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Nutrition tips for athletes

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Nutrition Tips for Athletes

1. **Breakfast really is for champions!** Don't skip breakfast as it truly is the most important meal of the day! *Healthy choices: fruit or yogurt smoothie, egg and cheese breakfast sandwich, frozen waffles with fruit, bagel with peanut butter, or a bowl of cereal.*



2. **Eat often!** As an athlete you should eat at least every 3-4 hours to avoid using protein as an energy source. You want to maintain your protein for use during growth and repair not for energy. Eat a high carbohydrate snack 3-4 hours before competition or heavy training. Just prior to competition, eat a small very quickly digested source of carbohydrate like yogurt or fruit juice.

3. **Carbohydrates are primary!** Carbohydrates are your main source for energy! It is really important for rowers to consume enough carbohydrates. As a rower you should be taking in 2.3- 3.2 grams of carbohydrate per pound of body weight (during training and competition). *Good Sources: whole grain breads, cereals, fruits and vegetables.*

4. **Protein is for repair!** As a rower (especially during training) you should be taking in 0.55 to 0.8 grams of protein per pound (i.e., 1.2- 1.7 g/kg/day). The high end should be consumed during the early phases of training. *Good Sources: fish, chicken, turkey, beef, low-fat milk, cheese, yogurt, eggs, nuts, peanut butter, and soy.*

5. **Heart-healthy fats!** Fat is needed to fuel your performance when your muscles use up the carbohydrates. But you should go easy just before competition as a high fat meal can cause gastrointestinal upset. Choose healthy fats when cooking your favorite meals. *Good sources: are canola, olive oil and nuts.*

6. **Eat out wisely!** Choose sandwiches with turkey, chicken, or roast beef on whole grain bread or roll and add some veggies. Choose pasta with red sauce instead of choosing one with lots of meat, cheese and creamy sauces. Choose pizza with a thick crust, vegetables, Canadian bacon instead of pepperoni, sausage or lots of meat.



7. **Don't forget to drink water!** Becoming dehydrated will affect your performance; it can really slow you down. Drink 2 cups of water 2 hours before every workout and competition. Drink about 3 cups of fluid for each pound lost during training or competition. Your urine should be pale, if not you need to drink more fluids!

8. **Replenish!** Be sure to eat something within 30 minutes after you train. To replace the carbohydrate stores you have used up and get your body ready for the next training. Protein is also important in recovery. A cup of chocolate milk is the perfect combination of protein and carbohydrate.

9. **Balancing act!** Eat lots of fruits, vegetables, whole grains, and low-fat dairy products each day in order to provide your body with adequate energy as well as important vitamins and minerals needed for health and peak performance.

10. **Avoid Boredom!** Choose a variety of fruits, vegetables and whole grains each day!