

# FUELING FOR PERFORMANCE

**Carbohydrates:** Main source of energy for the body and brain

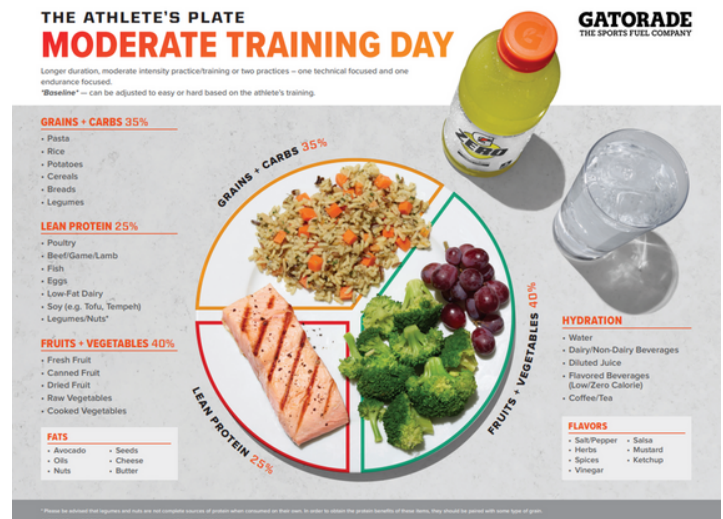
**Protein:** help build muscle and repair broken down muscle after exercise

**Fat:** Maintain nervous system, brain function, decrease inflammation, and protect organs

**Fruits and Vegetables:** provide micronutrients, energy, hydration, and have recovery and injury prevention benefits

**Hydration:** prevent dehydration, regulate body temperature, and lubricate joints

## Nutrient Breakdown



## Differences Between Sports:

**Endurance: Swimming, cross country, Track (event depending)**

- Typically have a higher percent of carbohydrates to increase muscle glycogen stores. This will allow a long steady release of glycogen to maintain energy throughout the event.

**Team "Stop-and-Go": Football, Basketball, Baseball, Softball, Volleyball, Track (event depending), Soccer, Golf, Bowling, Cheerleading**

- It is important to make sure to eat balanced meals throughout the day and a simple carb 30–60 minutes prior to activity to have high energy for quick reactions. A simple carb at half time/half-way through the game is important to keep that energy up.

**E-sports**

- It is important to maintain a healthy balanced diet and exercise regularly to be able to maintain focus and make quick decisions

**THESE ARE GENERAL RECOMMENDATIONS – NEEDS VARY BETWEEN EACH INDIVIDUAL NO MATTER WHAT SPORT!**