Teaching this lesson? Here are some tips:

Tight on time? Stick with the 3 Key Takeaways and The Basics. These will provide your group with a solid foundation for understanding nutrition.

Have more time? Share the TrueSport Talk with your athletes and discuss how an Olympic athlete can relate to this lesson.

Extra time? Continue on through Tips & Applications for more valuable information to share with your group.

Looking for more? Explore the Downloads & Additional Resources which offer additional conversation starters and fun physical activities to support each lesson.
What is Nutrition?

Nutrition means eating the right kind of food so you can grow properly, be healthy, and perform your best in both sport and life.

Proper nutrition for youth sports can be achieved simply by encouraging athletes to:

- Eat a good breakfast to start the day
- Consume a balanced meal (with carbs, proteins, and fats) three-to-four hours before playing their sport
- Eat a carb-heavy snack within 30 minutes after exercising
- Add carbs, protein, and some healthy fats to post-exercise meals
- Avoid supplements and rely instead on protein from food sources
- Know that the best post-workout remedy comes from both proper nutrition and adequate rest
Multi-time Paralympic alpine skier Tyler Carter’s days are jam packed with activity, so Tyler is mindful of what and when he eats. He needs to make sure he has enough energy to power through his workouts. He starts his day with a solid breakfast, has several snacks throughout the day, eats a full lunch, and finishes his day with a well-rounded dinner. Tyler knows firsthand that the different types of food he consumes work together to make a well-balance diet. Carbohydrates are needed for energy and fuel for the body, proteins are needed for muscle repair, and fats help assist the body in carrying vitamins and make up the remainder of calories needed.

The one tip Tyler would give to all athletes is to learn the art of balancing the food choices they’re making. For example, he loves ice cream. But he knows that if he starts his day with a giant bowl of ice cream – although a dream come true – it wouldn’t provide long-term energy to get through his intense workouts. So instead, he has learned to fuel his body with healthy, nutrient-dense foods throughout the day and to treat himself with the less nutritious foods that he loves, like ice cream, in moderation. Treating himself doesn’t mean eating the entire tub of ice cream in one sitting. Instead, he finds the balance that keeps his body properly fueled and his cravings satisfied.

TrueSport athletes understand that nutrition is key to maximizing performance and when combined with adequate rest, provides the best remedy for post workout recovery. Always aim to fuel for success!

AMBASSADOR STORY QUESTIONS

1. What was the main point you took away from the ambassador story?

2. Do you have a favorite pre-game or recovery meal?

3. Do you think you could improve your nutritional habits?
   If so, what things could you do?
**Carbohydrates:** Provide energy

**Examples of healthy carbs:** All fruits, all vegetables, whole-grain bread, oatmeal, popcorn, whole-grain rice, whole-grain crackers

**Examples of unhealthy carbs:** Chips, candy, baked goods

**Protein:** Building blocks for growth; aids with muscle recovery and repair

**Examples of healthy protein:** Lean meat, poultry, fish, eggs, beans, nut butters, nuts, seeds, low fat milk, low fat yogurt, cheese

**Examples of unhealthy protein:** Sausage, hot dog, bacon

**Fats:** Protect the nervous system; assist the body in carrying vitamins

**Examples of healthy fats:** Olives, nuts, seeds, nut butters, avocados, fish (salmon, tuna, mackerel, herring, trout, sardines)

**Examples of unhealthy fats:** French fries, chicken nuggets, other fried foods, baked goods, ice cream
Pre-, During- and Post-Training/Game: What to Eat

Pre-Game Meal
Eat it: 3-4 hours before competition  
Should contain: Mostly carbs, with small amounts of protein, fat, and fiber  
Example: Peanut butter and jelly or turkey sandwich on whole-grain bread; small handful of baby carrots; banana; small handful of tortilla chips

Pre-Game Snack*  
Eat it: Less than 1 hour before competition  
Should contain: Carbs  
Example: 20 pretzels; half a bagel; serving of applesauce

During Game*  
Eat it: During a break from playing  
Should contain: Carbs  
Example: Orange slices

Post-Game Snack  
Eat it: Within 30 minutes of exercise  
Should contain: Carbs with a little protein  
Examples: Cereal with milk; fruit and nonfat yogurt; trail mix; banana with peanut butter

Follow post-game snack with a balanced dinner within 1-2 hours.

*Optional: Depends on hunger and exertion level

Example: Timeline for 4 p.m. soccer game

12:00 p.m. Lunch  
3:15 p.m. Small Snack  
4:00 p.m. Game Time!  
5:15 p.m. Small Snack  
6:15 p.m. Dinner
Cooler Fuelers: What to Pack for All-Day Competitions

Good ideas for your game-day cooler or lunch are:

**Before Competition**
- Water
- Baby carrots
- Breadsticks
- Yogurt
- Low-fat cheese sticks
- Pita bread
- Hummus
- Dried fruit
- Cherry tomatoes
- Bananas

**During Competition**
- Water
- Sports drinks
- Granola bars
- Ginger snaps
- Fresh fruit
- Vanilla wafers
- Pretzels
- Bread with honey

**After Competition**
- Water
- Peanut butter
- Nuts
- Whole grain bagel or crackers
- Dried fruit
- Smoothie
- Lowfat chocolate milk
- Bananas
- Granola bars
- Cheese sticks

**Tips & Applications**

*Be sure to check out these additional resources available for download:*

**Chalk Talk (PDF)**
15-minute activity: Practice reading nutrition labels with your athletes and learn why it’s so important to do so.

**Review (PDF)**
15-minute quiz: Test your students’ knowledge of proper sports nutrition with this quick review. (answers included).

**TrueSport Certificate (PDF)**
Lesson Certificate: Celebrate your group’s completion of the TrueSport Nutrition lesson with this special certificate.
In order to reinforce the lesson and put TrueSport into action, complete the following Chalk Talk with your athletes.

Instructions

Make copies of the nutrition labels on the following page and pass them out to the group. Give them a few minutes to look at the labels; if appropriate, go through and talk about the serving size and amount of fat, carbs, and protein.

Review the following questions with the group.

1. Which item has the most calories per serving?

2. Which provides the most carbohydrates per serving?

3. Which provides the most carbohydrates per serving with the least amount of fat and protein?

4. Which has the most fiber?

5. Considering your answers to the questions above, which of these two items would be best for a pre-game snack?

6. What other items would be good for a pre-game snack?
1. Which item has the most calories per serving?
   a. Nature Valley: 1 serving = 190 calories
   b. Fiber One Protein: 1 serving = 140 calories

2. Which provides the most carbohydrates per serving?
   a. Nature Valley: 29g of carbohydrates
   b. Fiber One Protein: 18g of carbohydrates

3. Which provides the most carbohydrates per serving with the least amount of fat and protein?
   a. Nature Valley: 29g of carbohydrates, 6g of fat and 4g of protein
   b. Fiber One Protein: 18g of carbohydrates, 6g of fat and 6g of protein

4. Which has the most fiber?
   a. Nature Valley: 2g of dietary fiber
   b. Fiber One Protein: 5g of dietary fiber

5. Considering your answers to the questions above, which of these 2 items would be best for a pre-game snack?
   a. Nature Valley: High carbs, low fiber, fats and protein
   b. Fiber One Protein: High fiber before competition can lead to an irritated stomach

6. What other items would be good for a pre-game or pre-practice snack?
   a. Water, baby carrots, yogurt, low-fat cheese sticks, pita bread, hummus, dried fruit, cherry tomatoes and bananas.
### Ingredient List

- **Primium Chicory Root Extract**, Sugar, **Palm Kernel and Palm Oil**, **Rice Flour**, **Whey Protein Concentrate**, **Soy Protein Isolate**, **Whole Grain Oats**, **Partially Defatted Cocoa Powder**, **Natural Flavor**, **Fructose**, **Baking Soda**, **Caramel Color**, **Mixed Tocopherols Added to Retain Freshness**. **CONTAINS PEANUT, MILK AND SOY; MAY CONTAIN WHEAT INGREDIENTS.**

### Further Information

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### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Servings Per Container</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bar</td>
<td>10</td>
<td>140</td>
<td>60%</td>
</tr>
<tr>
<td>2 bars</td>
<td>6</td>
<td>190</td>
<td>60%</td>
</tr>
</tbody>
</table>

- **Total Fat**: 6g
- **Saturated Fat**: 3.5g
- **Sodium**: 140mg
- **Total Carbohydrate**: 18g
- **Dietary Fiber**: 5g
- **Sugars**: 7g
- **Protein**: 6g

*Not a significant source of vitamin A and vitamin C.*

**Percent Daily Values** are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

- Calories:
  - 2,000: 2,000
  - 2,500: 2,500
- Total Fat:
  - Less than 65g
  - Less than 80g
  - Less than 300mg
- Sodium:
  - Less than 2,400mg
- Total Carbohydrate:
  - 300g
  - 375g
- Dietary Fiber:
  - 25g
  - 30g
- Protein:
  - 50g
  - 65g

- At least 48g recommended daily.

### Further Information

- Ingredients: **Whole Grain Oats**, Sugar, **Canola Oil**, **Yellow Corn Flour**, Honey, Soy Flour, **Brown Sugar Syrup**, Sal, Soy Lecithin, **Baking Soda**, **Natural Flavor**.

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**CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.**

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### Carbohydrate Choices

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In order to reinforce the lesson and put TrueSport into action, complete the following activity.

Instructions

Make copies of the nutrition chart on the following page and have your group create a nutrition chart based around their exercise for a week. Ask them to complete the chart with what and how much they ate before, during, and after exercising. Have them be as specific as possible, such as “1 slice of cheese pizza, 16 ounces of chocolate milk, 1 apple with 2 tablespoons of peanut butter, and a small garden salad with Italian dressing.”

Once completed, review the following questions with the group:

1. What did you learn about your nutrition habits from this activity?

2. What are some goals you can set to improve your personal nutrition around exercise and competition?

3. Did you notice that when you charted your nutrition habits you paid more attention to what you ate? Why or why not?
AFTER Exercise

BEFORE Exercise

DURING Exercise

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</table>

Complete the chart with what and how much you ate before, during, and after exercising. Be as specific as possible, such as "1 slice of cheese pizza, 1 apple with 2 tablespoons of peanut butter, and a small garden salad with Italian dressing.

For one week: complete the chart with what and how much you ate before, during, and after exercising.

Name: ____________________________________

Date: ____________________________________
Ten Tips for Top Sports Nutrition

1. Read the label and look at the serving size first.

2. Pay attention to the amount of carbohydrates, protein, fat, and fiber in a food.

3. Know that consuming high amounts of fiber before competition can lead to an irritated stomach.

4. Pre-game meals and snacks should be high in carbs and low in fat, fiber, and protein.

5. Post-game meals and snacks should be mostly carbs and also some protein.

6. When grocery shopping, start on the perimeter of the store where fruits, vegetables, and other nutrient-dense foods are typically located.

7. For all-day events, pack a cooler with healthy foods. Most concession stands are filled with foods high in fat that will not maximize an athlete’s performance.

8. It is best not to try new foods before a big competition. Athletes are probably already a little nervous, so keeping the same eating routine will make sure their stomachs don’t get upset.

9. Consider bringing carbs along to eat if athletes are going to be exercising for longer than 60 minutes. Fruit is a good choice.

10. Remember that food is fuel, and that athletes shouldn’t go to practice or games without having eaten enough to support their sport’s activity level.
Congratulations! You have demonstrated that you know how to be a TrueSport Champion!

TrueSport, powered by the U.S. Anti-Doping Agency (USADA), is a movement that seeks to ensure a positive youth sport experience for athletes like you. In learning how to fuel for sport through nutrition, you have gained skills to be a leader both on and off the field.