

## Gaining the Edge: Sports Nutrition Tips!

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- ◆ Honor your hunger! Learn to recognize *your* body's hunger cues and fuel appropriately.
- ◆ Do not skip meals or snacks. They help fuel exercise, are important for brain function and promote recovery.
- ◆ Build *your* performance plate. Consider training level, taste preferences, balance and variety when you are building *your* plate. Remember – there is no perfect plate....find what works best for you!
- ◆ Allow yourself to have occasional treats. Sweets, chips, friend foods, pizza, bacon, etc. are examples of treats.
- ◆ Healthy snacks are an important part of your fueling plan. Eat light, moderate, or heavy snacks based on your hunger level. Reference the Healthy Snacking fact sheet for more information.
- ◆ Never go to sleep hungry as it disturbs your sleep cycle and slows muscle recovery.
- ◆ Do not cut food groups from your fueling plan. Balance is key! CHO provide energy to muscle and brain, PRO helps recovery, FAT provides energy and satiety.
- ◆ The best way to assess hydration status is by urine color and frequency. Urine should be pale yellow and voids should be frequent.
- ◆ Sports drinks are beneficial to use in workouts lasting greater than 60 minutes. Use the normal strength formula (ie- Gatorade or Powerade, not G2 or Powerade Zero).
- ◆ Snacks are important pre-, during, and post-workout. The Healthy Snacking fact sheet provides lists of appropriate snacks.
- ◆ Plan ahead – keep snacks in your school bag, swim bag and car for easy access when you get hungry and need to fuel.
- ◆ Try new foods. It is always a good idea to add more variety to your performance plan.
- ◆ At least once a week, try a “slow” meal or snack. Meaning, be mindful and consume your food and drink slowly.
- ◆ Do not try anything drastic during the season. Major dietary changes or body weight/composition changes can negatively affect your performance.
- ◆ Take charge of *your* sports nutrition! When you tune into your body's needs, you will definitely perform your best.
- ◆ Seek help from a qualified Sports Dietitian if you have questions related to your nutrition and performance.

