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.

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

Post exercise carbs can help improve muscle glycogen stores.

**What You Can Do:**
- 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.

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