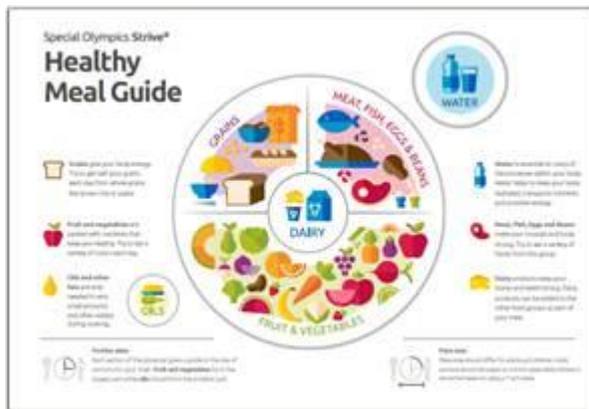


## NUTRITION AND SPORT

Eating well on a regular basis will keep the body healthy and in top shape for participating in sports. To fuel the body for each workout, athletes need to focus on what he or she is eating at three specific times: **before, during and after physical activity**.

This will help the body build up the energy it needs to perform the activity, keep the energy while being active and recover from the activity.

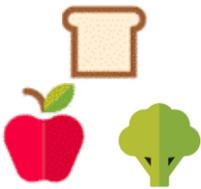
It is important to fill an athlete's plate with healthy food that consists of fruits and vegetables, grains, meats, fish, eggs, beans and plenty of water.



# NUTRITION

## Overview

**Carbohydrates, proteins and fats** are the three main nutrients in food that keep the body functioning every day.



**Carbohydrates fuel the muscles** and allow them to work for longer periods of time without getting tired. Good sources of carbohydrates include whole grains, fruits and vegetables.



**Proteins build and repair muscles and body tissue.** Good sources of protein include eggs, lean meats, fish, beans and legumes.



**Fats provide energy and help the body absorb vitamins.** Small amounts of fat in the diet are necessary. Good sources of fat include: nuts, avocados, olive oils, milk, cheese and yogurt. Some foods like meat and poultry also have fat.

## NUTRITION

### Before an Event

**Day before event:** The night before your activity eat a healthy dinner to start building energy. Focus on eating whole grains, lean meats, and fruits and vegetables.



Drink a minimum of one 8 oz. glass of water in the evening to be ready for the next day.



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## NUTRITION

### Day of Event

**3 – 4 hours before event:** Eat a meal which includes good sources of carbohydrates (whole grain cereals, breads, or rice), proteins (eggs, turkey, chicken) and fats (milk, yogurt, avocado, olive oil) and drink an 8 oz. glass of water.

High Fat



Foods

**Avoid foods high in fat:** These can take a long time to digest and make an athlete feel tired. Examples include: French fries, pizza, burgers, nuts and high fat dairy.

**If there is an event or practice early in the morning:** An athlete may not have time to eat a full meal beforehand. In that situation, an athlete should eat a good meal the night before and in the morning of the event, eat a small meal or snack (whole grain cereal or toast, yogurt, fruit, vegetable) an hour before it begins.

**One hour before the event:** Eat a small snack like a cereal bar, low fat yogurt or a piece of fruit and drink 4 oz. of water.



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## NUTRITION

### During the Event

For events or practices shorter than 60 minutes:  
It is not necessary to eat to maintain energy.

For events or practices longer than 60 minutes:  
Athletes should eat a small amount of food for energy such as fruit or a cereal bar.

### Nutrition After an Event

Athletes should be given a small snack 15-30 minutes after an event to begin to regain energy. Good examples include: fruit, vegetables, low fat yogurt or a small whole grain bagel.



**One to two hours after an event:** Athletes should eat a healthy meal with good sources of carbohydrates (whole grain cereals, breads, or rice), proteins (eggs, turkey, chicken) and fats (milk, yogurt, avocado, olive oil) and drink an 8 oz. glass of water to give the body back all the energy it lost by being active.



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