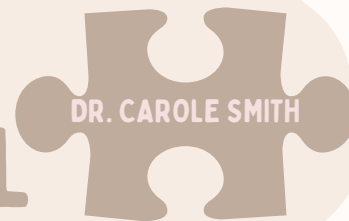




# FUELING YOUR ATHLETIC POTENTIAL



## WHAT TYPES OF FOODS SHOULD I EAT?

- Fats and carbohydrates are both used as sources of fuel during exercise, with fat being more important for endurance events and glucose more important for shorter, but more high intensity activities
- Also make sure you are “eating a rainbow” in order to get the most nutrients out of your diet

## HOW MUCH OF EACH NUTRIENT SHOULD I EAT?

- Protein: 15-20% of daily intake
- Carbohydrates: 60-75% of daily intake
- Fats: 20-30% of daily intake
- Check your estimated energy requirements out here: <https://goodcalculators.com/estimated-energy-requirement-eer-calculator/>



## WHEN SHOULD I EAT?

- Adolescent athletes should be eating every 3 hours, and may need to consume foods outside of a normal meal and snack schedule to help fuel their high levels of activity
- Foods consumed before activity should be high in protein, high in carbohydrates, and low in fats
- Foods high in carbohydrates and protein should be consumed immediately after activity to help replace glycogen stores

## HOW MUCH SHOULD I DRINK?

- Proper hydration for athletes requires fluid intake before, during, and after exercise, with the minimum needs for adolescent athletes varying dependent on age, body size, and type of activity
- It is best to stick with water as your hydration source in most cases, rather than sports or energy drinks



## WHICH VITAMINS ARE IMPORTANT TO HELP MAINTAIN MY ACTIVITIES?

- Cellular energy: B Vitamins, Iron, Zinc, Magnesium
  - Iron stores to help with endurance
  - Anti-oxidants to decrease oxidative stress: Carotinoids, ACE, Se, Zn
- Speak to your healthcare provider to find out which ones would be best for your specific situation and dietary needs**

## ARE THERE FOODS THAT WILL HELP IMPROVE MY RECOVERY FROM INJURY?

- Consider an anti-inflammatory diet, free from refined sugar, artificial ingredients, and any foods that cause you any sensitivity reactions.
- Increase your intake of healthy fats, clean proteins, and carbohydrates



## ARE THERE SUPPLEMENTS THAT WILL HELP IMPROVE MY RECOVERY FROM INJURY?

- Omega 3's: help decrease inflammatory load
- B vitamins: to help with energy and remove waste
- Anti-oxidants: ACE, Se, Zn; to facilitate tissue repair and decrease inflammation

**Speak to your healthcare provider to find out which ones would be best for your specific situation and dietary needs**

## ARE THERE ANY OTHER LIFESTYLE MODIFICATIONS I SHOULD CONSIDER?

- **Sleep:** Proper sleep helps with muscle recovery, cognitive function, and overall well-being; aim for 8-10 hours of quality sleep per night
- **Stress management:** High stress levels can negatively impact performance and recovery; consider techniques like mindfulness, meditation, or yoga
- **Rest:** Rest between training sessions is crucial to prevent overtraining and reduce the risk of injuries; active recovery techniques such as foam rolling and stretching can also help.
- **Treatment:** Continue to get your injuries treated and see your chiropractor to monitor your health

