



## 5 Tips for fueling youth Athletes for Activity & Sport

Nutrition can be tough and staying on course can prove even tougher especially with our busy schedules, but here are some quick tips that I hope can help throughout your athletes sessions and beyond that.

### 1. Protein At Every Meal

- For Recovery, it provides the “bricks” that builds virtually everything in a child’s body.
- Aim for a palm size portion for each meal (size and thickness of their own palm)
- If an athlete is tired, frequently rundown or sick, adding more protein is a great way to increase essential micronutrient intake.

#### Great options include;

- Eggs
- Full fat plain yogurt or milk
- Beef, chicken, fish, seafood, etc
- Beans and legumes

### 2. Adequate Healthy Fats

Healthy fats are a "home run" when it comes to fueling mental and physical performance & they provide a great deal of energy!

#### Great options include;

- Egg yolks
- Butter (not margarine!)
- Full fat dairy (milk/yogurt)
- Avocados
- Nuts

### 3. Aim for "real-food" carbs

They provide slow-sustained energy

#### Great options include;

- Sweet & white potatoes
- Root veggies
- Rice
- Steel-Cut Oats & Quinoa

### 4. Nutrition before game time (30 minutes out)

Go for quick-acting natural sugars before games...

#### Great options include;

- Fruit!
- Raisins, Dates, Dried Fruit e.t.c

## 5. Nutrition during game time (Hydration!!)

Sport drinks provide key electrolytes, like sodium, potassium, and magnesium to offset sweat loss during play, but commercial ones are not the most optimal (chemicals/loaded with added sugars). Below is a quick easy recipe if you would like to go this route.

### Home-made Gatorade drink in 5 steps

- 750 ml water
- 3/4 cup of orange juice (or preferred fruit)
- 1/2 squeezed lemon
- 1/4 teaspoon of sea salt
- 2 tablespoons **raw** honey OR **Maple** syrup

### Bonus drink - Cucumber/Lime/Lemon water

Super refresher and hydrator, even more so than water alone.

- In you own one of the large sized Under Armor bottles or similar, fill it with water/ice
- 1/2 small cucumber (sliced)
- Let sit for at least an hour
- For the brave add some squeezed lime/lemon juice!

Nutrition can be complex but it doesn't have to be!