



IntermountainSM TOSH – The Orthopedic Specialty Hospital



PLAYING MY BEST SPORTS DISCOVER YOUR ELITE ATHLETE



NUTRITION

As an athlete, you spend hours each week fine tuning your body. At practice you work hard to improve efficiency, speed, agility, power, strength, and economy, but your body can't perform to its full potential without proper fuel - good food. The energy your body needs to run, hit, throw, jump, pass, dance, or shoot has to come from eating energy-rich, nutrient-dense foods. Learning how nutrition can help your training offers one more tool to help reach your athletic potential. Start treating your eating habits as part of your training and your body will thank you.

SPORT NUTRITION BASICS & TIPS

Carbohydrate: fuels muscle during high-intensity exercise and supports brain function

- Incorporate a carb-rich snack before and after training

Protein: builds and repairs muscle tissue; important for bone health & immune function

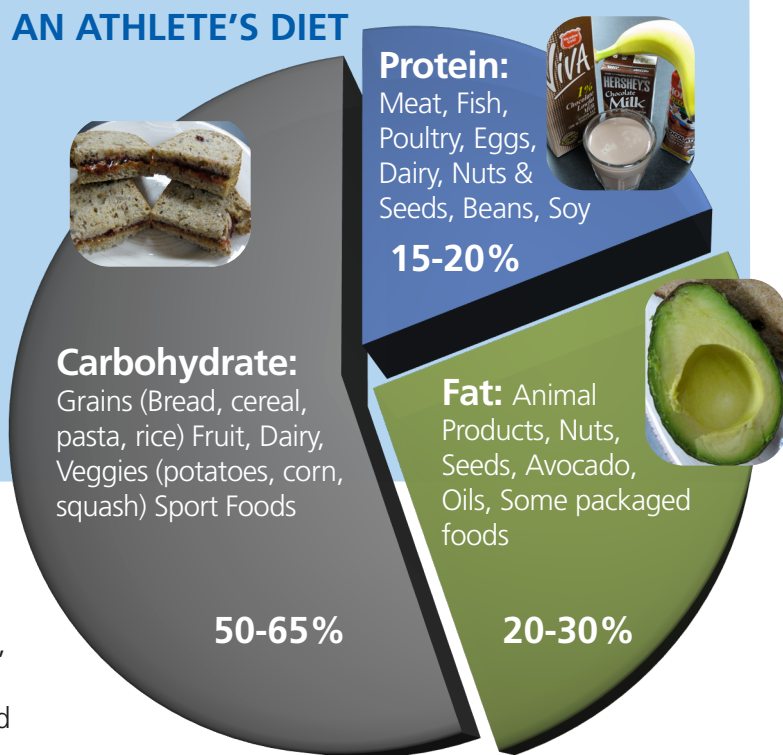
- Aim for protein with each meal and snack as well as before and after exercise

Fat: serves as an energy source for low-intensity exercise, helps send messages in the body and can reduce inflammation

- Limit fatty meat and fried foods

- Athletes should eat every 3-4 hours
- Eat after training! The body is primed and ready to recovery immediately after a hard workout
- Bring a water bottle or sport drink to every training session, practice or competition
- Make a nutrition travel pack so you can maintain your good habits when you are on the road
- Eat breakfast to help your body wake up, prepare your muscles for training later in the day, and give your brain the fuel it needs to think, focus, and concentrate
- Incorporate variety and colorful foods (fruits and veggies) for essential vitamins and minerals

AN ATHLETE'S DIET



Carbohydrate:

Grains (Bread, cereal, pasta, rice) Fruit, Dairy, Veggies (potatoes, corn, squash) Sport Foods

Protein:

Meat, Fish, Poultry, Eggs, Dairy, Nuts & Seeds, Beans, Soy

15-20%



Fat:

Animal Products, Nuts, Seeds, Avocado, Oils, Some packaged foods



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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