

# Youth Sports Nutrition Tips

## STAY HYDRATED!

- Drink water throughout the day
- Take sips of water often during practices and games
- Consider hydration drinks or powder for longer practices and games
- Look in the toilet to see if you're hydrated (urine color!)



### URINE COLOR



## PRE-GAME

- 2 hours before have a meal with carbohydrate, protein, and fat



- 30 minutes before have a snack containing an easy to digest carbohydrate source

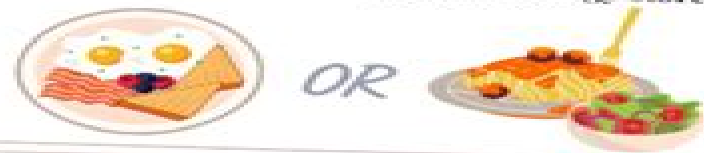


## RECOVERY

- Within 30 minutes have a protein and carbohydrate-containing snack or drink to refuel and repair



- 2 hours after have a recovery meal or larger snack to continue to top up your energy stores

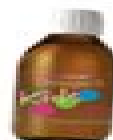


## NUTRITION SUPPLEMENTS FOR YOUTH ATHLETES

- Vitamin D- 800 IU  
Drops, gummies or chewables



- Omega 3  
(if you're not eating fish 2x a week)  
NutraSea for Kids has both Vitamin D + Omega 3



- Multivitamin

Centrum Junior Complete has both Iron and Calcium



ADULT NUTRITION EXPERT

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# Ideas Nutrition Guide

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