# Nutrition for the Middle & High School Student Athlete

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## About Me

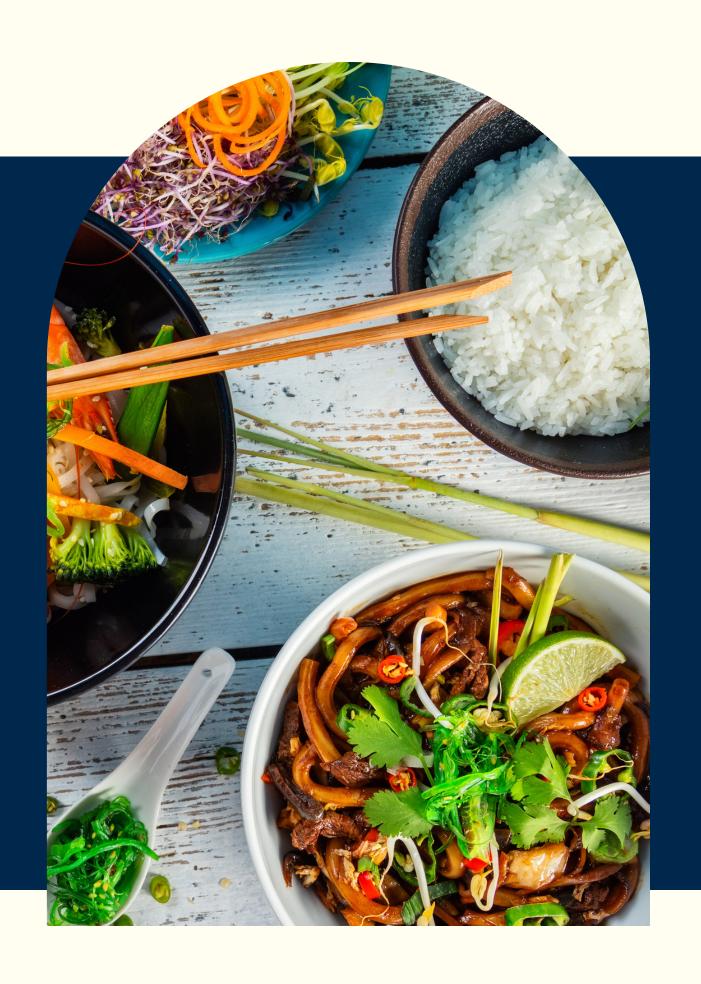
#### **Sports Dietitian**

BS in Health & Fitness University of Michigan

MS in Nutrition
University of Massachusetts

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





### Adequate Energy

**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

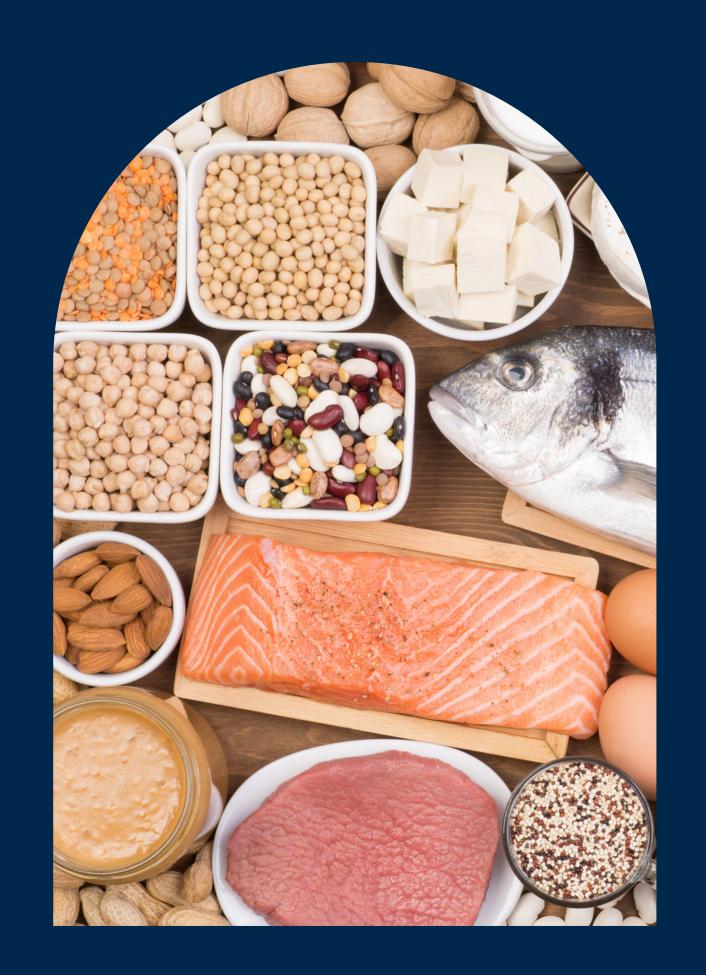
Encourage athletes to choose carbs in a world that often fears them.



### 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





# 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.

### 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:**



16-20 OZ



8-10 OZ







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



# 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 <u>before</u> practice
- Carbs/Proteins/Fluids <u>after</u> practice

This ensures adequate energy balance and nutrients for recovery.



**AIM FOR: 30-60 GRAMS OF CARBS** 

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





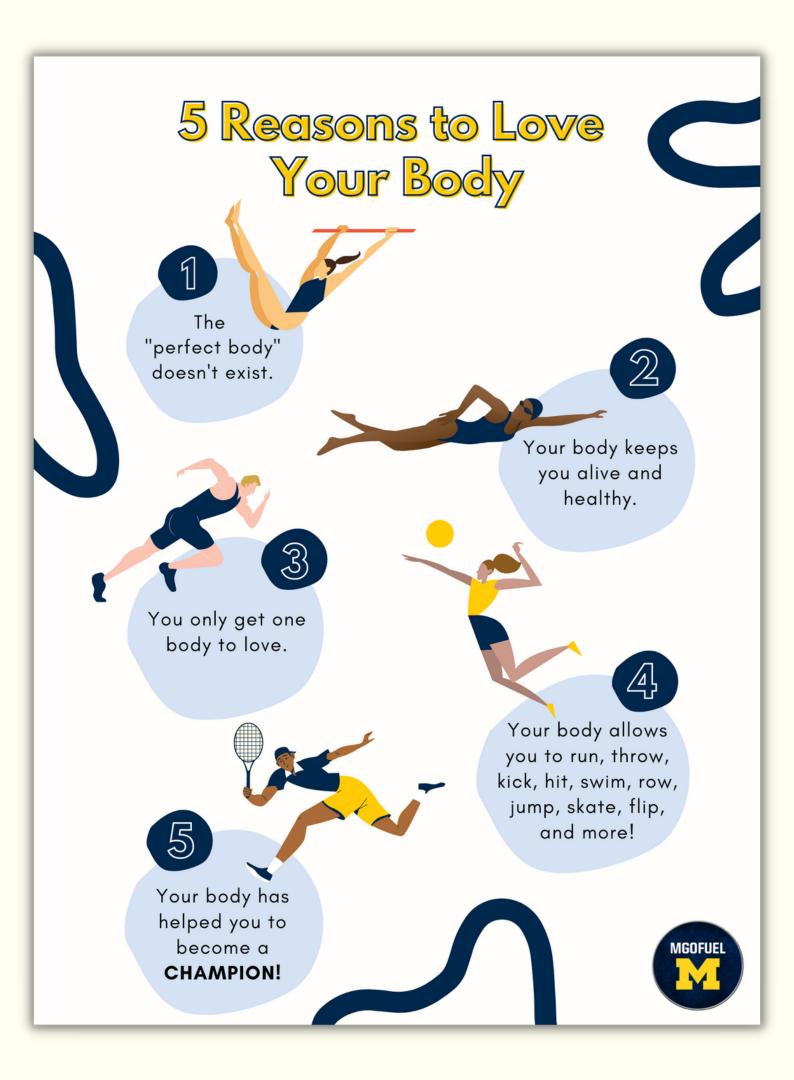
### POST-FUEL

AIM FOR: 30-60 GRAMS OF CARBS AIM FOR: 20-30 GRAMS PROTEIN

PAIR CARBS + PROTEIN TO REPLENISH ENERGRY STORES & REPAIR MUSCLE







# 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!

