

Nutrition + Hydration Tips

Basic Nutritional Information

As an athlete (including anyone who is physically active), your diet should be composed of the following important nutrients:

Carbohydrates (55-65% of your total daily calories). Examples include pastas, pancakes, rice, breads, cereals, whole grains, fruits and vegetables.

Proteins (10-15% of your total daily calories). Examples include meats, chicken, turkey, pork, fish, and dairy products.

Fats (20-30% of your total daily calories). Fats naturally occur in many foods, with some foods having higher fat content than others. Athletes should learn the fat content of common foods, minimize high fat foods, and use fat-laden condiments such as butter, margarine, oils, gravies, etc. in moderation. While most athletes do not need to make any special effort to consume enough fat, understand that some fat in your diet (preferably unsaturated fat) is necessary for health.

Other essential nutrients your body needs include [vitamins, minerals](#) (both preferably from natural food sources) and water.

For more in-depth information about nutrition click [here](#).

Basic Facts about Hydration

Dehydration can cause headache, dizziness, or make you feel lightheaded or nauseous during sports. More severe dehydration can lead to significant health dangers (heat exhaustion, heat stroke) and even death.

For more information on hydration, click [here](#).

Two easy ways to detect dehydration...

The **COLOR** of your urine and the **FREQUENCY** of urinations.

1.) When you are hydrated, your urine should be pale-yellow or somewhat clear color (like lemonade). If your urine is darker than lemonade (more like apple juice), you are dehydrated.

*Note: if you are taking a vitamin supplement this MAY darken your urine as well.

2.) Most people urinate every 2-4 hours. If you are not doing this, you may not be drinking enough fluids.

Did you know?

A loss of 1% of your body weight (1.5Lbs for a 150Lbs individual) through dehydration makes your heart beat an extra 3-5 beats per minute compared to a hydrated state.

A loss of 3% or more can impair your performance and can be dangerous.