

Sports Nutrition

COMING TO A SCHOOL NEAR YOU

Dear Parents and Guardians,

Thank you for the opportunity to speak to your athlete about sports nutrition and Fuel for Function. I'm Dawn Holmes, Sports Dietitian for OhioHealth Sports Medicine. It is my pleasure to guide them in developing healthy fueling habits and improving performance*

Middle school is a time of growth – mental, physical and emotional, as well as greater independence. Students have increased involvement in school sports, and fueling needs are important. Developing healthy habits are critical for their well-being and performance. Misinformation abounds, which is why I'm visiting your child's school to talk about best practices for eating as an athlete. Education is key to developing a solid fueling foundation and helping prevent disordered eating behaviors. A summary is included below. Feel free to ask your athlete for more information.

Happy Fueling!
Dawn Holmes, MS, RD, CSSD, LD

Food is Fuel

- ✓ Fuel for Function and Eat to Complete -
*<https://www.femaleandmaleathletetriad.org/>

Building Healthy Habits:

- ✓ Eat every 3-4 hours
- ✓ Pair carbohydrates and proteins at snacks
- ✓ Athlete's Plate meals
- ✓ Fuel before practice/competition
- ✓ Hydrate throughout the day at meals and snacks, as well as before, during and after practice.
- ✓ Recovery – 4 R's
 - Re-fuel - carbohydrates
 - Re-pair - protein
 - Re-hydrate -fluids
 - Rest (goal of 8-10 hours of sleep at night)

Be the Best You!

- Be cautious of what you see and hear on-line or with social media, often this is not accurate and not appropriate for student athletes.
- Include foods from all food groups (unless medical condition).
 - Avoid restriction and dieting, these are one of the primary causes of eating disorders in teens.
 - <https://www.nationaleatingdisorders.org/>
- Be kind to yourself and your body. Speak in ways that encourage others too.
 - Avoid negative self-image/body-image, which is how students view their bodies.
 - Focus on positive attributes of your athlete.

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