

# Rules for Eating Smart

- #1 always eat breakfast
- #2 don't skip meals
- #3 drink at least 8 glasses of water a day, better yet carry a water bottle all day
- #4 eat or drink something within 30 minutes of finishing a work out, this drastically will reduce the amount of time it takes to recover
- #5 eat snacks, it is ok if the foods are healthy
- #6 avoid sodas
- #7 eat a variety of foods (carbohydrates, proteins, fruits, vegetables)
- #8 eat lots of fruits and vegetables, the richer the color the higher the vitamin content

**Myth:** Protein is the key factor to enhance speed and strength.

**Fact:** The best way to maintain and achieve this goal is by eating a mixed diet of proteins, carbs, and fruits and vegetables.

**Myth:** A protein shake is best for anyone who lifts weights.

**Fact:** The optimal post-workout nutrition has a 4:1 ratio of carbohydrates to protein. Foods that are approximately this ratio include chocolate milk, a turkey sandwich, or a fruit smoothie. Protein shakes typically contain so much protein and without the carbohydrates that most of the protein passes through your body without being absorbed.

In general, athletes need to include lean proteins (legumes, fish, chicken or beef), carbohydrates, vegetables, and fruits as part of a balanced, daily diet. Neglecting even one food group can put you at risk of injury, lack of energy, and poor performance.

**Protein** helps repair and build muscle tissue, makes you feel full, and allows your hormones and enzymes to regulate your metabolism and daily body functions.

**Tips for eating protein:** Eat a variety of sources of protein from beef, chicken, pork, fish and nuts. The leaner the cut of meat the better. Don't ignore the fish requirement as it typically is the leanest and healthiest protein source. The rule of thumb is that the smaller the legs the better from the protein source (cow<pig<chicken<fish<nuts).

**Carbohydrates** are converted to glucose in the body, which fuel muscles and give you the energy to both physically train and mentally deal with the stresses of competition.

**Tips for eating carbohydrates:** Avoid white flour whenever possible. Try to avoid white bread, and white rice, substitute with **whole wheat**. Avoid high glycemic foods like pretzels, Goldfish, crackers, and chewy granola bars. Try to not eat high glycemic index foods right before going to bed such as cereal and ice cream. Your body will have a difficult time getting into deep sleep required to repair the body.

**Vitamins** are depleted due to prolonged exercise and intense workouts. A variety of fruits and vegetables should be eaten with EVERY meal to replace the vitamins lost during exercise. The richer the color the better.

**Tips for eating fruits/vegetables:** When eating fruits and vegetables think of filling yourself with colorful foods:

**White:** Cauliflower, bananas, onions, potatoes

**Green:** Broccoli, lettuce, green apples, grapes

**Blue/Purple:** Blueberries, plums, grapes, raisins

**Orange/Yellow:** Carrots, apricots, peaches, oranges, cantaloupe, mangoes

**Red:** Tomatoes, watermelon, cherries, berries, apples, peppers

**SLEEP!** Most adolescents need

9 hours of sleep a night. During deep sleep the body repairs itself from the previous day's workout, without deep sleep the body stores additional fats and begins to break down muscle.

Sleep is most effective if sleep starts within a 30 minutes period every night. The sleep before midnight is better than sleep after midnight.