

# FUELING THE ADOLESCENT ATHLETE

Strategies for performing at one's best can start early. The tables on this card provide general guidelines for what to drink and eat before, during, and after practice or workouts.

Note: **Sleep** is essential to optimal performance and recovery: Teens need at least 9–10 hours of sleep each night, so factor that in to your fueling plan too!

## FUELING THE ADOLESCENT ATHLETE BEFORE, DURING, AND AFTER EXERCISE

<b>Fluids</b>	Divide your weight (in pounds) by two—that's the minimum amount of water, in ounces, you should drink over an entire day. One ounce is about a gulp.
<b>Before exercise</b>	<ul style="list-style-type: none"><li>• Breakfast: water and/or 100% fruit juice</li><li>• Before exercise: water (5–10 oz 15–20 min before)</li><li>• Check bodyweight before workout</li></ul>
<b>During exercise</b>	<ul style="list-style-type: none"><li>• First hour: water (5–10 oz every 15–20 min)</li><li>• Longer than one hour: sports beverage (3–8 oz every 15–20 min)</li></ul>
<b>After exercise</b>	<ul style="list-style-type: none"><li>• Check your bodyweight and compare with your pre-workout weight. Hydrate enough to make up for your weight loss.</li><li>• Check your urine color (Use a <a href="#">color chart</a> for an idea what to look for).</li><li>• Within two hours after exercise: water or sports beverage (20–24 oz per pound lost).</li></ul>



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<i>Before exercise</i>	<i>During exercise</i>	<i>After exercise</i>
<p><b>Essential:</b> Get some food in your system before practice or workout! (Aim for 30–60 minutes before.)</p> <p>Eat what you can tolerate, such as:</p> <ul style="list-style-type: none"><li>• Breakfast sandwich (egg with whole-grain English muffin or bagel)</li><li>• Whole-grain bread/bagel with peanut butter or low-fat cream cheese</li><li>• Greek yogurt with granola</li><li>• Whole-grain cereal, low-fat milk, and fresh fruit</li><li>• Oatmeal with fruit</li><li>• Smoothie made with low-fat yogurt and fruit (fresh or frozen)</li><li>• <a href="#">Granola bar</a> (look for at least 4 grams of protein and 3 grams of fiber, with less than 200 calories)</li></ul>	<p><b>Break (for Two-a-Days):</b> Eat what you can tolerate and remember that you need to replenish for your second workout.</p> <p>Suggestions:</p> <ul style="list-style-type: none"><li>• Whole-grain bread with lean meat</li><li>• PBJ sandwich</li><li>• Hummus with pita chips</li><li>• Whole-grain crackers with low-fat cheese</li><li>• Granola bar and fresh fruit</li><li>• Add pretzels or baked chips</li><li>• Add low-fiber fresh fruit such as oranges or watermelon</li></ul>	<p><b>Essential:</b> Eat immediately after your workout (gym lobby or ride home)—within about 45 minutes.</p> <p>Suggestions:</p> <ul style="list-style-type: none"><li>• Low-fat chocolate milk (one or two 8 oz servings)</li><li>• Low-fat yogurt with fruit</li><li>• Trail mix</li><li>• Turkey wrap</li><li>• PBJ sandwich</li></ul> <p>Dinner: Replenish the body with a well-balanced nutritious meal and hydrate with water.</p>



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