

HYDRATION

Why is hydration important?

Hydration allows you to perform your best, both in your sport and in the classroom. Maintaining hydration can help with:

- Reaction time
- Focus
- Body temperature
- Energy level



Hydration is more than just water

Hydration involves consuming enough water and electrolytes.

- Dehydration occurs when you don't drink enough water and other fluids to replace what is lost in urine, sweat and breathing.
- If you are dehydrated, you will not perform at your best.
- Electrolytes (such as sodium, potassium, magnesium and calcium) are lost in sweat, and help balance your body fluids and keep your muscles working properly.

Action Plan

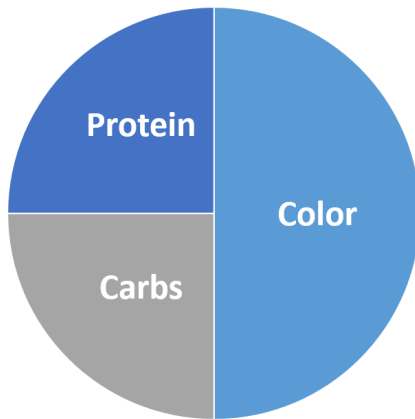
Throughout the day	• Drink water or milk with meals and snacks • Sip on water between meals • Check your urine color—it should be light yellow
Before practice or games	• Drink 16-20 ounces of water 2-3 hours before exercise • Drink 8-10 ounces of water about 10-30 minutes before exercise
During practice or games	• Choose water for practice less than an hour • Choose a sports drink for practice longer than an hour and games • Drink 4-6 ounces (several sips) of water or sports drink every 15 minutes during practice or games
After practice or games	• Drink 20-24 ounces of water or other fluids



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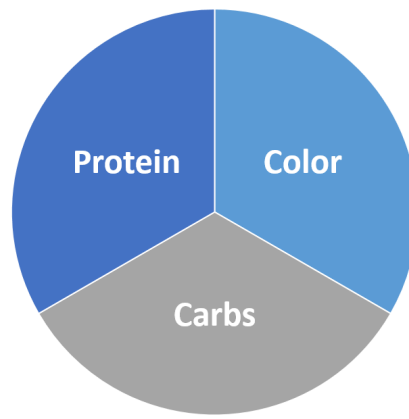
PERFORMANCE PLATES

Build a Performance Plate to stay fueled all day long



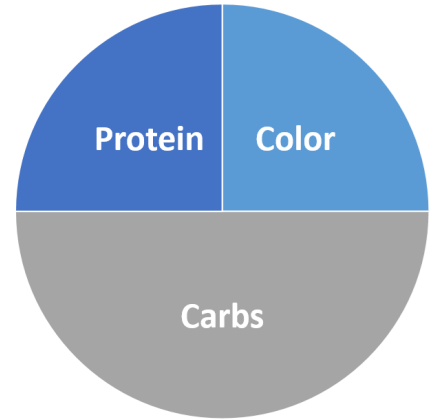
Easy Training Plate

- Recovery day
- Easy training for < 1 hour



Moderate Training Plate

- Easy to moderate training for 1-2 hours
- Hard training for 1 hour



Hard Training Plate

- Training for more than 2 hours
- 2 sessions per day
- Game day

Why build performance plates?

- **Protein** → provides the building blocks to repair muscles and support recovery
- **Carbs** → provide energy to perform and support recovery
- **Color** → fruits and veggies provide vitamins, minerals and antioxidants to support performance and recovery

Tips for Fueling All Day

- Start with breakfast
- Choose a balanced lunch
- Include one or two snacks
- Enjoy dinner
- Eat a snack after dinner if you're hungry



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NUTRITION FOR SPORTS PERFORMANCE

A good nutrition plan:

boosts energy levels + increases focus + enhances recovery



improves performance

Tips for Fueling All Day

- Start with breakfast
- Choose a balanced lunch
- Include one or two snacks
- Enjoy dinner
- Eat a snack after dinner if you're hungry

See below for examples of meals. Individual needs and preferences vary.

Low Activity Day

Breakfast	Eggs, toast and a banana with milk
Lunch	Chicken, rice, green beans and grapes with milk
Snack	Crackers and water
Dinner	Turkey and cheese sub with chips, an apple and water
Snack	Chocolate milk

Practice or Game Day

Breakfast	Oatmeal with dried fruit, peanut butter and milk
Snack	Banana and cheese stick with water
Lunch	Turkey and cheese sandwich, pretzels, baby carrots and an apple with water
Snack	Crackers, applesauce pouch and water
Dinner	Burrito bowl with white rice, black beans, chicken, pico de gallo, lettuce, and cheese with water
Snack	Chocolate milk and granola bar



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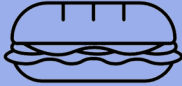
BEFORE PRACTICE OR GAMES

Nutrition before practice or a game helps

- Provide energy
- Support performance
- Maximize recovery

Fueling Tips

- How much you eat depends on how much time you have before practice or a game starts.
- The longer you have, the larger the meal or snack you can eat.
- As you get closer to practice or a game, choose high carbohydrate, low to moderate protein, and low fiber options to maximize performance.

		
1-3 hours before	Meal or large snack with 16-20 ounces of water	Turkey and cheese sandwich Bagel with peanut butter Banana and almond butter Low fat yogurt with fruit and granola
30-60 minutes before	Easy to digest carbohydrates with 8-12 ounces of water	A piece of fruit Applesauce Pretzels Crackers
Within 30 minutes before	8-10 ounces of water or 8-10 ounces of sports drink if last meal or snack was more than 3 hours before	Water Sports drink (Gatorade, Powerade, etc.)



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AFTER PRACTICE OR GAMES

What are the roles of nutrition after practice or a game?

- Replace **carbohydrates** in your muscles to refuel, improve energy and reduce soreness
- Repair and rebuild muscles with **protein** to reduce soreness and stimulate muscle rebuilding
- Restore **fluids and electrolytes** to rehydrate

What to include to optimize recovery

Carbs + Protein + Fluids

If you are playing again in less than 24 hours, have a meal or snack within one hour.

Otherwise, have a meal or snack within 1-2 hours after finishing practice or a game.

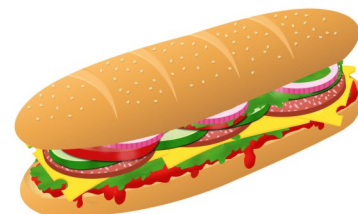
Snacks

- Chocolate milk
- Yogurt and fruit parfait
- Trail mix
- Banana with peanut butter



Meals

- Peanut butter and jelly sandwich with fruit
- Turkey and cheese sub
- Burrito bowl
- Spaghetti with meatballs and side salad

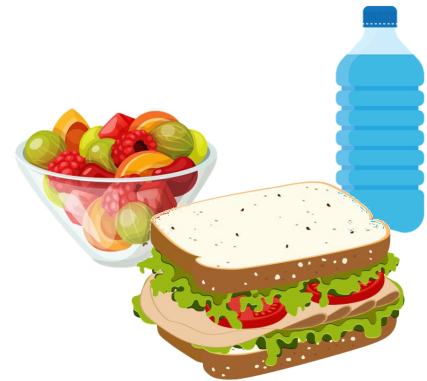


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FAST FOOD MENU GUIDE

General Recommendations

- Choose grilled rather than fried
- Limit fried foods (French fries, wings, chicken fingers)
- Add extra veggies or fruit
- Be mindful of portion size
- Stick with water rather than sweetened drinks



Chick Fil A

- Stick with grilled chicken
- Opt for small fries, or get fruit or a side salad instead of fries
- Best options
 - Grilled chicken sandwich
 - Grilled nuggets with fruit cup
 - Grilled cool wrap

Zaxby's

- Choose grilled or blackened chicken
- Add veggies with coleslaw as a side
- Choose vinaigrette, Caesar or light dressing
- Best options
 - Grilled chicken sandwich
 - House or Caesar salad with grilled chicken

Subway/Firehouse/Jersey Mike's

- Choose whole wheat/whole grain bread
- Choose lean meat: turkey, ham, or roast beef
- Limit high fat meat: bacon, salami, pepperoni
- Add veggies: tomato, cucumber, onion, peppers, lettuce, spinach
- Go for oil & vinegar, vinaigrette or mustard
- Best options:
 - Turkey, ham or roast beef

Chipotle/Willy's/Moe's

- Choose a bowl or salad
- Pick rice OR beans
- Add a protein
- Load up on veggies: peppers, onions, pico de gallo, lettuce
- Stick to one high fat item: cheese, queso, sour cream or guacamole



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