



International School of Luxembourg Girl's Basketball Nutritional Information

Nutrition is very important in sport for a lot of reasons. It helps enhance your muscles function, helps your nervous system performance and recovery, it helps your immune system function, it helps muscle recovery, helps injury prevention and it gives you ENERGY. Proper nutrition has a huge impact on your athletic performance. You are very involved in basketball and work hard on the court, conditioning, and most of you also are active with club teams or other sports at the same time. You are asking your body to do a lot of work, so it is time to make sure you are giving your body the energy it needs. The right nutritional decisions will help you and your body's athletic performance.

Nutrition can make a huge impact on your athletic performance. In addition to the foods you eat being important, the specific times at which you consume foods are just as critical. By eating the nutritious foods at the right time you are giving your body the energy and fuel it needs to perform. In contrast to this, if you fill your body with unhealthy foods at the wrong times it can cause you to be tired and not have the energy your body needs for performance.

Girls you need to give your body enough energy and this comes through eating! You need to eat proper amounts of carbohydrates, protein and healthy fats every day. Carbohydrates will help you maintain enough energy throughout your workouts, and also help prevent muscle fatigue. Protein will help keep you strong and aide in your body's ability to build muscle and recover your muscles. It is also important to include healthy fats in your diets. These will help your hormones, metabolism, bone health and let's not forget how great these fats are for our skin and hair. I know most of you think of calories and fat as the enemy, but girls you have to give your body fuel in order for it to perform! I encourage you to maintain a steady diet that consists of carbohydrates, proteins, and healthy fats!

In addition to eating, hydrating your body is just as important for your athletic performance.

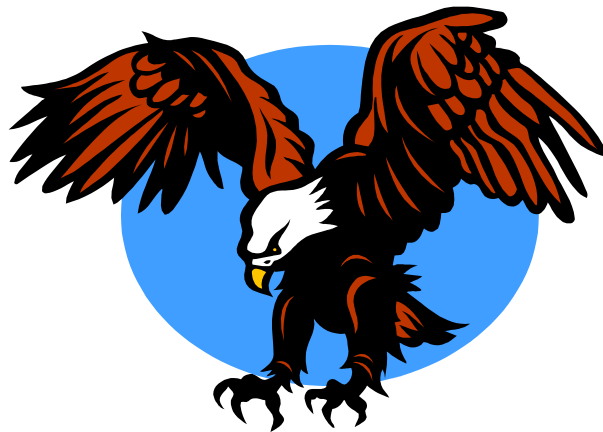
Stay away from the sugary drinks, juices and sodas. Your body is working hard during basketball season and you are sweating a lot. Replacing the fluids and electrolytes your body

loses during workouts is very important, and keeps your body from becoming dehydrated. Water is the best choice to hydrate yourself, but if workouts are strenuous and intense Gatorade is also a good choice. Drinking a few glasses of water an hour before you play, small drinks during play, and even more after you play will help aide in keeping your body hydrated and ready for your next workout.

Pre-competition meals are very important and here are a few ideas to think of when eating before a game. Make sure this meal includes sufficient fluid for your body, that it is low in fat, moderate in protein, and high in carbohydrates. The high levels of carbs will help your body maintain sugar levels, and also give your body the energy it will need to perform. Girls make sure you eat something that is familiar to you, and that your body is use too eating prior to an athletic performance!

As important as nutrition is prior to competition, it is also very important in helping you recover from workouts or games. You lose a lot of nutrients that need to be replenished during practices and games, and you should replace these soon after competing. The reason you want to eat a post workout/game snack soon after you are done playing is because it will help replace fluid loss, helps repair muscle damage, and will help increase your energy store. Replacing these lost nutrients in your body within 30 minutes after competition will allow your body to recover more quickly.

On the following page you will see a list of 6 examples of post competition recovery snacks. I have thought of foods that are not only healthy for you, but also that I think you will enjoy. If you have any ideas of your own please share them with the team, and keep in mind that we want each snack to contain 100-150 grams of carbohydrates, and 10 grams of protein. I am ok with a little more protein in your recovery snacks, as it is important for your recovery.



Snack #1	Carbohydrates (grams)	Protein (grams)
Yogurt (8oz)	20	11
Honey (2tbsp)	34	0
Banana	60	2
Totals	114	13

Snack #2		
Bagel (1)	45	6
Peanut Butter (2Tbsp)	7	8
Honey (2Tbsp)	34	0
Totals	149	14

Snack #3		
1 cup of trail mix	90	9
1small pack of M&M's	34	2
Totals	124	11

Snack #4		
Gummi Bears (15)	34	2
Chocolate milkshake (8oz)	110	10
Totals	144	12

Snack #5		
1 cup of chocolate skim milk	48	8
2 cups of Special K	74	5
Chocolate cereal		
Totals	122	13

Snack #6		
½ of Turkey and Swiss sandwich	28	11
On whole wheat bread		
Apple Slices (1 apple)	19	2
Carmel Dip (2 Tbsp)	40	0
Gatorade (12 oz)	22	0
Totals	109	13

I hope this list is helpful for you as you look for healthy foods to put into your body, that aide in the recovery process after competition. If you have any questions, or suggestions please ask (stoweam1@msu.edu)! Girls this is by no means ideas for a “diet” but rather ideas to incorporate into the diet of food that you eat while training! ☺

