

AGES 8 AND UNDER
Nutrition



LESSON WORKBOOK



D. ELLIS



NUTRITION

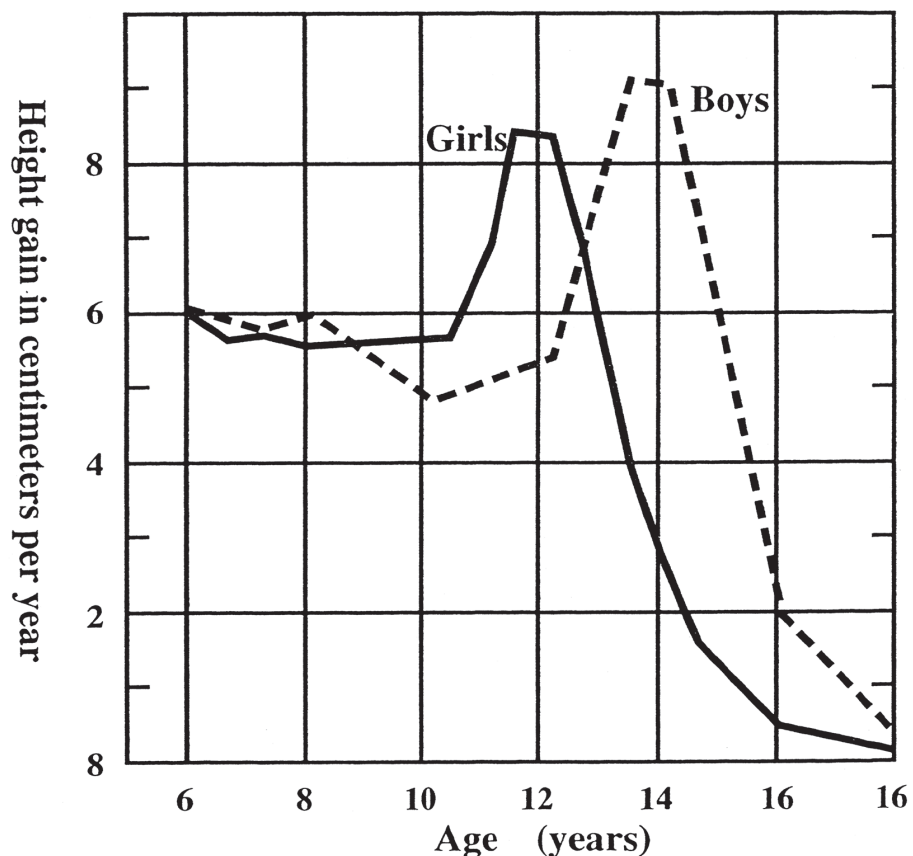
- Proper recovery and rest are important topics for athletes of all ages.
- Athletes who aren't getting proper rest will often take twice as long to recover after training. Skipping meals and / or binge eating will also slow the recovery process. It is very important for athletes to hydrate in a timely fashion at the conclusion of training sessions.
- As a coach, you will often see great variation among the families involved with your team. For example, the coach might have players who come from one-parent households or two-parent households as well as players from households where both parents might be working full-time or where only one parent works full-time.
- The coach can help lay the foundation of good habits with some small, achievable goals. For example, encourage players to bring a healthy snack for right after practice.
- The coach can employ simple coaching cues while using visuals and mimicry.
- Some cues include:

Who got more than 8 hours of sleep?

Who ate at least 3 meals yesterday?

Who brought something to drink and snack on for after practice?

- On average, these young athletes grow about 2-3 inches a year and gain about 4-7 pounds per year.



- It is important for young athletes to eat breakfast while spreading the calories intake throughout the day. If possible, they should strive to eat small meals about every 4 hours.
- Coaches and parents can help players create healthy meal plans and get in the habit of eating 4 times a day.

Breakfast

Lunch

Dinner

PM Snack before bed

- Fueling Tactics is an easy-to apply 3 step system for sports nutrition that divides foods into 3 groups.
- Group 1 contains foods such as fresh produce that help players avoid getting run down and sick. A young athlete who gets sick is at risk of falling behind in school and athletics. Fresh produce includes fruits and vegetables that are rich in antioxidants. A simple coaching cue here is to “get some color on your plate.” If we can encourage young people to develop a love of fresh produce at young ages, it will be easier for healthy eating to become a life-long habit.





- Carbohydrates, group 2, are important sources of energy for a young athlete. About half of a young athlete's food should come from complex carbohydrates. It is important to target fiber-rich sources whenever possible.
- The 3rd group is protein sources. These are critical for recovery and supporting growth. Recovery is more efficient when the athlete has a protein-based snack right after training. It can be something as simple as chocolate milk, a cereal bar or dried fruit.
- Protein comes in a variety of sources with different benefits. For example, red meat has iron, dairy proteins are rich in calcium and vegetables have cardiovascular benefits. A protein-based snack (string cheese, boiled egg, yogurt) before bed will help these athletes as it will help facilitate recovery during sleep.

Key Points

- Consume lots of fresh produce, think of "color on your plate." These antioxidants will help the athlete stay healthy.
- Look for carbohydrates that are high in fiber while minimizing sugar intake.
- Proteins will support recovery and growth.
- The earlier we get young athletes to value food, nutrition, rest and recovery, the better off they will be in the long run!

See the Next Page for Nutrition Information...



FUELINGTACTICS.COM Nutrition Information

STEP 1: Learn to VALUE the benefits of FRESH PRODUCE and HEALTHY OILS with meals.

Vitamin C & Carotenoids

Fruits:	Cantaloupe, Mango, Tangerines, Mandarin Oranges
Vegetables:	Sweet Potatoes, Sweet Red Bell Peppers, Yams, Butternut Squash, Asparagus, Minestrone Soup, Salsa with Fresh Herbs and Green Peppers
Dark Salad Greens:	Broccoli Leaves, Spinach, Kale, Bok Choy
Herbs & Spices:	Paprika, Chili Powder, Ground Cayenne, Ground Basil, Fresh Parsley, Fresh Thyme, Dried Rosemary, Mint Leaves

VITAMIN C

Fruits:	Currants, Kiwi, Guava, Strawberries, Oranges, Lemons, Red Raspberries, Honeydew Melon, Cranberries, Blueberries
Vegetables:	Green & Yellow Peppers or Chiles, Cauliflower, Baby Zucchini, Pea Pods or Snow Peas, Red & Green Cabbage
Herbs & Spices:	Clove, Saffron, Black & White Pepper, Fennel Seed, Yellow Mustard Seed, Dill Seed, Garlic Powder

CAROTENOIDS

Fruits:	Kiwi Fruit, Apricots
Vegetables:	Carrots, Pumpkin, Yellow Squash, Vegetable Soups, Canned Tomato Puree, Grape Leaves

VITAMIN E

Soybean Oil, Corn Oil, Rice & Wheat Bran, Soybeans, Dried Pine Nuts, Prunes, Pea Pods, Garbanzo Beans, Avocado, Guacamole

Complementary Antioxidants

Apples, Capers, Celery, Dark Cocoa, Garlic, Ginger, Grapes, Lavender

STEP 2: Select fiber rich STARCHES first and reduce fast digesting SUGARS when inactive

SLOW DIGESTING Fiber Rich Starches

Vegetables:	Cooked Carrots, Corn, Carrot Juice
Potatoes / Starches:	Boiled White Potatoes, Sweet Potatoes, Yams
Beans:	Peanuts, Soybeans, Lentils, Kidney Beans, Lima Beans, Pinto Beans
Soups:	Tomato, Black Bean, Lentil, Green Pea, Split Pea
Pasta:	Soy or Egg Enriched Spaghetti or Noodles, Tortellini, Macaroni, Linguine, Gnocchi
Grains / Rice:	White Rice, Couscous, Brown Rice, Long Grain White Rice
Breads & Rolls:	Pumpernickel, Sourdough, Pita Bread, High Fiber Wheat Bread,
Crackers / Snack Chips:	Fried Potato Chips, Rye Crisps, Wheat Crackers, Wheat Thins
Cereals:	Puffed Wheat, Shredded Wheat, Special K
Fruits:	Grapefruit, Prunes, Dried Apricots, Pears, Apples, Plums, Peaches, Oranges, Bananas, Figs, Raisins, Pineapples
Sweets:	Peanut M & M's, Fruit Flavored Yogurt, Chocolate Milk, Snickers Bar, Puddings

FAST DIGESTING Sugars & Starches

Potatoes / Starches:	Stuffing, French Fries, Instant Mashed Potatoes
Crackers / Snack Chips:	Soda Crackers, Graham Crackers, Gingerbread, Rice Cakes
Grains / Rice:	Tapioca, Short Grain White Rice, Instant White Rice, Brown Rice Pasta
Bread / Breakfast Items:	Plain Bagel, Breakfast Cereal Bar, English Muffin, Dark Rye, Waffles, Pancakes
Cereal:	Cream of Wheat, Corn Flakes, Rice Chex, Most Cartoon Character Cereals
Fruits & Sweets:	Sweetened Soft Drinks, Skittles, Life Savers, Vanilla Wafers, Jelly Beans

STEP 3: Always DIVERSIFY your protein sources and select LOWER FAT sources when inactive**LEAN PROTEIN - Animal Sources**

Eggs / Beef / Game:	Eggs Whites, Egg Substitutes, Ground Round, Roast Beef, T-Bone, Porterhouse, Veal, Venison, Buffalo, Rabbit
Pork / Lamb:	Canadian Bacon, Tenderloin, Center Loin Chop, Lamb Roast, Chop or Leg
Poultry:	Chicken, Turkey, Cornish Hen, Duck, Goose
Fish / Shellfish:	Clams, Crab, Lobster, Scallops, Shrimp, Flounder, Haddock, Halibut, Salmon, Oysters
Dairy Sources:	Skim 1% Milk, Buttermilk
Vegetable Sources:	Beans, Peas, Lentils, Soy Nuts, Soy Burgers

MEDIUM FAT PROTEIN - Animal Sources

Eggs / Beef:	Corned Beef, Short Ribs, Fried Veal
Pork / Lamb:	Top Loin, Lamb Rib, Ground Hot Dog / Sausage
Poultry:	Poultry (dark meat with skin), Ground Turkey, Fried Chicken
Fish / Shellfish:	Any Fried Fish or Seafood
Dairy Sources:	2% Reduced Fat Milk, Cottage Cheese, White Cheeses
Vegetable Sources:	Tofu, Soy Yogurt, Tempah, Soy Milk,

HIGH FAT PROTEIN - Animal Sources

Beef:	75% Lean Ground Beef, Beef Ribs
Pork:	Spareribs, Ground Pork, Bacon, Hot Dogs / Sausages
Dairy Sources:	Whole Milk, Cottage Cheese, Yellow Cheeses
Vegetable Sources:	Peanut Butter

