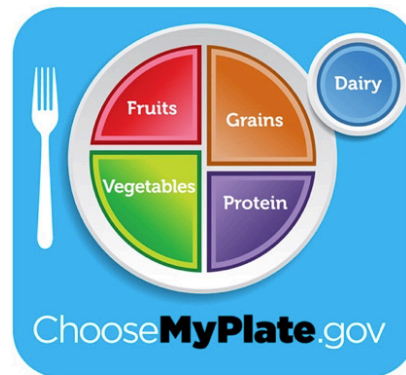
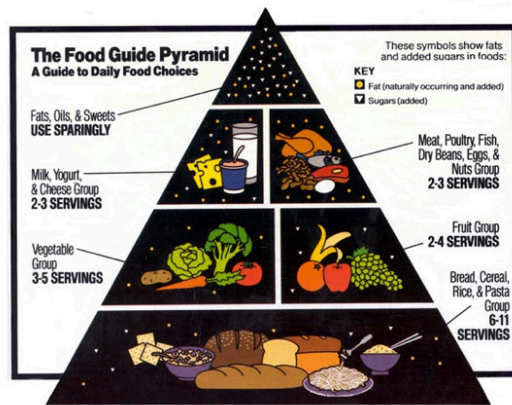




Combine  
Sports  
Medicine.

# GOAT NOTES

Combine Academy Sports Medicine Newsletter



## NUTRITION NEWSLETTER

### Students and Parents,

Athlete's should use food for a purpose, and most don't. Food has value, some can be positive and some negative. It's our judgement to decide what we should put in our body; this decision has the ability to help improve our athletic skills or slow us down. Below are tips on what we should consume on a daily basis.

**Carbs are energy-** Choose whole-grain bread, crackers, cereal, pasta and potatoes for lasting energy. Also, you can add to the list veggies, fruits, oats and quinoa.

**Protein recovers-** Active bodies need protein to support growth and build and repair hardworking muscles. Young athletes should spread protein foods throughout the day, having some at each meal and with most snacks. Good source of protein are lean meat, poultry, fish, egg, seeds, beans, milk and yogurt.

**Foods that slow you down-** Fatty foods slow digestion, which is not ideal for an athlete facing a competition. Greasy, fried foods and fatty desserts make you full but will slow down your digestion and make you sluggish. Here are some foods you should avoid, pizza, cookies, fruit juices, sugary drinks, white bread, chips, fries.

**Stay hydrated-** Good hydration should begin early in the day before athlete's even set foot on the playing field. Stay hydrated by drinking plenty of water during the day leading up to a game, especially in the two to three hours before game time. Continue to drink during the game (about 1/2 cup every 15 minutes) and afterward to rehydrate after sweat loss. Sports drinks are essential for electrolyte replacement.

Timing is everything. When you eat is just as important as what you eat. Your body needs two to three hours to digest a regular meal such as breakfast or lunch before an athletic event. Snacks like protein bars or granola bars can be consumed 30 minutes before exercising.

**Pre-game breakfast-** Breakfast should be consumed 3 hours before any event. Example of a healthy breakfast is:

- Yogurt Parfait, scrambled eggs with turkey bacon
- Oatmeal with blueberries, bananas and strawberries

**During the game/practice-** Drink 8 ounces of water 20 to 30 minutes before you start exercising or during your warm-up. During the game consume 3-6 ounces of sports drink every 15 minutes with the combination of water. Also look to foods such as bananas, protein bars for energy during activity.

**Post-game meal-** For a tasty and filling post-game meal, include all five food groups – protein, grains, vegetables, fruit and dairy. Example of a healthy post-game meal is:

- Chicken breast, whole-wheat pasta and a tossed green salad
- Salmon, quinoa with vegetables

## References:

- Castle, J. (2017). Game Day Nutrition Tips for Young Athletes. [online] Eatright.org. Available at: <https://www.eatright.org/fitness/sports-and-performance/tips-for-athletes/gameday-nutrition-tips-for-young-athletes>  
<https://www.choosemyplate.gov/>

## Director of Athletic Training



Andres earned his Bachelor's Degree from Nova Southeastern University and majored in Athletic Training. He is a member of the NATA and previously held a licensure as a Paramedic Firefighter. Andres is the father of two daughters, and husband to Mrs. Gutierrez, a pediatric ICU nurse. Mr. Gutierrez also has an immense amount of rehabilitation and physiotherapy experience, utilizing some of the most cutting edge science and athletic training practices with several NBA, NFL, MLS, and MLB professional clients.



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