



NUTRITION FOR ACTIVE STUDENTS

Support and Promote the *Michigan Nutrition Standards*

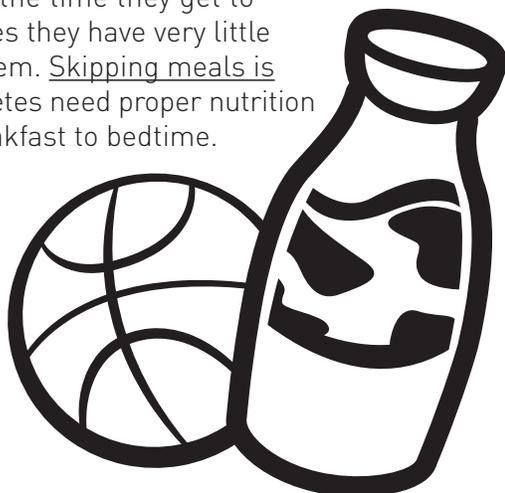
Student athletes and active kids need to eat healthy food and beverages to fuel their bodies every day, not just on practice or competition days.

Active students have different needs depending on what activity or sport they are involved in and how much time they spend taking part in that sport. All kinds of athletes, regardless of their sport, will feel better and perform better if they eat healthy food and stay hydrated with healthy beverages.

The *Michigan Nutrition Standards* recommend that schools serve and offer healthy foods and beverages to students every day and everywhere food is served or offered on school campuses and at school-related functions, including sports practices and competitions. Parents can help their student athletes eat better and perform their best when they consume foods and beverages before, during (if needed), and after practices and competitions that meet the *Michigan Nutrition Standards*.

WHAT TO EAT?

The body must have the proper fuel for peak performance. There are no substitutes for good nutrition. Many student athletes skip breakfast or lunch and by the time they get to practice or games they have very little fuel in their system. Skipping meals is not healthy. Athletes need proper nutrition all day from breakfast to bedtime.



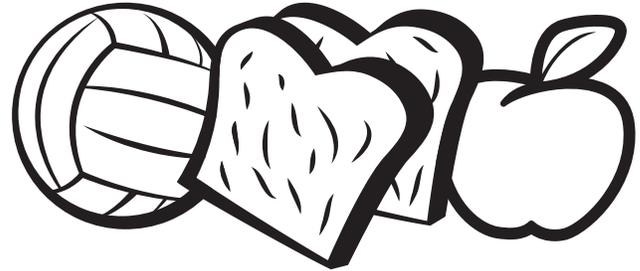
To maximize pre-game nutrition the following recommendations are based on the Michigan High School Athletic Association guidelines:

- **4 OR MORE HOURS BEFORE GAME:** A small sandwich with lean meat such as turkey or ham, fresh fruit or 100% juice, low-fat milk or low-fat yogurt.
- **3 HOURS BEFORE GAME:** Fruit or 100% fruit juice, bagel or toast with a little peanut butter, low-fat cheese, or margarine; or cereal with low-fat milk.
- **1-2 HOURS BEFORE GAME:** Fresh fruit or 100% fruit juice or a sports beverage (if needed)



ALL ATHLETES ARE DIFFERENT

It's important for coaches and parents to recognize that every athlete is different. Some athletes can't eat directly before a practice or game while others can. Every athlete needs to experiment with consuming healthy food and beverages before, during (if needed), and after practices and competitions and to find out what works best for them.



WHAT TO DRINK DURING ACTIVITY: WATER IS BEST

Active students should drink water before, during, and after practices and games. Many students do not drink enough water to prevent dehydration during physical activity. Coaches and advisors should make sure there is plenty of water available for student athletes to drink during practices and competitions. All students—athletes and non-athletes—should drink water regularly throughout all physical activities.

WATER RECOMMENDATIONS FOR ATHLETES:

- Drink 16 ounces of fluid 2 hours before physical activity.
- Drink another 8 to 16 ounces 15 minutes before physical activity.
- During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely tolerate up to 48 ounces per hour)
- After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition

OTHER HEALTHY BEVERAGES

There are plenty of healthy beverages for athletes that meet the *Michigan Nutrition Standards* that are served and offered at school. Those include:

- Low-fat or fat-free white or flavored milk
- Bottled water without flavoring, additives, carbonation, or added sugar
- 100% Juice

Sometimes parents are asked to supply snacks or drinks for student athletes. Read and follow the

Michigan Nutrition Standards for Food and Beverages Served Outside the USDA Child Nutrition Programs at Elementary Middle and High Schools

for general recommendations.