Fluids & Nutrition

Fluid loss during activity is a major concern in athletics. Fluid loss greater than 3% of body weight can lead to heat illnesses. Here are some useful tips for avoiding problems related to fluid loss.

- Acclimate PRIOR to the start of your season
- Do not rely on thirst to tell you when to drink—if you’re thirsty, you’re already dehydrated
- Drink fluids throughout the day
- Drink at least 20 oz. of fluids 2-3 hours before practices or games
- Drink 10 oz. of fluids 10-20 minutes before practices or games
- Drink 10 oz. every 15 minutes during practices or games
- Drink 24 oz. of fluids for every pound of weight lost after activity
- What to drink:
  - Water
  - Sports beverages (Gatorade, Powerade, etc.)
- What NOT to drink:
  - Carbonated and/or caffeinated beverages
  - Tea
  - Coffee
  - Alcohol

Nutrition plays a vital role in sports. Athletes MUST maintain a healthy diet in order to improve performance and avoid injuries. Here are some guidelines to help your athlete stay in the game!

- **EAT!** Most teen athletes need at least 2,000 calories a day (not eating enough can lead to underdeveloped muscles, slower times, and growth problems)
- **VARIETY!** An athlete’s diet should include all 6 vital nutrients: carbohydrates, protein, fat, vitamins, minerals, and water
  - Carbohydrates (main fuel source) → fruits, veggies, wholoe grains (rice, pasta, bread, etc.)
  - Protein → fish, lean meats, eggs, dairy, nuts, peanut butter
  - Fats → unsaturated fats
- **NO NEED FOR SUPPLEMENTS!** Eating a balanced diet will provide an athlete with all the nutrients he/she needs for optimal performance. Plus, some supplements (steroids, creatine, etc.) can be extremely harmful to an athlete’s health.
- **GAME DAY**
  - Eat 2-4 hours before game time
  - ↑ in carbs, ↓ in protein & fat (i.e. turkey sandwich, pasta & tomato sauce)
  - Small snack 1-2 hours before game (fruit, crackers, bagel, yogurt, etc.)