

# EXOS. NUTRITION FOR... YOUTH ATHLETES

SET YOURSELF UP FOR A SUCCESSFUL PERFORMANCE IN YOUR SPORT BY FOCUSING ON YOUR PLATE. NUTRITION PLAYS AN ESSENTIAL ROLE IN YOUTH ATHLETICS. CONSIDER THE FOLLOWING:

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## HOW BROWN ARE YOUR CARBS?

LOW-GLYCEMIC OR COMPLEX CARBOHYDRATES PROVIDE THE FUEL AND NUTRIENTS THAT ARE ESSENTIAL FOR GROWTH, DEVELOPMENT AND DAILY PERFORMANCE.



### EXPERT TIP

CHOOSE WHOLE GRAINS, SUCH AS BROWN RICE, QUINOA, STEEL-CUT OATS, WHOLE WHEAT BREAD AND WHOLE WHEAT PASTA

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## HOW COLORFUL IS YOUR PLATE?

FRUITS AND VEGETABLES CONTAIN CALCIUM, POTASSIUM, VITAMIN K, MAGNESIUM, PHYTOCHEMICALS AND OTHER ESSENTIAL MICRONUTRIENTS THAT SUPPORT PERFORMANCE AND OPTIMIZE THE BODY'S FUNCTION.



### EXPERT TIP

ADD 1- 2 SERVINGS OF FRUITS AND VEGETABLES TO EACH MEAL AND SNACK

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## HOW LEAN IS YOUR PROTEIN?

LEAN PROTEINS HELP STRENGTHEN, REPAIR AND REBUILD CELLS AND TISSUES, THUS SUPPORTING A STRONG AND HEALTHY BODY.



### EXPERT TIP

CHOOSE LEAN PROTEINS, SUCH AS CHICKEN, TURKEY, FISH, EGGS, BEANS, LENTILS & LEAN BEEF

## HOW HEALTHY IS YOUR FAT?

SATURATED AND TRANS-FATS (SUCH AS FRIED FOODS, CHIPS, PASTRIES, AND FATTY CUTS OF MEAT) PROMOTE INFLAMMATION, RESULTING IN JOINT STIFFNESS AND MUSCLE SORENESS. POLY- AND MONO-UNSATURATED FATS DECREASE INFLAMMATION, SUPPORT BRAIN FUNCTION AND PROVIDE THE BODY WITH PROTECTION.



### EXPERT TIP

CHOOSE HEALTHY FATS, SUCH AS ALMONDS, WALNUTS, PUMPKIN SEEDS, FLAX SEED, AVOCADO, OLIVE OIL, FISH & FISH OIL SUPPLEMENTS

## ARE YOU DRINKING ENOUGH WATER?

PROPER HYDRATION WITH WATER MAINTAINS STRENGTH AND INTEGRITY OF TISSUES, JOINTS, MUSCLES, BONES AND TENDONS, IMPROVING DAILY PERFORMANCE.



### EXPERT TIP

DRINK HALF OF YOUR BODY WEIGHT (IN LBS) IN OUNCES OF WATER EACH DAY

## HOW GOOD IS YOUR TIMING?

PROPER TIMING OF MEALS AND SNACKS ENSURES THAT THE BODY GETS ALL THE RIGHT NUTRIENTS AT THE RIGHT TIMES TO SUPPORT PERFORMANCE. START THE DAY OFF WITH A WELL-BALANCED BREAKFAST.



### EXPERT TIP

EAT SOMETHING EVERY 3 - 4 HOURS. INCLUDE HEALTHY SNACKS BETWEEN MEALS

FOR MORE NUTRITION INFORMATION CONTACT **EXOS**  
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