

TOP 5 nutrition

needs for student athletes

1

40+ nutrients every day

Choose: milk, cheese and yogurt, lean protein, whole grains, fruits, vegetables.

2

Protein

Up to 0.5 - 0.8 gms/lb body weight per day.

Choose whole food proteins throughout the day - Eat breakfast.

3

Enough Fuel

Special diets and avoiding food groups can cause under-fueling.

Create personal plans here: www.supertracker.usda.gov

4

Planning

Eat for performance every day - training, competing and resting.

Choose nutrient-rich foods and try to eat full meals at regular intervals.

5

Hydration and Refueling

15-30 after exercise choose protein, carb and fluid for recovery.

Drink enough water throughout the day to prevent thirst.

vitamins and minerals

carbohydrate



fluid and electrolytes

protein