

Nutrition for CC Athletes

Food Creates Energy!

Food is a combination of nutrients. Each nutrient has a specific purpose in the body. They work best when eaten together! It's a team effort!

Carbohydrates are used to create energy. They transform into the primary fuel for muscles, called glycogen.

Sources: whole grains, oatmeal, brown rice, quinoa etc.

Proteins help with cell growth and repair.

Sources: poultry, fish, eggs beef, cheese beans etc

Fats transport vitamins and minerals to your cells. They are also a very slow secondary energy source.

Sources: olive oil, avocado, butter (& nut butter), nuts, seeds

Vitamins play a key role in turning carbohydrates into glycogen. *Sources: strawberries, sweet potatoes, dark leafy greens, oranges*

Minerals provide essential materials to keep your body getting stronger *Sources: Dairy, bananas, sea vegetables*

Fiber helps food move through the body, as well as helping you feel full and satisfied. *Sources: grains, fruits, vegetables and grains.*

Water is 55-65% of our body weight! Dehydration impairs bodily functions, and slows recovery.

*Every time
you eat or
drink
it is an
opportunity
to make
yourself
stronger!!*



Chocolate Milk is a great post workout refresher, but avoid pre workout, as dairy can cause phlegm.

GET THE RIGHT MIX!

Ditch processed food! Focus on getting the right mix of nutrients!

Food Type	Veggies	Fruit	Whole Grains	Protein	Healthy Fats	Nut Butters
Amount (Female)	5 Cups	5 Cups	4 Cups	5 Cups	1/2 Cup	3 Tbls
Amount (Male)	7 Cups	7 Cups	5 Cups	6 Cups	1/2 Cup	4 Tbls

Timed nutrition for the most energy!	
2-3 Hours before Practice or Race	Pre Race Meal
1-2 Hours before Practice or Race	Snack: Fruit, crackers, bread. Only if needed
0-1 Hour before Practice or Race	NO FOOD- JUST RUN!
30 minutes after Practice or Game	Post Race Snack

Most of your meals should be mostly carbs like whole grain pasta, potatoes, fruits and veggies, with about 25% being Protein. Remember Glycogen is how you get energy, but your muscles can only store so much at a time, **you need to be constantly re-fueling!**

10 Fast Post Workout Snacks				
Eat within 30 minutes of the workout- high carb to restore energy				
1 PB &J sandwich	2 Pita with hummus	3 Turkey Roll Ups	4 Veggies & Dip	5 Oatmeal with strawberries
6 Cinnamon Raisin bread with banana	7 Rice cakes with nut butter with an apple	8 Tortilla chips with black bean salsa	9 Half bagel with cream cheese	10 Crackers, cheese & grapes

Breakfast Ideas

Banana Pancakes
Oatmeal Waffles
Steel cut oats with
nut butter and
banana
Breakfast Sausage
Fried Rice
Breakfast Burrito
Eggs and Potatoes
Sweet Potato with
Maple syrup and
pecans
Yogurt parfait
Salmon and bagels

Snack Ideas

Cornbread
Banana Bread
Oatmeal Raisin
Cookies
Hard Boiled Eggs
Deli Bean Salad
Deli Pasta Salad
Whole grain muffins
Trail Mix
Yogurt



Drink 6oz of water for every waking hour! Starting and finishing your day with 16 oz!

Please reach out with questions!

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