

# Nutrition for the Middle & High School Student Athlete

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# About Me

## Sports Dietitian

BS in Health & Fitness  
University of Michigan

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Primary Sports Dietitian for Track, Field,  
& Cross Country, Swim & Dive,  
Water Polo, and Men's Gymnastics







# Adequate Energy

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## Foundation of an Athlete's Nutrition Plan

- Encourage athletes to eat enough
  - 3 meals and 2-3+ snacks/day

This will help to prevent injuries and maximize their response from training.



# Carbohydrates

- Your body's #1 source of fuel
- Prevents muscle breakdown
- Helps maintain hydration
- Allows athletes to maintain intensity during performance

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**Encourage athletes to choose carbs in a world that often fears them.**





# Protein

Critical for recovery and muscle building.

Important for tissue, hormone, and enzyme function in the body.





# Fat

**Important for immune function**

**Helps with vitamin and mineral absorption**

**May help reduce inflammation**

**Supports brain health**

## HEALTHY FAT

PAIR THIS WITH YOUR VITAMIN D  
SUPPLEMENT TO INCREASE ABSORPTION





# Hydration

**Water breaks are essential.**

Make sure athletes are hydrated by providing water and sports drinks.

Sports drinks like Gatorade are not something to be feared because of the sugar.

## **SALTY SNACKS**



HELPS WITH HYDRATION





# HYDRATION



Staying hydrated is important for preventing fatigue, injury, & heat stroke; all of which can negatively impact performance!



You don't have to hydrate with just liquids, foods with high water content can also contribute to your water intake for the day.



Salty snacks, like pretzels, popcorn, & pickles help your body hold on to water, keeping you hydrated!



## Hydration Schedule for Training & Competition:



2 HRS BEFORE  
16-20 OZ



RIGHT BEFORE  
8-10 OZ



EVERY 15-20 MIN  
8-10 OZ



POST  
(WITHIN 2-6 HRS)  
20-24 OZ FOR  
EVERY LB LOST

\*Can be water or a sports drink!



# How Much?

Dehydration is often the reason for fatigue!

Fruit, Vegetables, Soup, Smoothies, and Milk are great sources of hydration.

Most people need ~half their body weight (lbs) of fluid ounces every day.



# Pre + Post Workout Fuel

- Simple carbs before practice
- Carbs/Proteins/Fluids after practice

This ensures adequate energy balance and nutrients for recovery.

## PRE-FUEL

AIM FOR: 30-60 GRAMS OF CARBS

SIMPLE CARBS ARE GOOD FOR QUICK ENERGY & TO TOP OFF ENERGY STORES



Eat 15-60 min. pre-exercise



## POST-FUEL

AIM FOR: 30-60 GRAMS OF CARBS

AIM FOR: 20-30 GRAMS PROTEIN

PAIR CARBS + PROTEIN TO REPLENISH ENERGY STORES & REPAIR MUSCLE



Eat 30-60 min. post-exercise





## 5 Reasons to Love Your Body

1

The "perfect body" doesn't exist.

2

Your body keeps you alive and healthy.

3

You only get one body to love.

4

Your body allows you to run, throw, kick, hit, swim, row, jump, skate, flip, and more!

5

Your body has helped you to become a **CHAMPION!**

MGOFUEL  
**M**

# How you talk about food & bodies matter.

Promote an "all-foods-fit" mentality.

Don't tell your athletes to cut out sugar or only eat "clean".

Don't idolize certain body types or encourage your athletes to lose weight (especially if <18).

Coaches and parents can **make or break** an athlete's mindset about food.



# THANK YOU!

## QUESTIONS?

