

NUTRITION

T H E R A P Y

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Daily Sports Nutrition Basics

- ✓ Eat Breakfast
- ✓ Eat three balanced meals
- ✓ Eat 2 to 3 healthy snacks
- ✓ 5 to 9 servings of fruits and veggies
- ✓ 4 to 5 dairy or calcium sources
- ✓ Protein source at every meal
- ✓ Eat carbohydrates at all meals and snacks
- ✓ Moderate fat intake –time it right
- ✓ Hydrate throughout the day
- ✓ Refuel within 15-30 minutes after workouts
- ✓ Take a multivitamin
- ✓ Listen to your body and respect it

Adolescent growth and development is a time when bones are nearly doubling in thickness. Be sure to bank your calcium and get vitamin D. Calcium needs 1300 mg/day ages 9 to 19!

Hydration: 50% of teen athletes come to practice dehydrated. Stay hydrated day to day. Add more fluids during training. Self monitor urine color shoot for pale straw yellow color. Salty sweaters need more salt. All fluids contribute so start with 12 oz 5 to 6 times a day.

Protein: can be obtained by eating a variety of meat, fish and poultry as well as eggs and dairy products, nuts and peanut butter. (.7 to .9 gram/lb)

Your body is trying to tell you something....

“ I am not hungry.”

“ My stomach hurts.”

“ I don’t have energy.”

Observed behaviors and complaints of cold hands and feet, personality changes, dry skin, hair loss and mood changes missed menstrual cycles can be a red flag for not getting enough calories.

Intentional or unintentional weight loss during adolescents can be dangerous. Low energy will impact menstrual cycle and bone health as well as sports performance.

Creative ways to add energy:

Try adding Carnation breakfast essentials to your meals or between meal snacks. Look for dense cereal choices like granola. Add more fix-ins to oatmeal. Add peanut butter to crackers, apples, or bagels. Don’t be afraid of 100% fruit juice. Use avocado on sandwiches, cook with olive oil. Fun foods like desserts fit daily for all active teens. Enjoy!

***Parents** play a vital role in supporting young athletes. Plan, shop and prepare for family meals and snacks adapt the schedule to meet training needs. Assist in packing lunches, snacks and fluids to assure for proper fueling and hydration. Watch for physical warning signs and discuss growth concerns with your pediatrician. If needed schedule with Melanie Jacob, RD for a nutrition assessment and consultation. E mail her at Melanie@nutritional-therapy.com*