SIGNS OF DEHYDRATION:

• Feeling weak
• Lightheadedness
• Dizziness
• Nausea

EFFECTS OF DEHYDRATION:

• Decrease of mental function
• Deterioration of motor skills
• Lower fluid absorption
• Heat intolerance
• Decrease in performance

HELP KEEP THEM HYDRATED:

• Have them drink fluids throughout the day
• Incorporate into their diet foods with high water content such as fruits, vegetables, soups, smoothies and popsicles
• Send them to practice and games with water bottles and/or sports drinks like Gatorade® Thirst Quencher so they can take sips during breaks
• Have them watch their urine color — it should look light, like lemonade
WHY CARBS ARE IMPORTANT:

- Primary fuel for the body during exercise
- Replenish energy stores during recovery
- Help performance when consumed in the appropriate amount (30-60 g/h) during training or competition lasting more than an hour
- A small amount consumed with water can help promote fluid absorption

SOURCES:

- Breads
- Pasta
- Rice
- Potatoes
- Beans
- Fruits & Vegetables
- Gatorade® Thirst Quencher

HOW MANY CARBS:

- Make sure about 2/3 of every meal is carbs with grains, fruits, vegetables and drinks
- Include carbs in snacks and meals

WHEN*:

- Several hours before activity — eat a meal rich in carbs (e.g., pasta)
- Up to 1 hour before activity — eat a small snack (e.g., granola bar or banana)
- During practices and games lasting 60 minutes or longer
- After activity — eat a snack (e.g., protein bar, smoothie, Greek yogurt) that contains carbohydrates and protein for recovery

* These guidelines pertain to athletes to meet in-season demands. During the off-season this may not be the case.
**WHY PROTEIN IS IMPORTANT:**
- Muscles, hormones and other parts of the body are made of protein
- During training and competition, muscle proteins are broken down and need to be built back up
- Eating protein post-activity provides the building blocks needed to rebuild muscles
- Good recovery helps the athlete bounce back strong — ready to perform

**SOURCES:**
- Meat
- Fish
- Tofu
- Milk
- Soy
- Eggs
- Cheese
- Greek Yogurt
- Gatorade Recover®
- Whey Protein Bar

**HOW MUCH:**
- Athletes should eat small portions of protein throughout the day — about 10-20g in every meal and snack, depending on their weight
- About 1/3 of each meal should be protein

**WHEN:**
- Around every 3 hours during the day
- As soon as possible after a game or practice*

*Based on an average weight of 180 lbs. If they’re smaller, they may need less; larger and they may need more. To determine exact needs, multiply your weight (in pounds) by 0.11g.
KEEP THEIR BODIES RECOVERING PROPERLY WITH THESE POST-GAME SNACKS

- Cheese sticks and crackers
- Chocolate or strawberry milk
- Greek yogurt
- Fruit and Greek yogurt smoothies
- Protein muffins or cookies
- Egg & cheese sandwich
- Gatorade Recover® Protein Shake
Nutrition Choices For Fast Food Restaurants

BEST FAST FOOD CHOICES FOR WHEN ATHLETES ARE ON THE ROAD:

• Focus on carbs pre-activity — minimize protein, fiber and fat
• Water or tea are good beverage options
• Sandwich restaurants are a good option, but avoid higher fat, fried meat and heavy condiments — grilled chicken, turkey and ham are ideal. As a side, choose apple slices or baked chips rather than fries
• At burrito restaurants, choose chicken or pork with rice, beans, salsa and light cheese — limit sour cream and guacamole
• At pasta restaurants, choose lower-fat options — such as marinara rather than white sauces, which tend to be high in saturated fat
• If eating dessert, look for lower-fat options, but avoid sugar-free

FOODS TO AVOID:

• Avoid fried foods, supersizes and condiment-heavy burgers — plain burgers are fine
• While pizza has carbs, it is also high in fat. Avoid eating it before a practice or game and limit the toppings if ordering it post-activity
BEST CHOICES FOR ATHLETES

• Soft pretzels are a good choice since they are high in carbs and low in fat and provide sodium

• Candy provides carbs, but limit the amount and choose low-fat options

• Ask for popcorn without butter if possible

• Choose fruit if they have it

• Avoid anything fried or greasy