

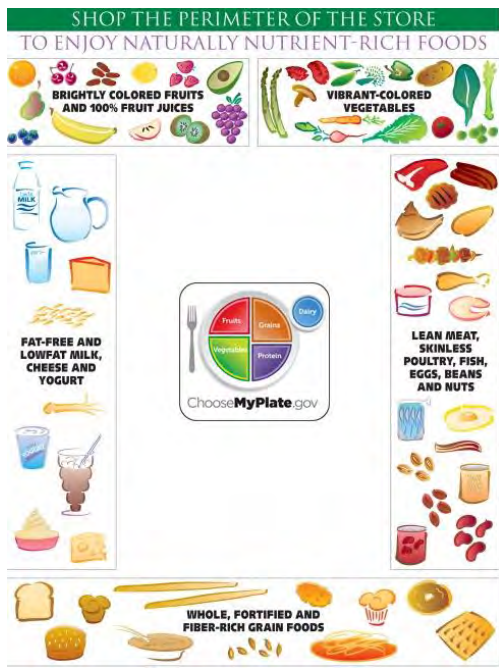
Eating for Performance

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Athletes need more than just determination and challenging practices to perform well. Choosing the right fuel allows athletes to perform at their best. Conflicting nutrition information and countless food and beverage products marketed to athletes can make this an overwhelming task. A one-size fits all approach does not work when it comes to timing and selection of performance foods. Do what works best for your body! Use these tips as a guide for boosting your performance.

Nutrient-rich foods are your best bet--A nutrient-rich food is one that is rich in nutrients, particularly vitamins and minerals and low in fat. Micronutrients can reduce the risk of cancer and disease, support immune health, and supply athletes with long-lasting energy. Nutrient-rich foods include lean meat, whole grains, low-fat and fat-free dairy, fruits and vegetables, legumes, and nuts. These foods are often found along the perimeter of the grocery store.



Foods that are heavily processed tend to be higher in fat, sugar, and salt and are not considered nutrient-rich. High consumption of these foods, such as cakes, cookies, potato chips, crackers, candy, and sugar-sweetened beverages may lead to nutrient deficiencies, diabetes, obesity, and heart disease. These foods are often found in the center isles of the grocery store and can be tempting due to marketing and advertising from food companies. Eating meals frequently at fast-food establishments and restaurants can also increase your intake of foods high in fat and sodium.

Timing

3-4 hours before a game – eat a meal that is high in carbohydrate (200-300 g.) and lean protein. A tuna fish sandwich on whole-wheat bread, a bagel with peanut butter, or a peanut butter and banana pocket are a few examples.

30 minutes – 1 hour before a game - chose a 200-300 calorie snack that is high in carbohydrates, moderate in protein, and low in fat. An apple with peanut butter, hummus and pretzels, or trail mix are excellent options.

Within 45 minutes after the game - refuel with low fat chocolate milk. Milk is the perfect recovery drink because has the perfect combination of protein and carbohydrates to replenish the depleted cells. Plus, it provides fluids and electrolytes that help to hydrate and get in the critical nutrients lost in sweat. Milk provides calcium, potassium, magnesium and sodium.

[Download Nutrient-rich Shopping List!](#)