

FUELING FOR HIGH-PERFORMANCE YOUTH ATHLETES



DID YOU KNOW?

As a youth athlete, your body's first priority is for growth and development. If you don't consume enough nutrients to help your body grow, sports performance will be affected. Additionally, good nutrition helps support mental and emotional well-being.



BENEFITS OF PROPER FUEL TIMING FOR PERFORMANCE AND WELLNESS:



Improved performance during exercise and competition



Improved recovery from exercise and competition



Reduced risk of injuries thanks to improved recovery



Improved brain function for school



Improved feelings of well-being

DAILY FUELING TIMELINE: PICK A FEW ITEMS AT EACH MEAL!



BREAKFAST FUEL IDEAS:

Carbs, protein and fat for muscle fuel and building blocks, as well as health support

- Cereal with milk or milk alternative
- Fruit like apples, pears or berries
- Hard-boiled eggs, lean sausage



MID-MORNING SNACK IDEAS:

Snack if you have a late lunch

- A piece of fruit like a banana or an apple
- Half of a peanut butter and jelly sandwich or half of a turkey or ham sandwich
- Granola bar or half of a protein bar



LUNCH FUEL IDEAS:

Carbs, protein and fat for muscle fuel, building blocks and health support

- Animal protein: cheese, chicken, fish, beef; plant-based protein: nut butter, nuts, beans, veggie burger
- Carb: potato, pasta, rice, bread from a deli sandwich
- Veggie or salad: steamed, boiled or fresh



PRE-WORKOUT SNACK IDEAS:

Finish snack 30 minutes before event begins. Aim for good carbs and limit fat and protein.

- Mandarin oranges or an apple with a cheese stick
- Half a peanut butter and jelly sandwich or half of a turkey or ham sandwich
- Granola bar or half of a protein bar



POST-WORKOUT RECOVERY IDEAS:

Repair muscle and replace fuel stores 30-45 minutes after workout with carbs and protein – or have dinner.

- Chocolate milk
- Protein shake or bar
- Yogurt, granola, fruit
- Half a peanut butter and jelly sandwich and milk
- String cheese, fruit
- Fruit, nut butter, milk
- Hard-boiled egg and crackers



DINNER FUELING IDEAS:

High-quality foods to repair, replenish and fuel growth of muscles

- Protein (beef, chicken, turkey, fish, beans or tofu) + carb (rice, potato, pasta or bread) + vegetable or salad
- Milk, milk alternative or water to drink; avoid soda and sugary juices

HOW PROVIDENCE CAN HELP

Providence Sports Medicine offers 7-day-a-week access to sports medicine experts who can help you. Schedule an appointment by calling **503-29-SPORT**. To learn more, visit ProvidenceOregon.org/sportsmedicine