



◆ Teens should have 3 or more cups of foods rich in calcium (dairy products, leafy greens) daily to promote healthy bone growth.

Sources/Resources:

American Dietetic Association- www.eatright.org

National Dairy Council-www.nationaldairycouncil.org

North Country Hospital

U.S. Department of Agriculture- www.nal.usda.gov

U.S. Government Food & Nutrition- www.nutrition.gov

Vermont Department of Health

This brochure was created in collaboration with North Country Hospital– Occupational Health, Nutrition Services, and Community Health Departments.

Fit & Healthy Kids O.N.E.

For more information, contact
North Country Hospital's Community
Health office at 334-3290

Fit & Healthy Athletes



*Nutrition to maximize
performance, power,
strength,
and overall health*

Fit & Healthy Kids O.N.E.

North Country Hospital

Teens On The GO...

Quick Snacks

- Whole grain crackers with peanut butter and raisins
- Oatmeal topped with fresh berries
- Low-fat yogurt with walnuts and dried apricots
- Whole grain pita with humus and fresh spinach
- Cottage cheese with fresh peaches and almonds
- Pasta salad with fresh tomatoes, carrots, green peppers
- 1/2 turkey/mozzarella sandwich on rye
- Broccoli and cauliflower with nonfat yogurt dip
- Scrambled eggs and toast
- Watermelon, raspberry and blueberry fruit salad
- Baked potato with chili or broccoli and cheese



Backpack/Locker Snacks

- Granola and cereal bars
- Energy bars
- Dried fruit: raisins, apricots, apples or peaches
- Dry cereal
- Pretzels
- Graham crackers and peanut butter
- Oatmeal raisin cookies
- Fig bars
- Animal crackers
- 100% fruit juice boxes

Cooler Fuelers

- Sports drinks (not energy drinks– these contain caffeine and do NOT enhance performance)
- 100% fruit juice
- Low-fat/nonfat milk
- Cheese sticks
- Yogurt cups/ squeeze tubes
- Fresh fruit or fruit cups
- Fresh veggies
- Peanut butter, turkey, or ham sandwich
- Hard boiled eggs

Hydration

◆ Dehydration occurs when an athlete does not replace fluids and electrolytes (sodium and potassium) lost in sweat.

◆ An athlete's energy and performance may become compromised if dehydrated.

How To Hydrate:

◆ Drink at least 8– 8oz glasses of water or other caffeine-free liquids throughout the day.

◆ Consume at least 16 ounces of fluids 2-3 hours prior to exercise.

◆ During exercise, drink 4-8 ounces of fluids every 15-20 minutes to replace fluids lost by sweating.

◆ To re-hydrate after exercise drink at least 24 ounces of fluid.

Know the Signs of Dehydration:

Headache Muscle cramps

Nausea/Dizziness Fatigue

Dark colored urine

Decreased stamina, speed, energy, muscle strength



All athletes who train and compete are at risk for dehydration.

Pre-Performance Fuel

On the night before load up on easy-to-digest carbohydrates, such as pasta, rice, bread, potatoes, and fruits.

Consume a pre-competition meal 2-3 hours prior to the event. The meal should include high-energy foods, such as breads, cereals, pasta, rice, fruits, vegetables, and lean portions of protein.

Pretzels, crackers, or soup are good choices to eat prior to an event.

During the Workout/ Competition

- Eat what you can easily digest, such as sport bars or sports drinks. Keep it light to prevent cramps and nausea!
- Replace fluids lost in sweat with water or sports drinks.

Post-Performance Fuel

- Within the first 30 minutes eat a high-carbohydrate snack, such as a banana, energy bar, yogurt, or bagel with jelly.
- Replace electrolytes with fluids within 2 hours.
- Eat a high carbohydrate meal and include protein.



Sample Pre-Workout Meals

1. *Spaghetti with meat sauce
*Italian bread
*Salad with low-fat dressing
*100% fruit juice
2. *Turkey sandwich on whole grain bread
*Fresh fruit salad
*Oatmeal raisin cookies
*Sports drink
3. *Grilled chicken breast
*Mashed potatoes
*Green beans
*Applesauce
*Skim milk

Sample Post-Workout Meals

1. *Chicken salad sandwich on whole grain bread
*Carrot and pepper sticks
*Apple
*Skim milk
2. *Pasta with meat sauce
*Italian bread
*Salad with low-fat dressing
*Steamed broccoli and cauliflower
*Frozen yogurt with strawberries
3. *Grilled chicken breast
*Pasta and marinara sauce
*Salad with low-fat dressing
*Green beans
*Sorbet
*Skim milk



Why Food and Not Supplements?

Health professionals agree that eating a wide variety of foods is the best way to obtain essential nutrients. Supplements are a supplement **to**— not a substitute **for**— nutritious foods in the diet. In general, no vitamin and mineral supplements should be required if an athlete is consuming adequate energy from a variety of foods to maintain body weight. Foods contain a variety of nutrients and other healthful components (i.e., fiber, phytochemicals) that may not be found in supplements.

To make sure you get all the nutrients you need for health, use the Food Guide Pyramid to make healthy food choices to fuel your active lifestyle.

-National Dairy Council, 2002