

SLATER ATHLETICS

NUTRITION IDEAS AND GUIDLINES



HYDRATION:

2-3 hours before– 16 oz. water and/or sports drink

30 min before– 8-10 oz. water and/or sports drink

During– 5-10 oz. every 15-20 min

After training– 24 oz. water and/or sports drink for every pound of lost weight



Nutrition Mistakes:

- Not enough calories before training
- Wrong food choices
- Missed meals
- Nutrition not taken seriously

DAILY CHECKLIST

Protein	Water
Carbohydrates	Sodium
Healthy fats	Calcium

Make time for BREAKFAST

Cereal, eggs, pancakes, waffles, toast, bagel, oatmeal, juice, fruit

Pre-Activity:

- 2-4 hours before: meal
- 30 min before: small snack

Pack a lunch OR order a lunch

- Yogurt and granola
- Dried or fresh fruit
- Rice or pasta with sauce
- Chicken and rice/pasta
- Bagel with peanut butter
- Cereal bar or sports bar
- Peanut butter and jelly
- Turkey sandwich



CALCIUM!

Deficiency can cause fractures

- Milk
- Yogurt
- Cheese
- Milkshake
- Almonds



RECOVERY

Within 30 min! Repair after training

- Sports drink and water
- Bread with honey, jelly, peanut butter
- Cereal with milk and fruit
- Yogurt
 - Chocolate milk
- Sandwich
 - Fruit: Banana, apple
- Smoothie
 - Granola

What's in your bag??

Carry snacks with you to school, meets & practice!

- Peanut butter and jelly
- Granola
- Dry cereal
- Pretzels, crackers
- Nuts
- Trail mix
- Granola bars
- Sports bars
- Graham crackers
- Chips
- Peanut butter
- Pudding cup
- Fruit cup
- Fruit: oranges, grapes, apple, banana,

