

Nutrition for Sports Performance

For help with an individualized nutrition plan, call or text the Sports Dietitian with Northside Hospital Sports Medicine at **404-327-1626**.



- Nutrition for sports performance is more than what you eat right before, during and after your sport; it is what you eat and drink all day long. Staying hydrated and eating a balanced diet helps you perform at your best in your sport and in school.

A good nutrition plan: **boosts energy levels + increases focus + enhances recovery = improves performance**

- So what do you need to fuel yourself for your best performance?

Start with breakfast	This helps you start your day with good energy and mental focus. Include some protein, carbs and a colorful fruit or veggie.
Choose a balanced lunch	Keep that energy and focus going! Just like with breakfast, include protein, carbs and color.
Include two or three snacks	Snacks help with energy levels and performance. Be sure to include some protein and carbs with your snack for long-lasting energy.
Stay hydrated	Hydration helps with energy levels and mental focus. Water and low-fat milk are good options throughout the day. Sports drinks, such as Gatorade or Powerade, can be used during activity greater than an hour. Limit other sugary drinks as these provide little or no nutritional benefit.

■ Low activity day

Breakfast	Veggie omelet with whole wheat toast
Lunch	Salad with chicken, black beans, and guacamole
Snack	Banana and peanut butter
Dinner	Whole wheat spaghetti with meatballs and broccoli
Snack	Yogurt with blueberries

■ Practice or game day

Breakfast	Oatmeal, banana, peanut butter and low fat milk
Snack	Trail mix with nuts and dried fruit Banana and peanut butter
Lunch	Turkey sandwich on whole wheat bread, baby carrots and apple
Snack	Cheese stick, crackers and grapes
Dinner	Chicken breast, baked potato and green beans
Snack	Yogurt with granola and blueberries

*Note these are examples.
Individual needs and preferences vary.