

# MORRO BAY LADY PIRATES

## ATHLETIC DEVELOPMENT

## NUTRITION



**“Man is What He Eats” – Lucretius**

Athletic performance and recovery from training are enhanced by attention to nutrient intake. Developing an ideal nutrition plan for health and performance includes identifying the right quantity, quality and proper timing of food and fluids needed to support regular training and peak performance. As training demands shift during the year, student-athletes also need to adjust their intake and distribution of essential nutrients while maintaining a properly balanced diet that supports their academic, training and competition needs.

There are 3 distinct areas of Nutrition: Before, After and During Training/Competition

**Do this BEFORE practice:**

- Plan to eat foods low in fat, and moderate in protein and fiber two to four hours before practice.
- Eat a bigger breakfast — double up on oatmeal or yogurt to take a little pressure off of lunch.
- Bring snacks: pretzels, trail mix with dried fruit and nuts (fat content will be too high), dry cereal, oranges/tangerines/bananas/fruit cup, granola bars, baked chips and water, or grab a high-fluid snack on your way: nonfat yogurt or chocolate milk, or low-fat sport shake.
- Fuel with 30 to 60 g carbohydrate, low in fat and fiber, within an hour before practice.

**Do this DURING practice:**

- Remember that you can consume 30 to 60 g carbohydrate per hour during exercise as well.
- Sip on two to four eight-ounce cups of sports drink for real-time fuel, as well as fluids and electrolytes (it may seem like a lot, but you will rapidly use that carbohydrate to fuel your training session).
- Consume any solid foods in small, frequent bites and with water or a sports drink to avoid stomach upset.
- Choose high-carbohydrate foods that contain a mixture of types of carbohydrate (starch, fructose, glucose, maltodextrin).

**Do this AFTER practice:**

- If training has been long and/or of very high intensity, shoot for consuming 0.75 to 1.5 g carbohydrate per kilogram of body weight along with 7 to 20 g of protein within the first hour after exercise.
- If training has been light, eat a well-balanced meal within two to three hours after finishing and consume fluids to replace losses.