



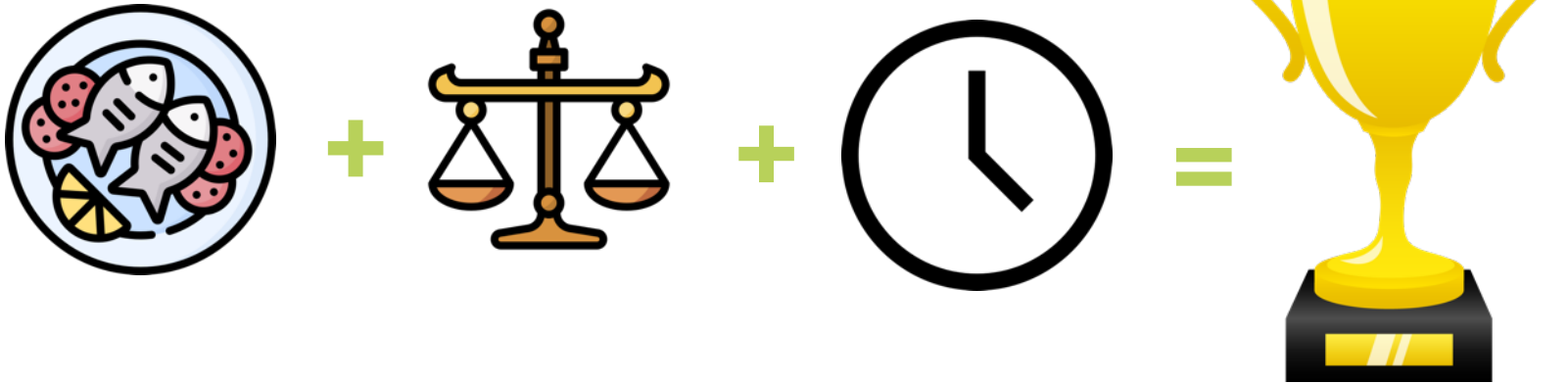
Nutrition Foundations For Youth Athletes

Why Nutrition?



Why Nutrition?

Every single thing you do requires energy and you can only get this energy from the food that you eat.



What you put on your plate, the amount and the timing will all affect your performance and set you apart for our opponents.

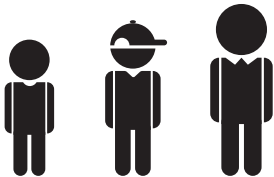
Getting this right gives you a huge advantage over your competitors and can be the difference between winning and losing.

Energy



Energy

Energy Out



Energy In



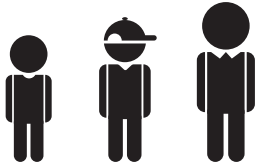
Youth athletes have much higher energy needs than their non-athletic peers.

Not only do they need high amounts of energy for training and sport, but they also need it for normal growth and development and for optimal health too.

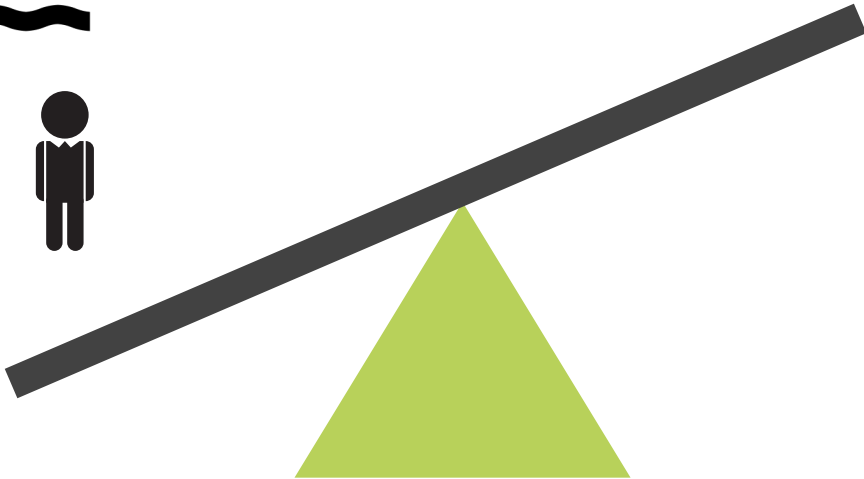
It's vital to ensure they consume enough energy (food) to balance with the energy used for **growth and development** and the energy demands of **regular sport**.

Energy Balance

Energy Out



Energy In



If this balance is off and athletes burn more calories than what they eat, then their body will begin to shutdown certain functions.

Think of this like when a phone goes into low power or battery saver mode. You can still use it, but some apps wont work and it functions much less efficiently.

The body is the same and this is **very bad** for long term health and performance and will increase the risk of injury too.

Energy



Under fueling can have both **short-term** and **long-term** performance and health effects including:

- Increased risk of injury
- Increased susceptibility to illness
- Decreased cognitive function and poor mood
- Negative effect on academic and schoolwork

But most importantly

It can impact all aspects of growth, development and health.

Macronutrients

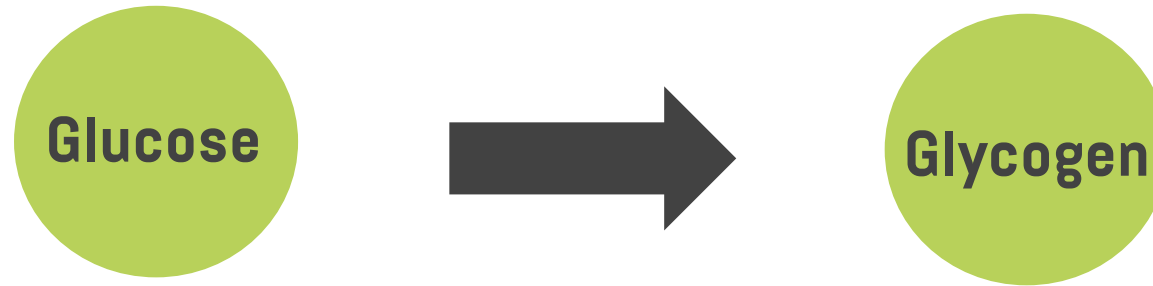


Carbohydrates

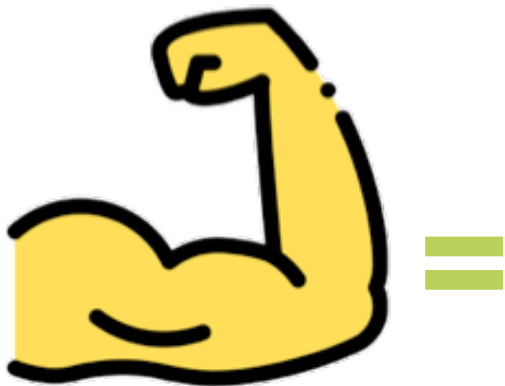
Carbohydrates are the bodies preferred energy source for high intensity exercise.

The **glucose** you get from food will either circulate in the blood or will be stored in the muscles as **glycogen**.

Ensuring adequate supplies of carbohydrates in the muscles is key to performing well in training.



Starting a session with a full tank = good performance



=

Decision Making
Strength
Accuracy
Fatigue
Recovery
Injury/ Illness

=



Types of Carbohydrates

There are two different types of carbohydrates. These are: simple and complex carbs. This refers to how quickly they can be digested and used for energy.

COMPLEX

These are broken down slower and release their energy slower.
Choose these: **2-3 hours before training**



- whole grain bread
- brown rice & pasta
- quinoa
- fruit
- vegetables
- muesli, porridge

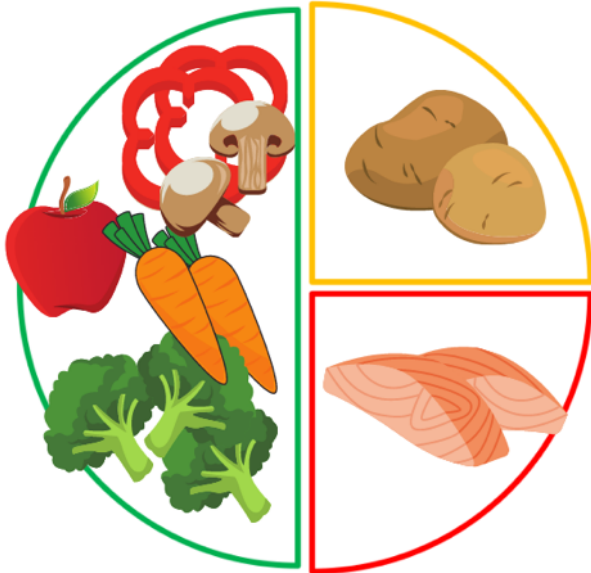
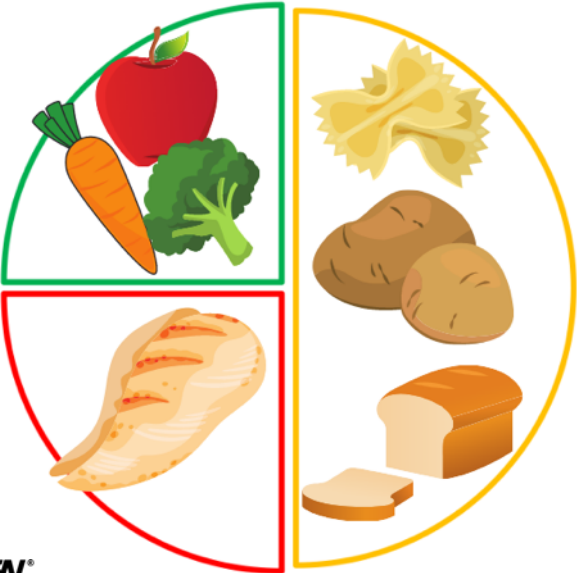
SIMPLE

These are broken down quicker and release their energy quicker.
Choose these **immediately before, during or straight after training**



- white bread
- rice & pasta
- honey
- corn flakes, coco pops
- fruit juices
- sports drink & gels

The more exercise you do, the more carbs you will need to eat to fuel and refuel your body.
Use the pictures below to match your carbohydrate intake to your training demands each day.

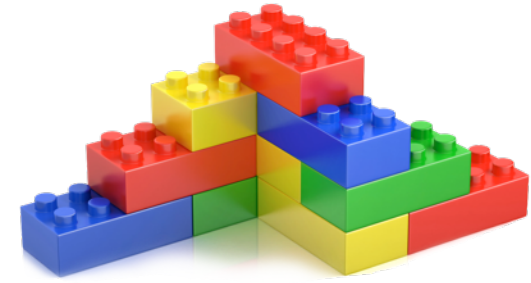


Protein

Proteins are the building blocks of everything in the body & can also provide energy.

They are made up of 21 different **amino acids**.

10 of these cannot be made in the body and so must be consumed from a varied diet.



Protein intake should be spread evenly throughout the day.

20-30g in
each meal



10-15g in
each snack



20g after
exercise



Protein Sources

Eat a variety of different protein sources to make sure you get all the **essential amino acids**
And spread intake evenly throughout the day in **3 meals & 2 snacks**

ANIMAL



- Meat
- Fish
- Poultry
- Milk
- Cheese
- Yoghurt
- Eggs

PLANT



- Nuts
- Seeds
- Beans
- Peas
- Lentils
- Soy
- Meat alternatives (Quorn etc)

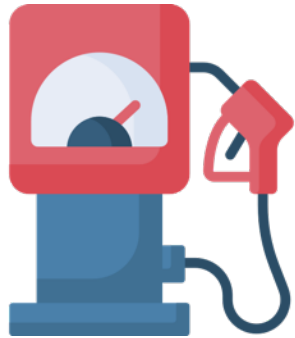
Fat

Fats are an essential fuel source for the body and are the most energy dense, providing 9kcal per gram.

They also provide fatty acids and allow the transport of fat-soluble vitamins as well as providing insulation and protection to the organs.



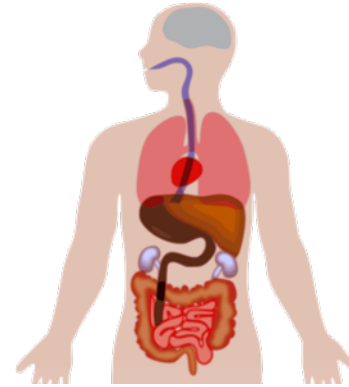
Preference should be given to unsaturated fats!



Energy



Vitamins &
Fatty Acids



Insulation &
Protection

Sources of Fat

Preference should be given to unsaturated fats!

UNSATURATED



- Nuts
- Seeds
- Oils
- Fish
- Avocados

SATURATED



- Meat
- Butter
- Cheese
- Milk
- Eggs

TRANS FATS



- Takeaways
- Ready Meals
- Cakes
- Biscuits

Snacks



High Carb Snacks

On days where you have long or hard training sessions and in the buildup to competitions, snacks are a great way to increase your carb intake and ensure you're fueled. Remember to pair the options below with a **high protein** snack too.

Energy
Boost

Training
Days



High Protein Snacks

Aim to eat 1-2 high protein snacks between meals every day, even on light training days and rest days. This should contain **10-15g of protein**. If you have a heavy training day, pair the options below with a high carb snack too.

Between
Meals

10-15g



Rest Day Snacks

On rest days it's still important to focus on your nutrition. Your carbohydrate intake won't need to be as high, so focus on high protein and nutrient dense snacks. You should still eat 1-2 snacks even on rest days.



**Nutrient
Dense**

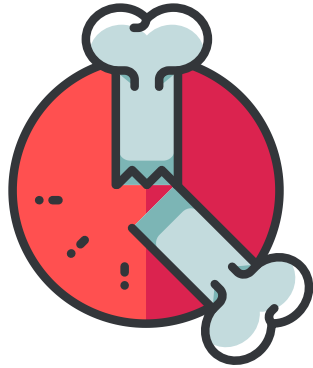
**1-2
snacks**

Micronutrients



Micronutrients for Athletes

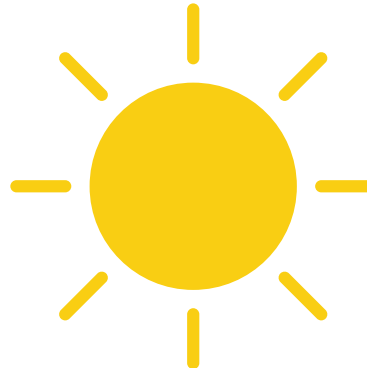
The 3 key nutrients for youth athletes are; calcium, vitamin D and iron



Calcium

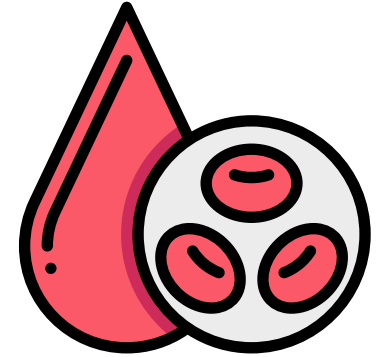
Calcium is key to bone health and muscle contraction. Insufficient calcium in the diet cause calcium to be removed from the bones.

Deficiencies can result in bone fractures and breaks and diseases like rickets



Vitamin D

Vitamin D is key to calcium absorption and therefore bone health. Its also vital for muscle repair and immunity. Sunlight is needed to make vitamin D and so athletes are often deficient in the winter months.



Iron

Iron is key to oxygen transport and energy production. Iron is lost in the sweat and during menstruation, so athletes have greater needs, especially female athletes.

Hydration



Hydration

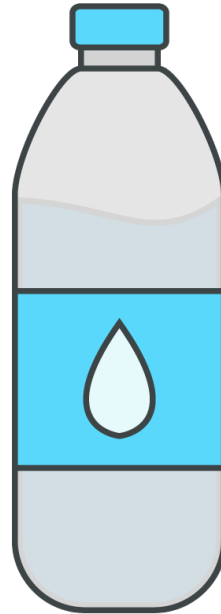
Hydration is a key part of good nutrition.
Dehydration affects all aspects of performance including;

- strength
- stamina
- fatigue,
- Accuracy
- decision making.

Use the chart on the right to check you're hydrated before a training session, game or competition.

And remember:

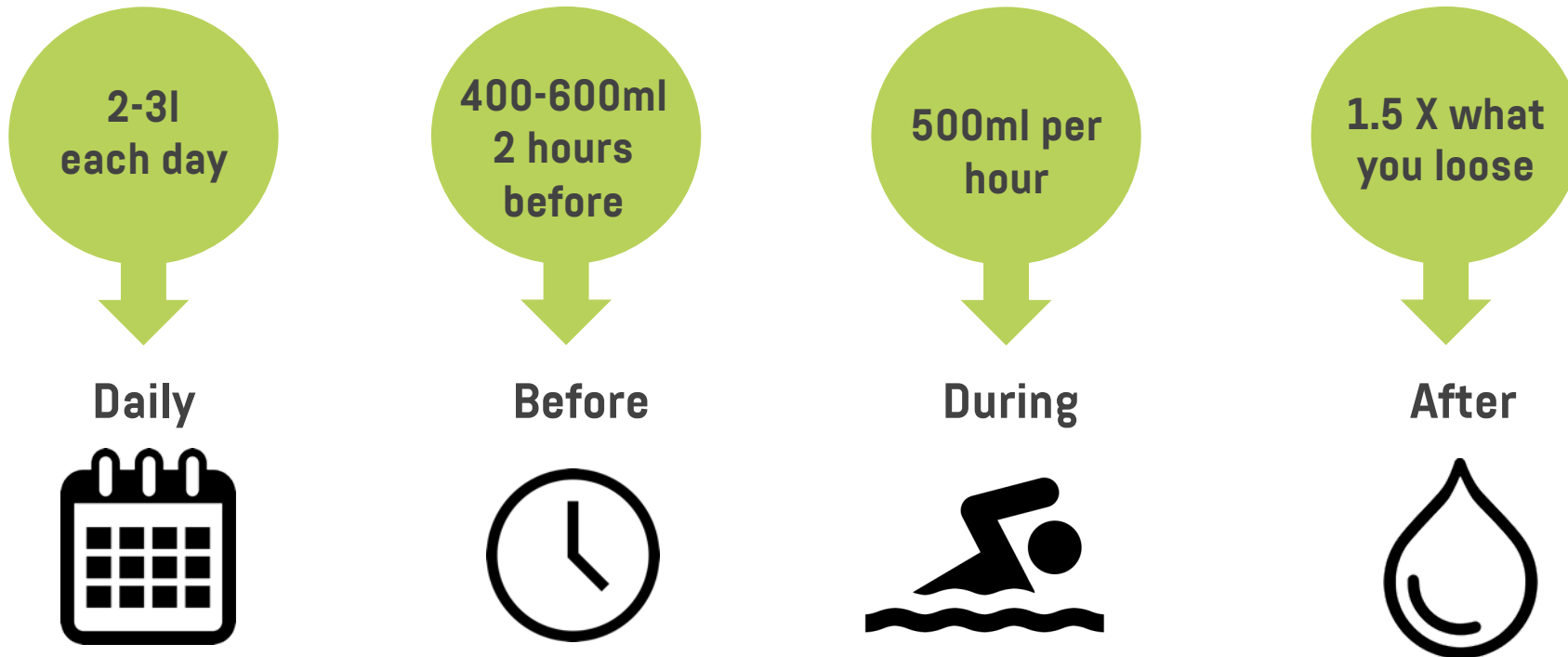
Prevention is better than cure



How Much?

The amount you need to drink will vary from athlete to athlete and will depend on a number of things like how hard or long the session is or how hot or humid the conditions are.

Use the information below as a rough guide to how much you should be drinking each day and during training session and games.



Training Day Nutrition



Before Training

The goal of a pre training meal is:



Pre training meals should be:

High
Carbohydrate

Low
Fat

Easily
Digested

Examples of good pre-training meals include:

- Porridge with banana & honey made with semi-skimmed milk
- Tomato pasta with chicken and veg
- Stir-fry noodles with lean beef and veg
- Homemade egg fried rice

During Training



When the glycogen stores are full, they can hold enough fuel for around **60-90 minutes** of exercise.

If you have a session longer than an hour, then you will need to top up your energy stores to make sure you don't run out of steam and your performance doesn't suffer.



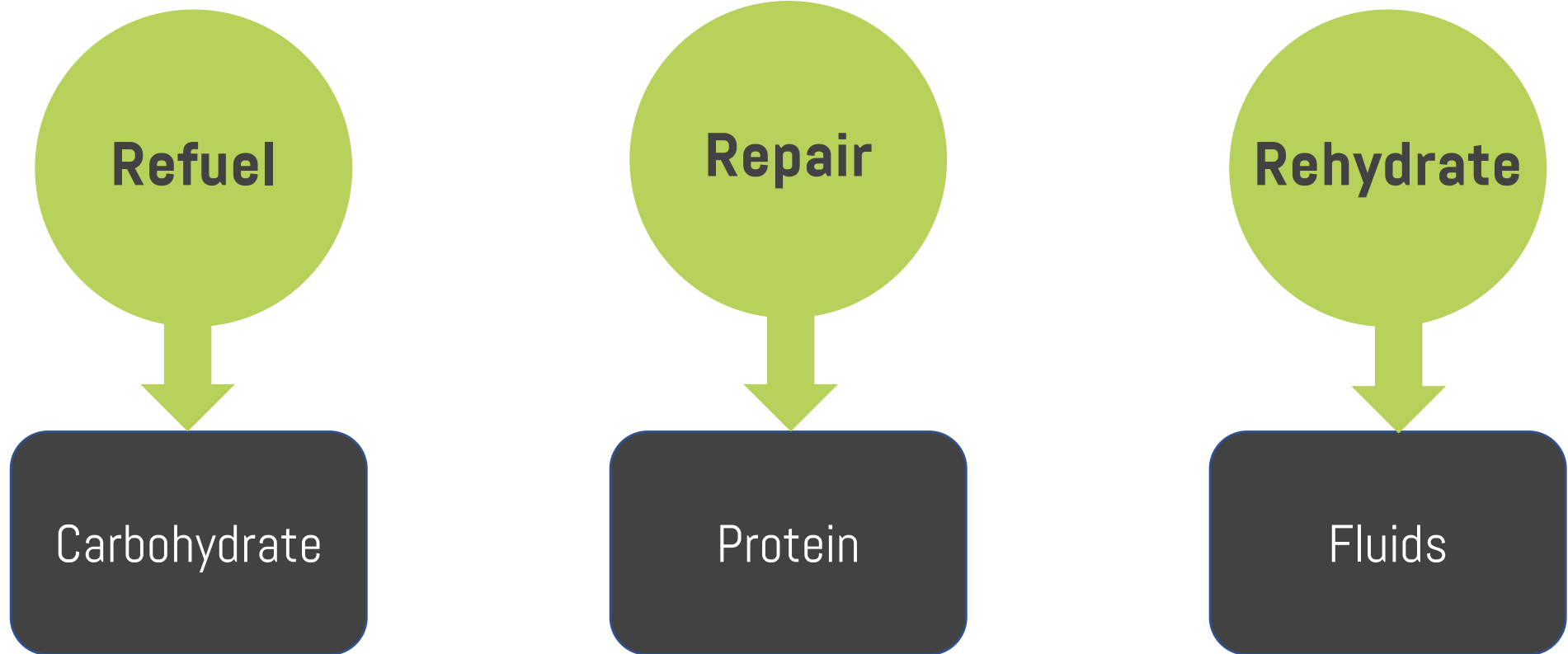
Energy Boost

High carbohydrate snacks and drinks that are easy to digest are great options to have during a session, game or competition.

After Training

The goal of a post training meal is Recovery

The 3 R's of recovery are:

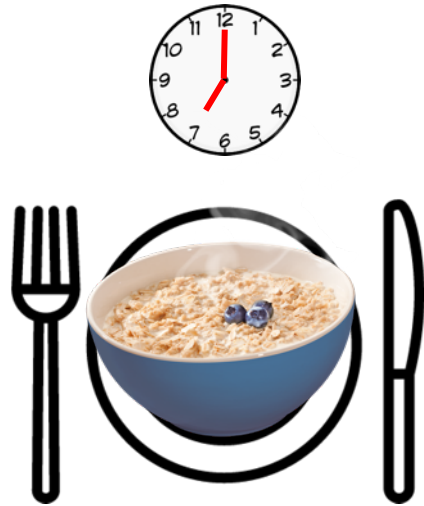


Make sure to eat a meal that ticks all of these boxes within around 60-90 minutes after the session finishes

Training Day

A typical training day might look like this:

**3 Meals
2 or 3
Snacks**



Early Morning Sessions



Early Mornings

The goal of early morning feeding is to fuel the body for the session.
Foods should be the same as other sessions:

High Carbohydrate

Low Fat

Easily
Digested

Choose light meals or snacks to prevent stomach discomfort.
Drinks and smoothies are a great option if you can't face solid foods.



Main focus **MUST** be on the **NIGHT BEFORE**



1-1 Nutrition Coaching

Work with our nutritionist to take your performance to the next level!

Our 4-week coaching plan includes:

- Comprehensive dietary analysis
- Personal nutrition plans
- Tailored to your athletes age, sport and dietary preferences
- Regular contact with SENr qualified sports nutritionist

FREE 15-minute consultation call using code **FREE1**

NUTRI-TEEN

Food for fuel

Specially developed to be used as:

- a high-energy breakfast food
- pre or in-game snack
- for a matchday boost

Suitable for all age groups



PRO-TEEN

Complete recovery nutrition after sport

- Vitamins
- Minerals
- Carbs
- Healthy Fats
- Protein
- Amino Acids

PRO-TEEN

- Designed for convenience
- Help to avoid skipping meals
- Ensure all nutrients are consumed
- Support recovery, normal growth & performance
- Just shake it up and go!



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