

Focus on...

Preseason:

Larger portion of
carbohydrates, moderate protein
and fat

In Season:

Even larger portion of
carbohydrates, moderate protein
and fat

Post Season:

Moderate portion of carbohydrates,
protein and fat

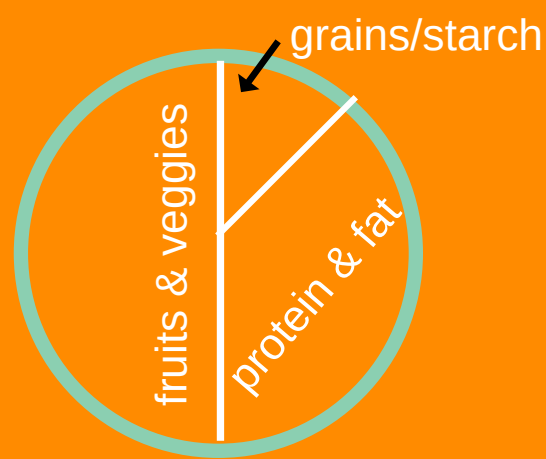


Examples:

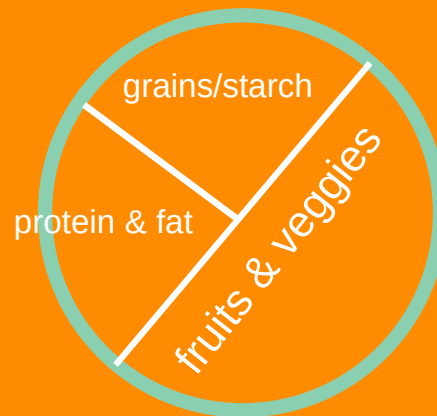
carbohydrates - rice, beans,
potatoes, breads/pasta,
fruits, dairy

protein - eggs, beans, tofu, chicken,
beef, pork, dairy, nuts, seeds

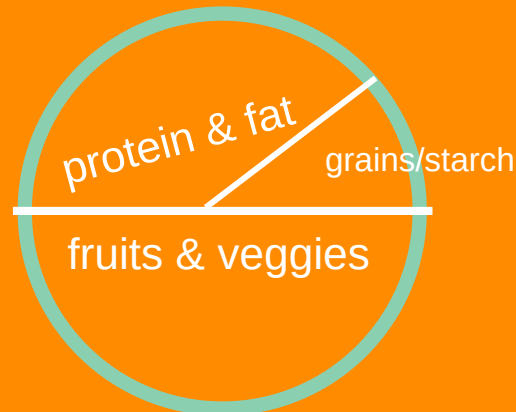
fat - oil, butter, nuts, seeds, cheese



Preseason



In Season



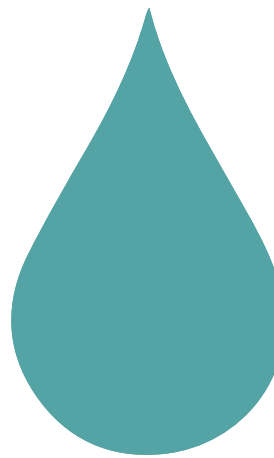
Post Season

Nutritional Navigation

Eating for Athletes

contact for questions

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Hydration

- carry your water bottle to fill around campus
- water down vitamin water/gatorade to replenish electrolytes after exercise
- urine should be no darker than the color of a post-it note
- 5-10 oz every 20 minutes of exercise

Crunch time... what to eat before practice

3 hours before:

larger portioned meal-
carbohydrates + protein + fat

turkey sandwich, veggie omelet, salad
with tuna or boiled eggs, fruit, rice,
pasta, chicken parmesan

1 hour before:

smaller portion or snack-
low fiber, moderate protein and
carbohydrate

hard boiled egg, cheese, cold
cereal, nuts or seeds, 1/2 pbj,
oatmeal, 1 slice pb toast, yogurt,
granola bar



Optimizing the dining hall

Salad Bar

add protein + fat

nuts, seeds, olive oil, cheese, beans,
eggs, tofu, chicken, edamame, cottage
cheese, tuna, hummus

Home Line

protein + veggies + carbs
grab an item from each category to
keep you full & satisfied!

Post workout

replenish, rebuild, rehydrate with
carbohydrates + protein + fat

granola + milk/yogurt
apple + peanut butter
yogurt + fruit
carrots + hummus

1/2 sandwich - turkey or peanut butter
1/2 bagel + cream cheese

