

Optimal Nutrition for Growing Athletes

International Indoor Soccer Arena

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Real or Not Real?



Real or Not Real?

KRAFT MACARONI CHEESE 200G
(MACARONI IN A CHEESE SAUCE MIX)

NUTRITIONAL INFORMATION PER 100G
ENERGY kJ-1548.3, ENERGY Kcal-371.4, PROTEIN-14.3G, CARBOHYDRATES-67.1G,
of which sugars-8.6G, FAT-5.0G, of which saturates-2.1G, FIBRE-1.4G, SALT-2.0G

INGREDIENTS:
ENRICHED MACARONI PASTA SHELL (97.25%): Unbleached Wheat Flour, Niacin,
Ferrous Sulfate, Vitamin B1 & Vitamin B2
CHEESE SAUCE MIX (2.75%): Whey Powder, Milk Fat, Milk Protein Concentrate,
Sodium Tripolyphosphate, Citric Acid, Lactic Acid, Sodium Phosphate,
Calcium Phosphate, Artificial Colours - Tartrazine (E102) & Sunset Yellow (E110)

ALLERGEN INFORMATION:
Contains Gluten from Wheat Contains Milk (Dairy Products)
** THIS PRODUCT MAY HAVE ADVERSE EFFECT ON ACTIVITY AND ATTENTION IN CHILDREN **

GMO DECLARATION: Made from genetically modified wheat (May contain GMO)

IMPORTED AND DISTRIBUTED IN UK BY: **BEST BEFORE**
Innovative Bites Ltd, 87, Whitty Road, Slough, SL1 3DR **17 DEC 2013**

Servings Per Container about 3
Warning #1
Warning #2
Vitamin C 0%
Calcium 10%

Real or Not Real?

- Ingredients



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Real or Not Real?

- [Parents, get more of the scoop here](#)



Eat REAL Foods!

- Pure
- Nutrient-rich
- Good fats
- Your body recognizes them as food and responds positively, keeping you healthy
- Healthy athletes are better athletes!

Hydration

- Extremely important for performance
- Dehydration causes
- Poor technical decision making
- Fatigue (more tired, faster)
- Slower mental processing
- Increases risk for injury

How to Hydrate

- WATER!!
- Coconut water
- Herbal teas
- Homemade Sports Drink Recipe
- Natural Sports Drinks like Recharge



Hydration

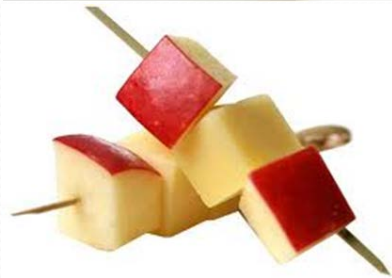
- Natural sports drinks or homemade during games only
- Mostly water when off of the field
- More fluids on game days, especially during and after
- Don't wait to hydrate!
- Hydration should be a habit.

Balanced Eating

- 80/20 Rule
- Protein and Fat with all meals and snacks
 - Proteins: Meat, fish, eggs, nuts, seeds, beans
 - Healthy Fat Sources: butter, coconut oil/milk, avocado, nuts, fatty fish (tuna, salmon, sardines), good quality bacon/sausage, eggs
- Top Picks for Healthy Carbs
 - Sweet potatoes, squashes, veggies, fruit, white rice.
 - [Homemade Sweet Potato Fries Recipe](#)
- In moderation:
 - Breads, flours and tortillas
 - Sprouted is best!
 - Grains are not necessarily necessary for good health

Balanced Eating

- On game day, get carb-rich and balanced meal 2 hours before playing
- After the game: have a carb-rich/balanced snack within 30 minutes for optimal energy reloading!
- Homemade energy balls



Caffeine

- Avoid on and off of the field
- Energy Drinks
- Resource on the Dangers of Energy Drinks
- Research shows energy drinks are ineffective at improving performance



So...What kind of fuel is you kid
playing on?

