

Nutrition for Fitness and Athletics

The Basics

What We Would Like to Achieve

- **Increased Performance and/or better muscle tone, or lower body fat.**
- Good nutrition = Increases in athletic performance and energy, and improved body composition (fat to muscle ratio)

Concerns

- Possible limitations on food choices
- Preparing meals
- Choosing the right foods and types of exercise to best achieve our goals

Solutions

- If possible talk with your family and friends about the benefits of healthy eating
- At home or out with friends, make healthy choices whenever possible
- Learn to prepare your own meals
- Learn what foods give you energy and enhance your performance

Healthy Snacks

- Keep healthy snacks in your locker or back pack to munch on before exercise or practice
- Some good ideas might be flavored rice cakes, nuts, fruit, peanut butter, or lower sugar granola bars