

Nutrition Overview



5 basic food groups

- **Carbohydrate Group** – eat 6-11 servings per day
Includes: bread/rolls, cereal, rice, pasta, tortillas, granola, oatmeal, popcorn, crackers, etc
- **Vegetable Group** – eat 3-5 servings per day
Includes: broccoli, carrots, corn, potatoes, dry beans/peas, veg juices, etc
- **Fruit Group** – eat 2-4 servings per day
Includes: berries, melons, citrus fruits, apples, bananas, fruit juices, etc
- **Meat & Poultry Group** – eat 2-3 servings per day
Includes: beef, chicken, fish, nuts/seeds, eggs, tofu, cooked beans, etc
- **Dairy group** – eat 2-3 servings per day
Includes: milk, cheese, yogurt, ice cream, etc

Extra Group

- **Fats/Oils Extra group** – use SPARINGLY!!
Includes: butter/margarine, bacon, cream cheese, salad dressing, candy, gelatin desserts

What's a serving?

Carbohydrate Group – 1 slice bread, ½ bun/bagel, 1 small roll, 3-4 large crackers, ½ cup cooked cereal/rice, pasta, 1oz ready-to-eat cereal

Vegetable Group – ½ cup cooked vegetables, ½ cup raw cooked vegetables, ¾ cup vegetable juice, 1 cup leafy raw vegetables

Fruit Group – 1 whole fruit (size of medium apple/orange), ½ banana/grapefruit, ½ cup dried/canned fruit, ½ cup berries, ¾ cup fruit juice

Meat & Poultry Group – 3-4 oz of cooked lean meat, 1 egg, ½ cup cooked beans,

Dairy Group – 1 cup milk, 8 oz yogurt, 1.5 oz natural cheese, 2 oz processed cheese

General Nutrition Recommendations for Youth Athletes

What provides the energy for performance?

Ensuring **sufficient calorie intake** is essential for **quality sport performance**.

Carbohydrates (CHOs), **fats** and **proteins** are the three **fuel sources** the body needs to function properly. The general guidelines for a balanced intake of each food group are as follows: **55-60% CHOs, 10-15% proteins, 25-30% fats.**

Carbohydrates (CHOs)

- A **vital** fuel source for muscle energy and major fuel for brain functioning
- Play a **key role in the performance** of prolonged exercise (1 hour or more)
- Must be **replenished daily** by youth athletes because stores are limited. Without adequate CHO's, energy levels will decrease quickly, reducing the athlete's ability to train and compete
- Excess CHO's will be converted into fats and stored in the body

Food sources: pasta, rice, breads, beans, milk, yogurt, cereals, fruits and vegetables

Proteins

- An **essential** nutrient in the diet, helps to build muscle, fight infection, and assists in tissue growth and maintenance
- While proteins are important, they should **not replace** CHO's because this may impair athletic performance.
- **Recommended** daily intake for adolescent athletes is **2g per kg of body mass**

Food sources: fish, lean chicken, lean meats, and low-fat dairy products (cheese, milk, yogurts), beans, vegetables and nuts.

Fats

- A **critical** fuel source for immediate energy
- If taken in large amounts, will be stored in the body as fat
- Having **some** fat in the diet is important for health

Top four nutrition tips for youth athletes

1. **Stay hydrated** (see Dehydration Overview for more information)
 - drink plenty of fluids **before, during** and **after** physical activity
2. **Optimize muscle energy for performance**
 - High-carbohydrates, moderate protein and low-fat foods are recommended prior to physical activity

- Examples of pre-exercise foods (at least two hours prior to physical activity if in solid food form) include pasta with vegetables, rice with chicken, fruit, milk, cereal, yogurt, juice)
- 3. Optimize muscle recovery**
- Consume a high-carbohydrate food/drink within 30 minutes of physical activity
 - Eat a high-carbohydrate, moderate-protein meal within 1-2 hours of exercise to continue with muscle recovery
- 4. Ensure variety, balance and moderation**
- Choose a **variety** of foods from the different food groups to **maximize nutrient intake** and optimize health, growth and performance
 - Consume foods **high in carbohydrates, moderate in proteins**, salts and sugars, and **low in fats** and cholesterol

See the A-Z healthy snack list below for more tips

For more information:

All About Healthy Eating

http://www.parents.com/health/healthy_eating.jsp

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

Healthy Eating Tips

<http://www.cdc.gov/nccdphp/dnpa/tips/index.htm>

Ways to Help Kids eat Healthier Snacks

<http://www.family.msn.com/tool/article.aspx?dept=health&sdept=hsy&name=snacks&ptnr=ff>

Youth Sports Nutrition Information for Parents

<http://www.momsteam.com/alpha/features/nutrition/index.shtml>

A TO Z HEALTHY SNACK LIST

Healthy snacks are low in sugar and high in nutrients

- A** – apples, apricots, asparagus, avocado, almonds
- B** – bananas, berries, broccoli, brussel sprouts, bean sprouts, bok choy, beans, bagels, breakfast bars
- C** – cantaloupe, currants, cherries, cranberries, raisins, carrots, celery, cucumber, cauliflower, chickpeas, cheese (low-fat), crackers (low-fat)
- D** – dried fruit, dried cereal
- E** – eggs
- F** – fruit, fruit juice, fruit rolls, frozen fruit yogurt, fresh vegetables, fig bars
- G** – grapefruit, grapes, “gogurt” (yogurt in a tube), granola bars, graham crackers, gatorade
- H** – honeydew melon, hummus with veggies
- I** – ices (fruit), ice-cream (low-fat)
- J** – juices (pure fruit), juice bags, jell-o with fruit, jelly on rice cakes
- K** – kiwi fruit
- L** – lentils, low-fat ice-cream
- M** – melon, mandarins, mango, milk, muffins (low-fat)
- N** – nectarines, nuts
- O** – oranges, oatmeal, olives, oatmeal cookies (low-fat)
- P** – peaches, pears, pineapples, papaya, plums, prunes, peas, pretzels, pita bread, pasta/potato salad, pumpkin seeds, powerade
- Q** – quick soups
- R** – raspberries, raisins, rice cakes, rice treats
- S** – strawberries, smoothies (fruit), sweet corn, soymilk, sunflower seeds, sesame seeds
- T** – tomatoes, trail mix, tortillas, terra chips
- U** – unbuttered popcorn
- V** – vegetables, vanilla wafers/crackers
- W** – watermelon, whole-wheat bread/english muffins
- X** – ?!
- Y** – yogurt
- Z** – zesty crackers, zucchini bread