

A useful summary of her key points:

- “Food is fuel that affects performance.”
- High School athletes are still growing and need good nutrition to support all they do.
- Don’t skip meals, especially breakfast.
- **Remember the 3 Rs:**
  - **Refuel:** Don’t shy away from carbohydrates (athletes should try to eat 60% complex carbs at every meal), and the remainder a mix of healthy fats and proteins. Athletes are burning lots of carbs in their workouts and their muscles require them for energy.
  - **Rehydrate:** Athletes should hydrate throughout the day, not just at practice. Aim to drink half your body weight in H<sub>2</sub>O each day. Even more on a hot day. Don’t wait to drink until after practice when it’s too late.
  - **Recovery:** Exertion equals inflammation. Proper recovery is essential for restoring tired muscles and avoiding injury. It is a good idea to eat a small, high-carb snack right after practice (for example a ‘Gu’ packet, a banana, or some dried fruit). Omega 3 fats are also rehabilitative and anti-inflammatory. Some sources include: salmon, mackerel, sardines, walnuts, olive oil, chia or even a supplement.
- Load your plate with different color vegetables: each color represents a different nutrient and veggies are “complex carbs.”
- Avoid super sugary foods. They spike your blood sugar and then cause you to “crash.” Complex carbs are better for sustained energy.
- **Some great snack ideas:** bananas, nut butters, nuts, seeds, raisins, pretzels, dry fruit, yogurt, cottage cheese, ricotta, ½ sandwich, peanut butter on bananas or apples, granola, berries, smoothies, Kind Bars or Go Macro Bars.
- **Some great hydration ideas:** bottles with markers on the side that help you hydrate enough each day; add flavor to your water with citrus slices, cucumber, berries, a splash of juice or electrolyte tablets.
- **Some great ideas for school lunches:** pack the night before; be creative; a “Bento Box” (sectioned) container is handy; eat leftovers (like chopped up steak or chicken), sandwiches, chicken, hummus, fruit, cheese, yogurt or even an entire avocado sprinkled with lemon juice and salt, eaten with a spoon.

The age-old adage still applies: “You are what you eat.” Koren hopes these guidelines and ideas help to inform and empower our athletes and their families.

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