



ATHLETICS

STUDENT-ATHLETE NUTRITION AND HYDRATION GUIDE

Fuel Your Body. Maximize Your Performance.

"So whether you eat or drink or whatever you do, do it all for the glory of God." — 1 Corinthians 10:31

The Importance of Nutrition

Your body is a gift from God and deserves to be cared for well. Your body has been designed like a high-performance engine. The quality of fuel you put into it directly affects your ability to perform at a high level and reach your full potential.

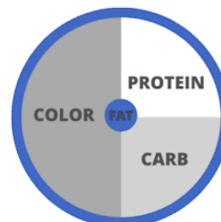
What Does My Body Need?

An athlete's body needs the right balance of **carbohydrates** for energy, **protein** for muscle repair and growth, **healthy fats** for overall function, and consistent hydration to perform, recover, and stay healthy. Fueling the body with quality nutrition every day is essential for maximizing performance and long-term athletic development.

The Athlete's Plate

At most meals, aim for:

- **Protein** (¼ of your plate) – Chicken, Turkey, Fish, Lean Ground Beef, Eggs, Yogurt, Cottage Cheese, Beans
Builds and repairs muscle.
- **Carbohydrates** (¼–½ of your plate) – Rice, Pasta, Potatoes, Oatmeal, Whole Grain Bread, Fruit
Your body's primary source of energy.
- **Color: Fruits and Vegetables** (½ of your plate)
Provide vitamins, minerals, antioxidants, and fiber.
- **Healthy Fats** – Avocados, Nuts, Seeds, Peanut Butter, Olive Oil
Support hormone production and long-lasting energy.
- Depending on the training for that day the percentages of each will change.



**EASY
TRAINING
PLATE**



**MODERATE
TRAINING
PLATE**



**HARD
TRAINING
PLATE**

Pre-Practice and Pre-Game Nutrition

Eat 2–3 hours before activity. Focus on: ✓ Carbohydrates and ✓ Lean protein

Examples: Turkey sandwich + fruit, Chicken and rice, Oatmeal with berries, Peanut butter and banana sandwich, Greek yogurt with granola

If you only have 30–60 minutes, choose something light.

Examples: Banana, Applesauce, Granola bar, Pretzels, Sports drink (if needed)

Avoid: Fried foods, Heavy desserts, Large amounts of cheese, Fast food

Recovery Nutrition

Consuming nutrients post exercise is critical. The sooner you feed your body the earlier it can start the repair process.

Your body needs: ✓ Protein ✓ Carbohydrates

Examples: Chocolate milk, Protein shake, Fruit, Turkey sandwich, Yogurt, Chicken and rice, Cottage cheese

*Recovery begins immediately — not the next morning.

Caloric Recommendations

Calories are standard units of measurement used to quantify the amount of energy stored in food and drinks. There is no single calorie target for every student athlete. Energy needs depend on age, growth and development, body size, training volume, and individual health and nutritional needs. The chart below is a general estimate of caloric needs based on sex, weight, and training intensity.

MALE HIGH SCHOOL ATHLETE			FEMALE HIGH SCHOOL ATHLETE		
Body Weight	Moderate Training	High Training	Body Weight	Moderate Training	High Training
110 lbs	2,400–2,700	2,900–3,300	100 lbs	2,000–2,300	2,400–2,800
120 lbs	2,600–2,900	3,100–3,500	110 lbs	2,100–2,500	2,600–3,000
130 lbs	2,700–3,000	3,300–3,700	120 lbs	2,300–2,600	2,800–3,200
140 lbs	2,900–3,200	3,500–3,900	130 lbs	2,400–2,800	3,000–3,400
150 lbs	3,000–3,400	3,700–4,100	140 lbs	2,500–2,900	3,100–3,500
160 lbs	3,200–3,600	3,900–4,300	150 lbs	2,600–3,000	3,200–3,600
170 lbs	3,300–3,700	4,000–4,500	160 lbs	2,700–3,100	3,300–3,700
180 lbs	3,400–3,900	4,200–4,700	170 lbs	2,800–3,200	3,400–3,800
190 lbs	3,600–4,000	4,400–4,900	180 lbs	2,900–3,300	3,500–4,000
200 lbs	3,700–4,200	4,600–5,100			
220 lbs	4,000–4,500	4,900–5,500			

Hydration

Even mild dehydration can reduce your performance. Don't wait until you're thirsty. Drink consistently throughout the day.

Daily Hydration Goal: Most high school athletes should aim for approximately **80–120 ounces of water each day**.

Increase intake during: Hot weather, Double practices, Games, Tournaments. Your urine should be light yellow. Dark yellow usually means you need more fluids.

Hydration Timeline

2–3 Hours Before Activity: 17–20 oz water

10–20 Minutes Before: 7–10 oz water

During Exercise: 7–10 oz every 10–20 minutes

After Exercise: Replace fluids lost through sweat. Consume 16-24 oz. of water for every pound lost in weight. Focus on the first 2 hours, fully replace fluid lost in 6 hrs. Sports drinks are most beneficial during intense activity lasting longer than 60 minutes or during multiple workouts in one day.

Remember

- Champions don't just train hard.
- They recover well.
- They fuel wisely.
- They stay hydrated.
- Great nutrition won't guarantee success — but poor nutrition can limit your potential.

Train Hard. Eat Smart. Recover Well. Honor God with the way you care for your body.

Sources and Evidence

This Student-Athlete Nutrition and Hydration Guide was developed using evidence-based recommendations and educational resources from leading organizations in sports medicine, nutrition, and athlete health, including the American Academy of Pediatrics (AAP), American College of Sports Medicine (ACSM), Academy of Nutrition and Dietetics, National Athletic Trainers' Association (NATA), NCAA Sport Science Institute, U.S. Department of Agriculture (USDA), and International Olympic Committee (IOC). These organizations provide research and guidance on youth nutrition, athletic performance, hydration, recovery, energy availability, healthy eating, and supplement use. The guide is intended for general educational purposes and should complement — not replace — individual guidance from MPC's athletic trainers, physicians, registered dietitians, and other qualified healthcare professionals.