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.