

# THE PROTEIN EDGE



## POWERHOUSE PERFORMANCE

Including protein throughout the day, along with meeting energy needs, is best for muscle building and repair.

Although protein needs vary depending on the sport you play, your age, your body weight and your sex, a general guide is .6 to .9 grams of protein per pound of body weight. Most teens can get the protein they need by including high-quality sources in their daily diet – like dairy (milk, cheese and yogurt), lean meat, poultry, fish, eggs and soy.

## PRO TIP

Within 30 minutes after practice or a game, make sure you have a meal or snack that includes both carbohydrates and high-quality protein to refuel and rebuild muscle.

## PROTEIN GOALS

Timing is important; make sure you have high-quality protein at each meal and snack while meeting your overall energy needs.

Eating the right amount is key – eating too much will be stored as extra calories and eating too little means your body needs to supply it, which may result in muscle breakdown or loss.

Both exercise AND protein are needed to build, strengthen and repair muscles.

## WHICH FOODS CONTAIN THE MOST PROTEIN



16-22 grams per serving	11-15 grams per serving	6-10 grams per serving	2-5 grams per serving
beef, chicken, pork or turkey (3 oz)	yogurt (1 cup)	yogurt (1 cup)	brown rice (1 cup - cooked)
seafood or fish (3 oz)	edamame pods (1 cup)	cheese (1 string)	oatmeal (1 cup- cooked)
Greek yogurt (1 cup)	2 eggs	beans (1/2 cup)	nuts (1 oz)
	cottage cheese (1/2 cup)	nut butters (2 tbsp)	quinoa (1/2 cup - cooked)
		tofu, firm (1/2 cup)	hummus (2 tbsp)

# THE HYDRATION EDGE



## TIPS FOR STAYING HYDRATED

Dehydration can tire you out and hurt your performance. Here are some tips for staying hydrated:

- ▶ Drink plenty of fluids especially before, during and after physical activity.
- ▶ Stay hydrated on rest and non-competition days.
- ▶ After your event, rehydrate with a beverage rich in carbohydrates and electrolytes such as low fat or fat free chocolate milk (or lactose free chocolate milk). Chocolate milk has a carb: protein ratio of 3:1, is a good source of potassium & has a moderate amount of sodium.

## WHO CAN BECOME DEHYDRATED?

Everyone needs to drink plenty of fluids, but it's especially important for athletes, who lose hydration through sweating and breathing hard.

Water is usually best. Unless your event is in hot weather, you're continuously moving for more than 60 minutes, or you have multiple events back-to-back, then include a sports drink that contains carbohydrates and electrolytes to help aid hydration.

## WHAT'S YOUR GAME PLAN? KNOW WHAT YOU NEED



Below are guidelines for hydration, which could vary depending on body size, sweat, climate and individual need. It is most important to sense when you are thirsty and drink to your thirst and comfort level. Fluid losses and needs are variable, and fluid-balance needs must be individualized for best results.

4 hours before	Drink 6-12 ounces of fluid*
2 hours before	Drink 6-12 ounces of fluid*
30 minutes before	Drink 8-12 ounces of fluid*
Every 15 minutes during	Drink 3-8 ounces of fluid*
Recovery	Drink to replace lost fluids*

*\*or amount of ounces that satisfy individual thirst/comfort level*

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# THE SPORTS NUTRITION EDGE



## BE PREPARED

You've trained, practiced and played, now fuel up. You don't need extra vitamins, minerals or supplements – you need to eat the right foods. Eating a variety of nutrient-rich foods from all five food groups and meeting your overall energy needs are key to your performance.

## HATE TO EAT BEFORE A GAME?

We understand it's hard to eat when you're nervous or excited, but food is fuel. It runs your body just like gas runs a car. Remember, everyone is different. Eat and drink fast-digesting foods that agree with your stomach.

## FUEL UP AND HYDRATE

- ▶ **4 hours before the game**, start hydrating and consider a high-carbohydrate pre-game meal such as pasta with red sauce or brown rice and veggies, with a side of fruit.
- ▶ **2 hours before the game**, continue drinking to thirst and if you missed the pre-game meal, eat foods rich in carbohydrates and low in fiber such as a fruit and yogurt smoothie, toast with jelly, pretzels and fruit or cereal with milk.
- ▶ **1 hour before the game**, continue to hydrate and add a simple carbohydrate like graham crackers, pretzels or bagel.
- ▶ **30 minutes before the game**, hydrate to thirst and comfort.
- ▶ If you are continuously moving for more than 60 minutes, grab a carbohydrate/electrolyte boost like a sports drink or a small serving of fruit like a banana.

## 5 FOOD HABITS THAT NOURISH AN ATHLETE

### ▶ EATING = ENERGY

Eat lean protein, whole grains, low fat or fat free dairy, veggies and fruit.

Meet your energy needs throughout the day – it helps promote recovery from yesterday's workout. Start with a good breakfast and don't skip meals!

### ▶ CARBS = FUEL

Eat nutrient-rich carbohydrates such as fruit, starchy veggies, whole grains and low fat dairy like milk.

Carbs are a primary fuel source during exercise.

### ▶ PROTEIN BUILDS MUSCLE

Eat lean meats, poultry, fish, eggs, beans, low fat and fat free dairy, lentils, nuts, nut butter such as peanut butter or almond butter, soy foods, veggie burgers and edamame.

Protein builds and maintains muscle and helps muscles recover.

### ▶ DAIRY = NUTRIENTS

Drink low fat or fat free white or chocolate milk (can be lactose-free). Eat yogurt and low fat cheese.

Dairy provides essential nutrients such as calcium, potassium and vitamin D. Drinking milk provides protein and helps replace fluids.

### ▶ FLUIDS = PERFORMANCE

Know your sense of thirst. Drink water and sports drinks, if necessary.

Fluids maintain performance, delay fatigue and guard against injuries.

# THE RECOVERY EDGE



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## 3 Rs OF RECOVERY – REBUILD, REFUEL, REHYDRATE

Replace the fuel you used with carbohydrates, rebuild your muscles with protein and restore your fluids by hydrating.

When it comes to nutrition, don't get behind, what you eat EVERY day and meeting your overall energy needs is what counts!

### TRY THIS

Within 30 minutes after practice or a game, make sure you have a meal or snack that includes both carbohydrates and high-quality protein to refuel and rebuild muscle.

- Low fat or fat free chocolate milk (or lactose free chocolate milk) and a banana
- String cheese and fruit
- Greek yogurt and berries

Within 2 hours after practice or a game, eat:

- Lean protein (meat, tuna or eggs) and vegetables on whole wheat bread
- Rice and bean burrito with low fat cheese
- Stir-fried vegetables with lean beef, chicken, fish, tofu or pork over brown rice



# THE SPORTS SNACKING EDGE

## THERE'S A REASON YOU'RE HUNGRY

Long, exhausting games and practices can leave you hungry. Your body is trying to grow, get stronger and recover from exercise all at the same time. All of this takes proper fuel.

## SNACK SMART

Snacking supports your muscles and keeps fuel in the tank so you are ready to perform. You need a balance of nutrient-rich carbohydrates, quality protein, and vitamins and minerals like calcium and iron to get enough calories to meet your overall energy needs.

Snacks are important between school and practices or games. For events lasting longer than an hour or where you have a day of multiple events or practices, be sure to fuel your body with snacks or small meals.



## PACK HEALTHY SNACKS

### SNACKS THAT NEED A COOLER

- ▶ Fruit and low fat string cheese
- ▶ Fruit smoothie made with low fat or fat free yogurt or milk
- ▶ Pita or pretzels and hummus
- ▶ Low fat or fat free chocolate milk (or lactose-free chocolate milk) and a banana
- ▶ Yogurt with fruit, low fat granola or chia seeds
- ▶ Turkey and veggies in a whole wheat pita
- ▶ Low fat cheese and crackers
- ▶ Greek yogurt and pretzels

### SNACKS YOU CAN THROW IN YOUR BAG

- ▶ Apple or banana and a container of peanut/nut butter
- ▶ Trail mix with nuts, pumpkin seeds and dried fruit
- ▶ High-protein granola bars
- ▶ Peanut/nut butter and crackers



# THE BREAKFAST EDGE



## BREAKFAST IDEAS

### SHORT ON TIME

- ▶ Prep overnight oats the night before and top with dried fruit or nuts
- ▶ Bowl of whole grain cereal with milk
- ▶ Graham crackers with peanut/nut butter and a banana
- ▶ Yogurt, sliced almonds and raspberries
- ▶ Trail mix with nuts, dried fruit and a glass of milk
- ▶ Whole wheat bagel with peanut butter, jelly, honey, apple butter or low fat cream cheese
- ▶ Cheese stick with a whole wheat toast and fruit

### BOOST YOUR PROTEIN

- ▶ Greek yogurt mixed with whole grain cereal
- ▶ Waffle with peanut butter or yogurt and fruit
- ▶ Whole wheat wrap with egg, cheese, black beans and tomato
- ▶ Whole wheat toast, avocado and eggs  
Hard-boiled egg, fruit and mini whole grain bagel
- ▶ Breakfast pizza on pita or English muffin with cheese, veggies and chicken

### BREAKFAST IN A MUG

- ▶ Smoothie made with milk, fruit, juice or yogurt
- ▶ Breakfast shake made with chocolate milk, peanut butter and a banana

## START YOUR DAY WITH BREAKFAST

Breakfast helps you perform your best in the classroom and on the field. Without breakfast, you may experience fatigue, nausea, restlessness or irritability. You may have difficulty concentrating on and off the field or court, and in school.



## NO EXCUSES FOR NO BREAKFAST

- ▶ Wake up earlier.
- ▶ Eat while getting ready for school.
- ▶ Keep emergency food in your bag. Once you eat it, replace it!
- ▶ Eat breakfast at school. Many schools serve breakfast or have breakfast food options to purchase in the morning.