

NUTRITION AT KIDSPEED

- Before Physical Activity
- During Physical Activity
- After Physical Activity
- Fastfood
- Healthy Weight
- Breakfast
- Snacks



BEFORE PHYSICAL ACTIVITY - basic info



- Eat a snack before strenuous play or competition.
- Putting fuel in your body before exercise is just as necessary as putting fuel in your car before going for a drive. The right food can improve endurance, strength and stamina.

Choose a pre-workout snack such as:

- dried fruit and nuts
- bagel with peanut butter
- turkey sandwich
- full-fat yogurt with granola
- part-skim cheese with crackers
- energy bar
- fruit and nuts or peanut butter

BEFORE PHYSICAL ACTIVITY - expert info

Everyone is different, what is right for YOUR body?

Here are some eating suggestions for you to try:

- **FOR MORNING EXERCISE** - have a small breakfast and eat a larger snack before bed.
- **FOR AFTERNOON AND EVENING EXERCISE** - eat a meal 4 hours before your workout.
- **FOR LIGHT TO MODERATE ACTIVITY** - a snack of 200-300 calories within an hour before exercise is reasonable.
- **FOR HIGH INTENSITY EXERCISE** - avoid a snack for an hour before (blood flow increases to muscles inhibiting digestion).

Fueling your body before exercise has 3 main functions:

1. Preventing low blood sugar and its resulting light-headedness and fatigue.
2. Absorbing stomach acid to help settle your stomach.
3. Providing carbohydrates to feed your brain during competition.

Are you Drinking Enough Water?

- Drink extra fluids the day before any intense activity (so that your urine is very pale in color).
- Drink 2-3 glasses of water 2 hours before the event.
- Drink 1-2 glasses of water 5-10 minutes before you start.



DURING PHYSICAL ACTIVITY - basic info



NUTRITION GOALS DURING COMPETITION:

- to drink enough fluid to offset sweat losses
- to consume adequate carbohydrates to maintain normal blood sugar levels

Every person is **different**. Experiment with snack choices during training to see which feels **best for you**.

- sports drinks
- sports beans or gels
- fresh or dried fruit
- fruit juice
- hard candy
- granola bars
- dry cereal

DURING PHYSICAL ACTIVITY - expert info

MAINTAINING YOUR BLOOD SUGAR LEVELS

After the body uses up stored carbohydrates, it relies on blood sugar for energy. Maintaining blood sugar levels by fueling during exercise will increase your physical stamina and feed your brain so you can think clearly and remain focused.

- During competition you should aim for consuming 100-250 calories of carbohydrates every hour.
- It is best to distribute your carbohydrate intake throughout your workout. Consuming too much at once will make it more difficult for your body to replace sweat losses.

EXPERIMENT with different food and beverage combinations to see what **FEELS** right for **YOU**.

STAYING HYDRATED

A simple way to determine if you are adequately hydrated is by checking the color of your urine. Your urine should be pale yellow. If it is a dark color with a strong odor it contains an increased concentration of wastes and little water. If this is the case, you likely need to increase your fluid consumption.

- If you are competing for less than 1 hour, drinking water is sufficient to replace sweat losses.
- For exercise lasting more than 1 hour a sports drink is your best choice to remain properly hydrated.

AFTER PHYSICAL ACTIVITY - basic info



1. You need a snack after any strenuous activity.
2. What you eat after a workout aids your recovery and helps to keep you at your best for your next workout.
3. It is best to have a snack within about 30 minutes after exercise.

Look for a snack mainly from carbohydrates with a small amount of protein such as:

- chocolate milk
- peanut butter on a banana
- yogurt with granola
- fruit smoothie made with yogurt or milk
- chicken soup with crackers
- V8 and lean meat on bread
- cheese, crackers and juice
- cereal with milk and a piece of fruit

AFTER PHYSICAL ACTIVITY- expert info

Two components of a great post exercise snack are

carbohydrates and proteins.

CARBOHYDRATES

- stimulate insulin release to help build muscle
- replenish glycogen to provide energy for the next workout

PROTEINS

- help build and repair muscles
- reduce cortisol, a hormone that promotes muscle breakdown

How much protein and carbohydrate do you need post-exercise? You may need less than you think for healthy recovery. As few as 100 calories can help to improve recovery. A reasonable goal is 100-300 calories within the hour after exercise.

electrolytes

When you sweat you lose electrolytes (i.e. potassium, sodium) that are important for normal body functioning. When exercising for more than 60 minutes replenishing electrolytes is important -an electrolyte replacement beverage is a good option for athletes.

FAST FOOD - basic info

- Avoid breaded and deep fried items. Limit toppings such as mayonnaise and extra cheese.
- Whenever possible add fruits and vegetables to your meal – not including French fries. Many restaurants now offer healthier side dishes such as applesauce, mandarin oranges, chopped apples, salad and yogurt.



• **Serving Sizes are often 2-3 times bigger than what your body needs to be healthy. Choose the smaller portion whenever possible.**

- Do the research before eating out. Fast food restaurants and most chain restaurants offer nutritional information on their website. Gather the information you need to determine what choices will be best for you.

FAST FOOD - expert info

• Eating out well can be challenging. Choosing highly processed fast food does not nourish your body for greatest performance. It is better to prepare food from home when you can. However, all foods can fit. Challenge yourself to see where you can make improvements to your meal when eating out.

• Your first challenge is to control portion sizes. Choose a plain hamburger over a double cheeseburger for a good source of protein with considerably less saturated fat and calories. Limit French fries - they often contain more calories and saturated fat than the sandwich. Avoid breaded, deep fried foods such as fried chicken and fried fish.



• **Limit French fries. They often contain more calories and saturated fat than the sandwich.**

• A salad may be a good choice, though be cautious of deep fried meat, cheese and salad dressing. Often what appears to be a healthful salad may be higher in calories and fat than a hamburger. Use a small amount of salad dressing, choose roasted instead of fried chicken and eat only a small amount of the cheese.

• Add fruits and vegetables whenever possible. Choose a plain fruit salad or bring a piece of fruit or chopped vegetables from home to make the meal overall a much healthier one. Fruits and vegetables will fill you up much longer, giving you greater energy for your body and mind.

MAINTAINING A HEALTHY WEIGHT - basic info



- A.** Portion control is your first tool to maintain a healthy weight. Food portions at restaurants and sometimes what we choose at home may be 2-3 times what a healthy serving size should be.
- B.** Try to include foods from at least 3 of the 4 major food groups at most meals and snacks: dairy, protein, fruits and vegetables, breads and grains.
- C.** Pick foods that will fill you up, such as those high in fiber. High fiber foods include fruits, vegetables and whole grains.
- D.** Choose simply prepared and minimally processed foods whenever possible. For example, a fresh apple is a much better choice than apple juice or applesauce.
- E.** Look for nutrient dense, low calorie foods. These include fruits and vegetables such as berries, apples, oranges, leafy greens, carrots or broccoli.

MAINTAINING A HEALTHY WEIGHT - expert info

Maintaining a healthy weight does not mean feeling hungry or restricting the foods that you enjoy. All foods can fit into a healthy diet, but maintaining a healthy weight does require balance, variety and moderation.

Know how much food your body needs to maintain a healthy weight based on your current height, weight, sex, age and physical activity level. www.mypyramid.gov is an excellent resource.

www.mypyramid.gov

Start Shopping Smarter Today

- Look for whole grain (i.e. whole wheat, oats, barley, rye, brown or wild rice) as the first ingredient on grain products.
- Choose foods high in fiber - they help you feel satisfied sooner. Look for products with at least 3 grams of fiber per serving.
- Buy fresh or frozen when possible, without added sugar or sodium.
- Buy low fat dairy products such as 1% or skim milk and low fat yogurt.
- Select fruits and vegetables whenever you can - they provide great nutrition for very few calories.
- Choose lean sources of protein such as chicken or turkey.

BREAKFAST - basic info

1. Choose whole grains that are low in sugar and high in fiber.
2. Don't forget protein, it helps fill you up and gives you energy to get you through the morning.
3. Limit juice. Drink water or milk instead.



BE CREATIVE WHEN MAKING CHOICES FOR BREAKFAST.

- Breakfast does not always have to be the typical bowl of cereal or eggs - it could be a sandwich or leftover chicken. The key is to get fiber (from whole grains, fruits and veggies) and protein (from meat, nuts, dairy products and beans.)

BREAKFAST - expert info

BREAKFAST IS THE MOST IMPORTANT MEAL OF YOUR DAY

- Overnight your body's engine slows a bit while you rest.
- Fueling your body first thing in the morning gets your engine running again, making it easier to move/exercise, focus and learn.
- Starting out the day with too little, or a sugary breakfast will not be enough to sustain your energy for moving and learning until your next meal.

LIMIT YOUR SUGAR INTAKE



- Limiting sugar intake will keep you feeling better so you don't have ups and downs in blood sugars - where you have quick energy then crash, feeling tired and craving more sugar.
- Fiber and protein fill you up so you won't be hungry quickly.
- Limiting juice intake will help to control the quantity of sugar you get for breakfast.
- 100% fruit juice such as orange juice may be a good source of vitamin C but is a very concentrated source of sugar.
- Choose a whole piece of fruit rather than juice to give you the nutrition you need and to help you feel full and satisfied.
- 6 ounces of juice is the maximum you should drink each day.

SNACKS - basic info

1. Snacking is an important part of a healthy diet. It is a great opportunity to add good nutrition to your diet.
2. Eating regularly, 5-6 times each day, helps give you energy throughout the day for learning and sports performance.
3. Choose healthy snacks with complex carbohydrates, fiber and protein to keep you feeling full and satisfied until your next meal.

Try these Healthy Snacks!



- chocolate milk & banana
- ½ whole wheat bagel with peanut butter
- low fat cottage cheese
- hummus & baby carrots
- broccoli sprinkled with cheddar cheese
- popcorn
- whole wheat crackers with mozzarella
- skim milk blended with fruit
- fat free pudding
- yogurt with fresh berries
- whole wheat crackers & salsa
- chopped vegetables & salad dressing
- nuts and raisins
- apple & peanut butter

SNACKS - expert info

Do your body a favor - Eat often.

- Your body works best when it is nourished regularly throughout the day.
- When you go for many hours without eating your body slows down - you may feel more tired and have greater difficulty concentrating.
- Skipping meals may also make it more difficult to maintain a healthy weight - research shows that people who eat 5 times per day are more likely to maintain a healthy weight than those who eat fewer meals and snacks each day.
- It is best to eat within 2 hours before exercise and within 30 minutes after exercise.
- A pre-workout snack provides energy to help sustain you throughout your workout.
- A post-workout snack replenishes the energy that your body used up during exercise.

What makes a "GOOD" snack? What makes a "BAD" snack"?

- A snack of simple carbohydrates (i.e. candy, chips, white breads, sugary cereals or snack bars) will give you quick energy and keep you going for a short time. Unfortunately, once your body quickly uses up that sugar you may "crash," and crave more sugar to again get-up-and-go.
- A snack from healthy complex carbohydrates (i.e. whole grains, fruits and vegetables) will digest more slowly so you will have energy that lasts longer.
- Adding protein to your snack will also help to sustain you longer. Protein is digested the most slowly so helps you to feel full longer. Good sources of protein include lean meats, low fat milk, yogurt or cheese, nuts, beans or eggs.



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