



# Nutrition



## 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.*