

Fuel for Athletes

Nutrition & Hydration Tips for Young Athletes

Angelica Aycock, Dietetic Intern.

HYDRATION

BEFORE ACTIVITY

8-20 oz

(240-600 ml)

1 hour before activity



DURING ACTIVITY

> THAN 1 HOUR

Drink water.

< THAN 1 HOUR

Drink water and low sugar electrolyte sport drinks.

GOAL: 400-800 ml/hr

AFTER ACTIVITY

Rehydrate with carbohydrates and protein for recovery.

EXAMPLES:

Chocolate shake

Yogurt with fruit



SMART FUELING

2-3+ hrs before

- Whole grains (pasta, rice, bread)
- Lean protein (Chicken, eggs)
- Yogurt or milk



1 hr before

- 30-60 g carbohydrates
- Salty snacks (Dried fruit + pretzel snacks)



💡 Water helps retain fluids

SUPPLEMENTS

- Generally not recommended for performance.
- Iron, Calcium, vitamin D only by doctor or dietitian's recommendation.
- Protein powders usually unnecessary with a balanced diet.



AVOID AROUND ACTIVITY

- Fried foods & desserts.
- Bacon, fried meats.
- High fat dairy.
- Soda & sweetened drinks.
- Fruit juice cocktails.

💡 Heavy foods can slow you down!

TIPS

- ⚽ Carry a water bottle daily.
- ⚽ Eat high fluid foods (watermelon, grapes, cucumber).
- ⚽ Flavored/infused water may improve intake.
- ⚽ Get 8-10 hrs of sleep.
- ⚽ Avoid caffeine drinks.



REFERENCES

1. Pediatric Nutrition Care Manual.
2. Hecht, C., Bank, N., Cook, B., & Mistovich, R. J. (2023). Nutritional recommendations for the young athlete. Journal of the Pediatric Orthopaedic Society of North America, 5(1), 599.
3. Desbrow, B. (2021). Youth athlete development and nutrition. Sports Medicine, 51(Suppl 1), 3-12.
4. Capra, M. E., et al. (2024). Nutrition for children and adolescents who practice sport. Nutrients, 16(16), 2024.