



Nutrition for Youth, Athletes, and Performance

Bre Kunkel, Certified in Personal Training
and Nutrition



About Bre

- Organizational Communications degree - Winona State University
- Certified in Personal Training & Nutrition
- Owner, B Fit - Personal Training & Nutrition business
- Coach, Apple Valley High School Strength & Conditioning; 9th Grade Boys Soccer
- Fitness Instructor, C4 Fitness, Apple Valley
- Student athlete - played basketball and soccer
- Played college intramurals
- Refereed

Protein

Protein: purpose is to build and repair body tissues and structures.

Lean, animal protein

- Chicken breasts- no additives or hormones
- Eggs, egg whites, and boiled eggs
- Lean ground beef/turkey
- Salmon, cod, tilapia, and tuna
- Whey protein

Protein from plant sources

- Nuts - pecans, almonds, cashews, walnuts, etc.
- Legumes/lentils
 - Beans, chickpeas
- Hummus
- Plant based protein powder

Adding additional protein powders will help with quicker recovery, increased muscle size and increased performance over time.

Carbohydrates

Carbohydrate: simple sugars (fruit and honey), starches (whole grains), and cellulose. They are the main source of energy for our brains and bodies

Starchy carbs/whole grains

- Regular/sweet potatoes
- Spaghetti squash
- Rice/quinoa
- Whole grain/whole wheat bread
- Pasta
- Oatmeal
- Rice cakes
- Granola
- Corn, black beans, chickpeas,
- Pretzels, crackers, chips (try to limit)

Complex/veggie/fruit carbs

- Broccoli
- Cauliflower
- Carrots
- Berries
- Bananas, oranges, apples
- Brussel sprouts/asparagus
- Bell peppers
- Zucchini
- Green beans
- Any fruit

Healthy Fats

Fat: purpose is to digest slowly, keeping you satiated for longer period of time. It also reduces inflammation, protects your body's cell growth, and helps absorb other nutrients essential for the body.

- Avocado
- Coconut oil
- Extra virgin olive oil
- Nuts
- Hummus
- Nut butters - **natural** peanut butter, almond butter, cashew butter
- Chia seeds
- Flaxseed
- Seeds - pumpkin seeds, sunflower seeds

90 Minutes and Under, Before or In-Between Games

***Some protein, low/no fat, paired with fast acting carbohydrates**

- Banana with a little nut butter
- Peanut butter and jelly sandwich
- Banana, peanut butter tortilla wrap
- Apple sauce
- Saltine crackers and nut butter
- Berries (smoothie style is best)
- White rice
- Quick oats

1-2 Hours Before Game or Practice

Before a game or practice focus on: Carbohydrates and fluids

- Fresh fruit/dried fruit
- Pretzels, goldfish or crackers
- Granola bar/protein bar
- Graham crackers
- Apple sauce
- No fat yogurt with granola
- Apples/oranges
- Orange juice - natural, no added sugar

Dinner: Night Before a Game

Night before an evening game (protein, carb, & fat)

- Pasta with sauce, beef, and garlic bread with side salad
- Chicken, sweet potatoes, brussel sprouts, and BBQ sauce
- Burger, bun, toppings and sweet potato fries
- Tacos with toppings, avocado, and salsa
- Toast with peanut butter, eggs and yogurt with granola and berries
- Protein pancakes with eggs, turkey bacon and berries

Night before a morning game (protein, carb, & low fat))

- Cottage cheese with fruit
- Oatmeal with protein powder and egg whites
- Bagel with peanut butter
- Dry cereal

Tournament Fuel

Plan snacks/meals with protein and complex carbs with limited amount of fat, especially fried or greasy food.

Packed lunch

- Boiled eggs and fruit
- PB&J sandwich
- Turkey sandwich and veggies/fruit
- Fat free yogurt with fruit and granola
- Grapes, low fat string cheese, multigrain crackers

On-the-go and best restaurant options

- Bananas , apples, oranges, fruit cups
- Protein bars
- Protein shakes
- Dried fruit
- Beef jerky
- String cheese
- Fat free yogurt
- Salads with protein and bread
- Small(er) sandwiches with lean protein

Post Game or Practice

30 minutes to two hours after a game or practice focus on protein and carbohydrates

- Chocolate milk
- Protein shake or bar (KIND, RX, Cliff, Honey Stinger)
- Chicken and sweet potatoes with broccoli
- Ground turkey or beef with rice and salsa
- Lean deli turkey wrap with veggies on the side - **no added nitrates or preservatives to the meat**

Hydration

Important: EVERYDAY not just game days!

- Everyday = roughly body weight in oz
- Performance days = 14-22 oz 2 hours before game or practice
- When it is hot/humid - 50% more fluid intake is necessary
- Body Armour, sugar free Gatorade/Powerade, Nuun electrolyte tablets

Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.



Doing ok. You're probably well hydrated. Drink water as normal.



You're just fine. You could stand to drink a little water now, maybe a small glass of water.



Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit www.urinecolors.com



Rest and Recovery

- **SLEEP**
 - Proper recovery, overall brain function, burn out, stress, anxiety, depression
- Time and stress management
- Prevent burn out- time away from sport
- Athletes listen to your body, parents noticing cues
- Making sure to get protein and carbs in after game, practice, or training session
- Lots of fluids

Supplementation

Supplements are used to enhance a well-balanced diet with protein, carbs, and fat.

- **Protein powders**
 - Whey, plant, bone broth and soy
- **Collagen powder**
 - Vital proteins and Bulletproof (brand)
- **Fish oil**
 - EPA and DHA
- **Vitamin D**
 - Improves mood and energy
- **Magnesium**
 - Prevents muscle cramping and keeps electrolyte levels more balanced

Recipes

Oatmeal balls

- 1 cups oatmeal
- ½ cup peanut butter
- ¼ cup honey
- 1 scoop protein powder-optional

Protein pancakes

- Kodiak cakes
- Additional scoop of protein powder

Shakes/Smoothie

- Almond milk, scoop of protein powder, collagen powder, 1 tsp nut butter, banana and ice
- Coconut milk or water, protein powder, strawberries, banana, collagen powder, and ice
- Skim milk, protein powder, yogurt, berries, and ice

*Base, protein, fruit, healing



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