

# TOP **5** TO HELP YOU THRIVE:

## *Performance Nutrition Tips for Student Athletes*

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AMERICAN DAIRY  
ASSOCIATION NORTH  
EAST

# 1 PRIME TIME

Think about eating pre and post for every practice, conditioning or competition. Your body is always in a state of prepare and repair, so what, when and how much you eat and drink can enhance or detract from your performance.

- Try to eat every 3-4 hours to give your body maximal energy over the day.
- Aim for 12-15 grams of protein with 35 grams of carbohydrate before and after strength training to optimize muscle growth and repair.



Source: Leslie Bonci

## PROTEIN SOURCES (GRAMS)

- 2 Tbsp peanut butter- 14 grams
- 8 oz low-fat regular yogurt- 10 grams
- 12 oz low-fat chocolate milk- 12 grams
- ¼ cup nuts- 10 grams
- 2 hard-boiled eggs- 14 grams

## CARBOHYDRATE SOURCES (GRAMS)

- ½ of a bagel- 25 grams
- 8 oz low-fat flavored yogurt- 40 grams
- 12 oz low-fat chocolate milk- 30 grams
- 1 cup cereal- 30 grams
- 2 slices toast- 30 grams

# 2 THINK YOUR DRINK

ALL FLUIDS COUNT  
(EXCEPT ALCOHOL!)

SEE YOUR PEE: LIGHT & LOTS!

## HOW MUCH

- Females: 70 oz per day
- Males: 90 oz per day

## WHEN

- 20 oz 1 hour before exercise
- Drink during exercise
- Drink 3 cups of fluid for every pound lost after exercise

## TIPS

- Take larger gulps over sips
- Swallow fluids, don't spit!
- Drink, don't pour fluids on your head
- No reason to overdrink

## ADD SALT, IF NECESSARY

- If you are a salt loser, you need to use more!
- Salty sweat or salty residue on your skin or uniform/clothes means you need more.
- Eat salty foods such as pickles, pretzels, or use salt or soy sauce or broth when cooking.

## AM I HYDRATED? URINE COLOR CHART:

1

- This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.

2

- If your urine matches the color numbered, **1, 2, or 3, then you are hydrated.**

3

4

- If your urine matches the color numbered **4 through 8, then you are dehydrated** and need to drink more fluid.

5

- **Be Aware!** If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.

6

7

- Drinking fizzy drinks and drinks with caffeine will not effectively rehydrate you.

8

Source: Children's Healthcare of Atlanta

# 3 CREATE A GREAT PLATE

FOR EVERYDAY  
BALANCE  
(OUTSIDE OF COMPETITION)



Source: Leslie Bonci

Include **CARBOHYDRATES** like fruits, vegetables and whole grains in the bowl or on the plate at every meal.

- Carbohydrates are not **BAD** foods!
- Make 2/3 -3/4 of your plate as rice, pasta, potato, bread, cereal, fruit, vegetables.
- A balanced performance plate, including carbohydrates, provides fuel for muscles during activity and the brain during class and exercise.

Eat enough **PROTEIN** for muscle growth and a healthy immune system.

Let's do the math:

- 0.5 x body weight (pounds) is the **MINIMUM** number of grams of protein a day
- 1 x body weight(pounds) is the **MAXIMUM** number of grams of protein a day

- 1/4-1/3 of the plate: chicken, fish, meat, eggs, cheese, soy foods, nuts, seeds, or beans
- Your body needs carbohydrate and protein to build new muscle.
- **Tip:** Too MUCH protein usually means Too LITTLE carbohydrate!

**FAT** is an essential fuel for exercise.

- Fat at every meal as a spread, peanut butter, salad dressing, or in a food such as cheese, meat, or even a fried food.
- There is no need to cut fat out of the diet.
- Limit **BEFORE** exercise as they can upset your gut!

FOR COMPETITION



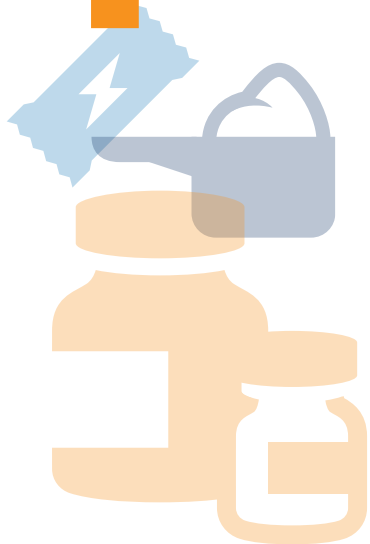
Source: Leslie Bonci

# 4 BE SUPPLEMENT SAVVY



*Source: NSF International*

- Look for the NSF Certified Sport label.
- You need to know the why before you buy and try.
- Supplements are a complement to, not a replacement for food.
- High doses of supplements can result in very expensive urine!
- Supplements can correct deficiencies, but need to be taken consistently and in the right amount.
- Not all supplements are helpful and many can be harmful.



# 5 TREAT YOUR BODY WITH RESPECT

- Get the rest you need so you can succeed in the classroom and in your sport.
- If you are trying to change your body composition, steer clear of fad diets and make changes gradually and consistently.
- Stay away from performance detractors, such as:
  - Too much caffeine
  - Too little sleep
  - Alcohol
  - Skipping meals
  - Excluding nutrients



Source: Leslie Bonci