

# HOW TO BE A HEALTHY HOO

ACCORDING TO THE UVA DEPARTMENT OF SPORTS NUTRITION

“How you choose to fuel your body is up to you - make it count”

COMPETING AT THE COLLEGIATE LEVEL DEMANDS ATTENTION TO DETAIL. PROPER NUTRITION AND HYDRATION CAN GIVE YOU:

- 1 More energy to train and compete
- 2 Faster recovery from training and competitions
- 3 Less down time due to illness and injury

## THREE NUTRITION LEVELS

### LEVEL ONE

### FLUID, VITAMINS, AND MINERALS

#### HYDRATION:

Water is the largest single component of the body. It comprises more than 70% of our solid tissue, including muscle tissue.

#### HOO KNEW?

Hydration is overlooked by most athletes, with more than 50% living in a state of dehydration!

#### WHAT YOU CAN DO:

Pre-hydrate - Drink 16-20 ounces of water 2-3 hours before competition/practice. Drink 8 ounces of water or Gatorade 10-20 minutes before practice/competition. Try to drink 5-10 ounces every 15-20 minutes. One gulp is typically around one ounce.

#### VITAMINS & MINERALS:

It is essential to get a colorful variety of fruits, vegetables, and nuts into your daily diet. Aim for having the colors of the rainbow on your plate.

#### HOO KNEW?

Iron is important. It allows oxygen access to your cells that make energy. If you are not getting enough iron, you will not perform optimally.

#### WHAT YOU CAN DO:

Aim to incorporate animal sources of iron into your diet such as beef, chicken, turkey, pork, and fish. Make sure to include foods that are high in Vitamin C such as peppers, tomatoes, melons, berries, and dark green vegetables.

### LEVEL TWO

### CARBOHYDRATES



Carbs are a staple part of a complete sports diet



Post exercise carbs can help improve muscle glycogen stores



Carbs should be eaten at each meal and before, during, and after practice



Aim to have a carb source within 30 minutes post workout

### LEVEL THREE

### PROTEINS AND FATS

#### HOO KNEW?

Protein has a role in muscle growth and repair, and in boosting the immune system.

Some athletes tend to overdo protein, while others barely meet their needs.

#### HOO KNEW?

25% of your calories should be fat. All athletes need .45 grams of fat per pound of body weight.

Remember: A high diet in animal fats is not your goal. Choose to include healthy fats such as nuts, olive oil, avocado, or natural peanut butter in your daily diet.

\*For optimal recovery, a combination of carbohydrates and protein are essential within 30 minutes after a workout.

## WANT TO KNOW MORE?

Be proactive: Make an appointment with nutritionist Randy Bird or Kelly Rossi to learn about your specific needs.



Reference:  
Game Breaking Nutrition: Eating Strategies to  
Take Your Game to the Next Level

Created by Dena O'Brien, XC/Track '14  
Designed by Sara Neel, '15