

TrueSportPARENT Nutrition



Remember that your athletes performing and feeling their best starts with what they eat. Like a car, if they put good fuel in, they'll get good performance out!

Nutrition can seem complicated, but your athletes will always be eating for peak performance on and off the field if you remember these three things:

1. **Plan out your athlete's meals** before, during, and after they play their sport
2. Shop around the perimeter of the grocery store and always **read the label!**
3. A combination of carbs, fats, and proteins will both **energize and repair** their bodies

Some examples of what you could pack in a cooler for an all-day competition or meet could look something like:



To learn more about nutrition for youth athletes, check out:

- [Learn.TrueSport.org](https://www.learnsports.org) for insightful articles and videos full of valuable nutrition advice
- [Teach.TrueSport.org](https://www.teachsports.org) for an entire lesson plan surrounding nutrition
- [Play.TrueSport.org](https://www.playsports.org) (app available on the App Store and Google Play) for fun nutrition-focused games you can play with your athletes