Top 5 Nutrition Needs for Student Athletes

1. **40+ nutrients every day**
   Choose: milk, cheese and yogurt, lean protein, whole grains, fruits, vegetables.

2. **Protein**
   Up to 0.5 - 0.8 gms/lb body weight per day.
   Choose whole food proteins throughout the day – Eat breakfast.

3. **Enough Fuel**
   Special diets and avoiding food groups can cause under-fueling.
   Create personal plans here: www.supertracker.usda.gov

4. **Planning**
   Eat for performance every day – training, competing and resting.
   Choose nutrient-rich foods and try to eat full meals at regular intervals.

5. **Hydration and Refueling**
   15-30 after exercise choose protein, carb and fluid for recovery.
   Drink enough water throughout the day to prevent thirst.