



Nutrition for Athletes

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Athletes need to envision their body as a high performance racecar. A racecar can't perform or run smoothly without fuel in the tank. In addition, a high performance racecar will not run efficiently on low quality fuel/gasoline. Equally, an athlete will not be able to perform at a high level without the proper amount of quality of nutrients in their body. Listed below are a few key nutritional concepts for athletes to follow.

Fueling Your Body

- Athletes need food for energy (repeated powerful/explosive movements) and mental focus
- Provide your body with the proper nutrients – emphasizing fruits, vegetables, organic meats, and complex carbohydrates
- Spread calories throughout the day – constantly put fuel in the tank
- Eat smaller meals that are healthier throughout the day instead of large infrequent meals

Eat Breakfast

- Put fuel in the tank right from the start – replenish glycogen stores
- Starting the day off with no fuel will hinder physical performance throughout the entire day
- You've fasted all night during sleep, it is extremely important to plan a healthy breakfast that includes carbohydrates, protein, and fat (small percentage of fat)

Refuel After Exercise

- After an intense practice, game, or training session your body needs fuel to replenish the substrates that you have used during activity
- It is extremely important to consume carbohydrates after exercise to replenish your glycogen (energy) stores
- It is also important to provide your body with adequate protein after exercise to repair and build muscle tissue

Improve the content of your meals

- Eat more nutrient dense foods such as fruits and veggies to perform to help with recovery
- Consume more lean proteins such as chicken and fish (get organic when possible) to maintain or improve lean muscle mass
- Consume more complex carbohydrates such as whole wheat or sprouted breads and brown rice instead of white bread and white rice. This will give you sustained energy for longer periods of time which is crucial for athletes who practice and train for a couple hours at a time

Drink Plenty of Water

- Water is crucial to your health and sports performance
- Dark urine is a sign that an athlete is dehydrated
- Don't always rely on a sign of thirst to drink water because at that point you may already be very dehydrated