

Nutrition

Nutrition for the healthy athlete

When you play a sport, you make sure you have the equipment you need, like a glove for baseball, shin guards for soccer, and a helmet for football. Good nutrition is needed to help your game from the inside out, with food and drinks packed with nutrients to make sure you perform your best. Athletes need to eat fruits/vegetables in every color every day to get needed vitamins and minerals. Everybody needs foods that include:

Carbohydrates

Need to be 50% of daily calories. Should be consumed at breakfast and lunch to give energy for the whole day.

- Whole wheat toast
- Oatmeal
- Fresh fruits/berries, bananas, apples
- Low-fat dairy, cheese, yogurt

Protein

Needs to be 30% of calories and consumed at every meal. Helps preserve lean muscle.

- Eggs
- Skim chocolate milk
- Lunch meat
- Greek yogurt
- Nuts

Fats

Need to be 20% of daily calorie intake. Should be healthy unsaturated fats like those in fatty fish, olive oil, nuts and seeds.

Hydration

All athletes need to consume 8-10 oz. of water 10-20 minutes prior to activity. In addition, 6-12 oz. should be consumed during every 30 minutes of activity.



Time for practice and competition



When it's time to practice and compete, you get energy from the food and water you've been eating all week, but you still need to eat well that day. Have a meal two to four hours before play time. The best pre-game meal includes carbohydrates and protein for energy but is low in fat and fiber, which can slow digestion. Bring snacks for long practices, competitions, and all-day events.

ALWAYS eat something after a workout! Try to eat and drink within 20 minutes of completing practicing. Great options are chocolate milk, peanut butter/banana, or Greek yogurt.

Quick tips to make nutrition easier

- Pre-slice and pre-portion fresh fruits and vegetables.
- Mix nuts with raisins/craisins in pre-portioned containers (good protein, low sugar).
- Lean protein options
 - lunch meat with apple/cheese
 - hard-boiled eggs
 - peanut butter with apples

Nutrition (cont.)

Fruits	Vegetables	Grains	Dairy	Protein
				
<p>Focus on whole fruits and select 100% fruit juice when choosing juices.</p> <p>Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it’s a grain? Check the ingredients list for the words “whole” or “whole grain”.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>
2 cups	2½ cups	6 ounces	3 cups	5½ ounces
<p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice 	<p>1 cup counts as:</p> <ul style="list-style-type: none"> 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms 	<p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits 	<p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 cup milk 1 cup yogurt 2 ounces processed cheese 	<p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 ounce tuna fish ¼ cup cooked beans 1 tbsp peanut butter 1 egg
<p>Daily food group targets — based on a 2,000 calorie plan</p> <p>Visit supertracker.usda.gov for a personalized plan</p>				

SSM Health Cardinal Glennon SportsCare

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes.

Specialists your child has access to include adolescent medicine physicians, cardiologists, emergency medicine physicians, neurologists, nutritionists, orthopedists, pediatric psychologists, physical therapists, pulmonologists, radiologists, and rehabilitation specialists. We also keep kids in the game through educational programs and supports for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call or text us **24/7 at 314-577-5640**.

Expert care for young athletes by SSM Health Cardinal Glennon Children’s Hospital providers, **24 hours a day in the ER at:** SSM Health Cardinal Glennon Children’s Hospital, DePaul Hospital, St. Clare Hospital, St. Joseph Hospital-St. Charles, St. Joseph Hospital-Lake St. Louis, Anderson Hospital, and HSHS St. Elizabeth Hospital.

During the COVID-19 pandemic, SSM Health ministries implemented enhanced safety measures, which are evaluated periodically based on COVID-19 transmission numbers. To ensure your protection and that of others, we continue to require face masks upon entry along with ministry-specific screening processes.