1/2c blueberries

*Sports bar with <250cal, <30% cal from fat (Lara Bar, Luna Lemon Zest, Clif)

*Mini Rice cakes with almond butter and sliced strawberries

*Trail Mix- Try Planters Nutrition Sustaining Energy Mix (pre-packaged in single servings)

*1 Jiff to-go container of PB or Justin's to-go container of almond butter with graham crackers

*Cereal and milk: Try Life cereal or cheerios; use non-/low-fat milk

*Cottage cheese and fresh fruit

DURING/POST WORKOUT FOODS

During

- **Athletes should be consuming 16-24oz fluids/hr in addition to the fluids mid-workout.**
- 3-4hr of working out requires fuel intake about ½ the way through. Needs to be simple, quick, easy on the gut and always along with water.

*Small box of raisins with 16oz of Gatorade

*3 Tbsp dried cherries with 16oz of Gatorade

*Fruit “pouch”, handful of pretzels, Gatorade2 or coconut water (Plum Organics Mish Mash)

*16oz regular Gatorade w/ 15 frozen grapes

* Energy “chews” (shot bloks, Gatorade endurance chews, etc) w/ 16oz of G2 or water

AFTER

Replenishing nutrition after workouts is ESSENTIAL.

Athletes must eat within 30-60 min to avoid unintentional muscle wear and breakdown.

GOAL: 1.0-1.5g of carb/kg of bodyweight AND 2:1 carb to protein ratio for workouts longer than 90 min.

*8oz 1%chocolate milk ½ natural peanut butter and jelly on English muffin or 1 slice bread

*Greek yogurt with nuts and 1 cup fruit

*Homemade protein bar and fruit

* Dried apricots and cheese chunks

*High fiber cereal and 1% milk with fruit

*light cottage cheese with berries and Greek yogurt

*string cheese and melon

*Peanut butter on rice cakes topped with raisins or raisins

OTHER QUICK SNACK IDEAS

Plum Organics Mish Mash ** [for toddlers, I know - but you can eat them too!]
Clif Mojo Bars **
Planters Trail Mix - Fruit & Nut Packets **
Bear Naked Granola **
Kashi Go-Lean Cereal Cups **
Justin's Natural Peanut Butter Packets (case of 10) [almond butter packets and jars of either nut butter also available]
StarKist Tuna Packets *
Fig Newtons Individual Packages ** [48-packs also available]
Microwave Popcorn Snack Bags *
Pretzel Bags +
Kashi Whole Grain Crackers **
Bare Naked Baked/Dried Fruit Packets **
Single Serving Hummus Dip Packets
GoPicnic Ready-to-Eat Meals: Sunbutter & Crackers **
Go-Go Squeeze Applesauce Pouches **
100% Juice Boxes +
8-oz chocolate milk cartons +
8-oz soy chocolate milk cartons **
8-oz almond chocolate milk cartons **
(*+ means available on Amazon Subscribe and Save)

For your child, food is not just something that tastes good, food is fuel. Skipping a meal is the same as skipping a training session! Quality is key- poor fuel choices will lead to poor performance. And remember, outside appearance is not always indicative of inside health. So help your athlete choose high quality, nutrient dense foods to help them fuel their bodies and enable them to perform at their highest level.

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