

## Nutrition Guidelines

### Basic Food Types

- **Proteins--build muscle for growth and strength, and provide long-term energy.**
- **Carbohydrates--provides energy for activity**
- **Simple sugars--are not beneficial**
- **Complex carbohydrates--best long-term energy fuel.**
- **Fats--energy storage.**

### Foods to Emphasize in Your Diet

- **Breads, cereals, grains, and pasta (complex carbohydrates)**
- **Fresh fruits and vegetables (a variety is the best)**
- **Poultry, lean red meats, nonfat or low fat dairy products (protein)**
- **Fluids--water and juices**
- **Foods rich in vitamins and minerals--fresh fruits, vegetables, meats, and dairy products.**

### Foods to limit on your diet.

- **High fat foods--fried foods, sweets.**
- **Simple sugars--highly sweetened foods such as candy, soda, etc.**
- **Salty foods--chips, etc.**
- **Caffeine--containing beverages - cola, coffee**

### Ideal Pre-Competition Foods

- **Complex carbohydrates--breads, grains, pasta, fruits**
- **Limit proteins and avoid fats because they are difficult to digest and not readily converted to useable energy.**
- **Plenty of fluids (juices and water, especially water)**

### After Practice and Competition

- **Complex carbohydrates to replenish energy stores.**
- **Protein to rebuild damaged muscle tissue and gain strength.**
- **Plenty of fluids (water and juices)**

### How to Compute the Percentage of Fat in Foods

**1 gram of fat = 9 calories**

**Example:**

