

# PERFORMANCE NUTRITION BASICS

**Why is nutrition the key to athletic development and success?** I'm sure you have heard the saying that "what you eat fuels you for performance," but what you consume daily is far more than just fuel. Every time you train, practice, or compete in your sport the foods you consume throughout the day will directly impact your performance and future performances. It is correct that food does fuel us; but it also dictates our general health, body composition, and how well we recover following physical activity. Keep in mind that the amount and quality of sleep you get each night also impacts performance and recovery.

- **Eat a balanced diet of Carbohydrates, Protein, and Fat**
- **Carbohydrates: 40-50% of total Calories per day; aim for whole grain products, bright and deeply colored fruits and vegetables**
- **Protein: 20-30% of daily Calories, 1.0-1.7 grams/kg of bodyweight; an easy calculation is half your body weight (lbs.) in grams of protein per day, 160 lbs. = 80 grams protein per day; stick with lean sources of protein (97% lean animal meats, skim or non-fat dairy products, and plant based protein sources)**
- **Fat: 20-30% of daily Calories; consume food items that consist of monounsaturated and polyunsaturated fats**
- **Hydration**
  - **Water should always be the main source of liquids consumed**
  - **Drink half your bodyweight (lbs.) in fluid ounces per day and extra amounts on days participating in physical activity**
  - **Gatorade and other electrolyte beverages should only be consumed before, during, or after physical activity lasting greater than 45-60 minutes**
  - **Limit soda and sugar sweetened products to less than 8 fl. oz. per day**
- **Snacks**
  - **Aim to eat a snack or food every 3-4 hours while awake, but keep Calories within bodyweight goals**
  - **Fit snacks between breakfast, lunch, and dinner to keep energy and cognitive levels optimal throughout the day**

- **Always consume some sort of food within 1 hour prior to physical activity and within 1 hour following physical activity (Pre-Fuel and Post-Fuel)**
- **Pre-Training choices: pretzels with string cheese, applesauce packets, low fiber granola bar, low-fat yogurt, toast with hummus, or banana**
- **Post-Training/Competition Nutrition**
- **Replenish fluids with water, Gatorade, or low-fat Chocolate Milk following practice and games along with a protein source to repair damaged muscle tissue**
- **Post-Training/Competition Nutrition will set the stage for proper recovery and speed up recovery time between practice and training sessions**
- **Limit high fat foods after training or competition, this can decrease the rate of replacement of muscle glycogen and repair of damaged muscle tissue**
- **Sleep**
  - **7-9 hours of sleep for adults and 9-11 hours for adolescents is needed for adequate energy, to properly regulate appetite, and prevent chronic disease**
  - **Nap during the day if unable to get the amount of sleep needed per night**
  - **Set a sleep schedule that is consistent every night**

**Coach Trenton Clausen, MA, CSCS, RSCC, USAW-2  
Strength and Conditioning Coordinator  
Head Football Coach  
Conestoga Jr-Sr High School**