



## Effective Nutrition Guidelines for High School Athletes

# 1

### **HYDRATION!! HYDRATION!! HYDRATION!!**

Hydration is key to preventing injuries!

Hydration is key to running fast!

Hydration is key to jumping high!

Hydration is key to building strength!

$$\frac{\text{Body Weight (lbs)}}{2} = \text{oz of water per day at MINIMUM}$$

(Note: 1 gallon = 128oz, 2 Liters = 64oz)

# 2

### **ADEQUATE AMOUNT OF PROTEIN!!!!**

Protein can be found in many foods and may also be supplemented.

Essential to build muscles and recover muscles!

Protein boosts immune system and reduces illness!

#### **Calculate grams of protein your body needs:**

$$\frac{\text{Body Weight (lbs)}}{2.2} = \text{Body Weight (Kg)} \times 1.8 = \text{Grams per day}$$

#### *Sample foods with grams of Protein:*

4 oz Steak – 42g

4 oz Pork Chop – 35g

4 oz Ground Hamburger – 30g

1 can of Tuna – 40g

1 large egg – 6g

½ cup cottage cheese – 15g

4 oz Chicken breast – 40g

¼ lb burger – 28g

4 oz Bacon – 40g

1 oz of cheese -7g

1 cup Milk – 8g

1 cup Yogurt -8g

# 3

### **BREAKFAST IS VERY IMPORTANT!!!**

Breakfast is key to starting metabolism. Metabolism is slowed significantly when there is not food in body for more than 3 hours.

**1/3 of your daily protein intake should be in your breakfast!!**

#### *Sample breakfasts with adequate protein:*

\* Eggs-Omelet with glass of milk

\* 3 scrambled eggs with chunks of ham with glass of milk

\* Egg Burrito with glass of milk

\* Kashi protein cereal with milk + protein shake

\* Ezekial cereal with greek yogurt

\* Protein shake with frozen fruit