

Teen Nutrition for Sports

By Christine Rosenbloom, PhD, RDN, CSSD

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Teen athlete needs power for quick, strong moves and endurance for practices and games. But how do you make sure you the active teen gets the necessary nutrients to fuel both? Here are four nutrition tips to keep in mind.

Food Is Fuel

You wouldn't put cheap gas in a luxury car, so why put unhealthy fats and added sugars in your teen athlete body? Active teenage boys need 3,000 to 4,000 calories a day, while active girls need 2,200 to 3,000 calories. Choose quality calories from fruit, vegetables, whole-grain breads and cereals, low-fat dairy, lean protein and heart-healthy fats. These foods provide the vitamins and minerals athletes need.

- Breakfast is a great time for whole-grain cereal with low-fat milk and fruit or whole-grain waffles with peanut butter, banana and fruit juice.
- Prior to lunch at school, review the cafeteria's menu and choose performance foods instead of fried or fast food. Bean and beef burritos topped with salsa, or grilled chicken sandwiches with coleslaw, delivers nutrients needed for afternoon practices.
- For dinner, spaghetti with meat sauce accompanied by a salad or vegetables and whole-grain Italian bread with olive or canola oil spread plus low-fat milk is a great recovery meal.
- Keep nutritious snacks handy — fresh fruit; veggies and hummus; low-fat cheese and yogurt; and low-fat microwave popcorn.

Carbs Are King

Carbohydrates are the most important fuel for an athlete. Carbs are stored as fuel inside muscles and athletes need full carbohydrate stores before activity. Carbs also are needed after a workout to get ready for the next day's events. Carbs are the only fuel that can be used for power moves — a slam dunk, a sprint to the goal line or an overhead smash all need carbohydrates.

- Eat a light snack before practice (especially if your teen has an early lunch period), such as half a turkey sandwich or an orange and string cheese, along with 1 to 2 cups of water.
- After practice or a game, refuel with a sports drink or low-fat chocolate milk, a banana and a handful of trail mix.

Build Muscle with Protein from Foods

Eat real food and shun expensive protein supplements. Muscles can get all the protein they need from foods!

- Lean meat, chicken, turkey, fish, eggs, low-fat milk, cheese, yogurt, tofu, and edamame are excellent protein sources.
- Dried beans (such as black beans), chickpeas, lentils, nuts and seeds also are good sources of protein.
- Include some protein in every meal to help muscles recover.

Pack Snacks

Active teens need snacks to boost calories. Here some backpack-friendly snacks:

- Sports drinks or juice boxes
- Trail mix
- Peanut butter crackers
- Granola bars
- Fig bars
- Dried fruit or fruit puree pouches (such as applesauce)

Reviewed July 2018 Chris Rosenbloom, PhD, RD, CSSD, is the sports dietitian for Georgia State University athletics.

ATHLETE'S PLATE

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

The Athlete's Plates are tools for you to better adjust your eating to the physical demands of your sport!

EASY An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

MODERATE A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/race).

HARD A hard day contains at least 2 workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 1 handout.

Source: <http://cedarswim.blogspot.com/2018/10/athletes-plate-meal-plan.html>



Sports-educational programs in camps and professional academies all around the world

<https://www.erttheo.com/blog/en/healthy-food-for-kids/>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Elena Perea	Cristina Blázquez	Gema Hidalgo	José María Puya	Lidia Tormo	Mª Teresa Hernández
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> Ham omelette 	<ul style="list-style-type: none"> Whole wheat toast with olive oil A glass of 2% milk A bowl of fruit 	<ul style="list-style-type: none"> Natural orange juice Oatmeal Dried apricot 	<ul style="list-style-type: none"> Whole wheat toast with nut butter Natural juice 	<ul style="list-style-type: none"> Glass of whole milk or vegetable milk Whole milk natural yogurt Bowl of fruit with dried nuts and seeds 	<ul style="list-style-type: none"> Oatmeal made with milk Cacao 70% or drinkable yogurt without added sugars Toast with olive oil
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<ul style="list-style-type: none"> Sardines and sprouts 	<ul style="list-style-type: none"> Mixed sautéed vegetables A fried egg Whole wheat bread 	<ul style="list-style-type: none"> Cheese stuffed tomatoes Chickpeas Whole wheat toast Yogurt 	<ul style="list-style-type: none"> Rice with beef and vegetable stew Seasonal fruit 	<p>If still hungry, whole wheat toast with homemade hazelnut butter and a banana or whole wheat toast with avocado and tomato.</p> <ul style="list-style-type: none"> Pasta with pesto sauce topped with chicken and vegetables 	<ul style="list-style-type: none"> Couscous with zucchini and onion 2 tomatoes Yogurt
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
<ul style="list-style-type: none"> Quiche with carrots and legumes 	<ul style="list-style-type: none"> Oven baked zucchini boats filled with tuna, tomato, and gouda cheese Fruit and a glass of milk 	<ul style="list-style-type: none"> Salad topped with avocado, mushrooms, and ginger Beef tenderloin Whole wheat toast 	<ul style="list-style-type: none"> Baked eggplant or zucchini boats filled with mozzarella cheese Seasonal fruit 	<ul style="list-style-type: none"> Veggie burger with vegetables and beetroot sauce 	<ul style="list-style-type: none"> Potato purée Sautéed peas Roasted chicken with lettuce Fruit
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
<ul style="list-style-type: none"> Homemade sugar free nut bar 	<ul style="list-style-type: none"> Mixed nuts: cashews, hazelnuts, raisins, pistachios Natural yogurt mixed with fruits 	<ul style="list-style-type: none"> Pear with nuts Carrots with Burgos cheese Toast, yogurt, and kiwi 	<ul style="list-style-type: none"> Seasonal fruit smoothie made with whole milk 	<ul style="list-style-type: none"> Oatmeal energy cookies and nuts 	<ul style="list-style-type: none"> Semicurated cheese sandwich Apple Oatmeal cookies and a banana
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