NOR’EASTER NUTRITION TIPS & TRICKS

Performance-based eating means choosing nutrient-dense foods that serve as energy for training and recovery. You should match your meals to your training intensity...check out the Athlete Plates to the right to learn how to fuel yourself optimally.

Use the tricks and tips below to make the most of your season!

Three Tips for Practice Days
#1 To ensure you are eating nutrient-dense foods, eat vibrantly colored fruits and veggies and include lean protein!

#2 On heavy training days when you practice and lift, use the Moderate Training Plate and on recovery-based days, use the Easy Training Plate guide.

#3 Properly hydrate at all times...fluids help flush byproducts and wastes. This is important for preventing illness and injury while increasing the efficiency of the body and mind.

Three Tips for Game/Race Days
#1 In preparation for game days, your pre-game meal should reflect the Hard Training Day Plate. The increased whole-grain carbohydrates and fruit will be your fuel for game-time.

#2 Small bites of carbohydrate during breaks in the game action (half time, in between periods etc.) will give you jolts of energy...1 piece of fruit, 1 cup of Gatorade, or 2-3 bites of bar will do!

#3 Sip water when on the bench, during time outs and in the locker room before, during and after the game. Sipping water allows your body to better absorb it. If you chug water, you will just need extra trips to the bathroom without the benefits. Hydration is key to the prevention of injury and maintaining mental sharpness.

The 4 R’s of Recovery Nutrition

Giving it your all during each training session and competition is great, but if there’s nothing in the tank for the next day, you are in trouble. Recovery nutrition is important to ensure your body adapts to each training session and that you recover 100% of your abilities for the next competition.

#1 Re-Hydrate after training session with both fluids...water is best. Try to avoid all sugary drinks like soda, juices etc.

#2 Replenish your energy stores with carbohydrates...chocolate milk, greek yogurt, and pretzels w/ peanut butter are great options.

#3 Repair muscles with quality lean protein, especially after weight room sessions and competitions. Each time you train your muscles suffer micro-traumas that will heal and come back stronger if you eat properly...otherwise your hard work will be a bust.

#4 Reinforce your immune system with natural antioxidants found in fresh and whole grains to safe guard against illnesses that result in lost participation.

*Adapted from the USOC Sport Dietitians and UCCS Sport Nutrition Graduate Program