

## **PROTEIN:**

**GYMNASTS NEED PROTEIN TO REPAIR MUSCLES THAT ARE BEING CONDITIONED.**

**PROTEIN IS MOST NEEDED 2 HOURS AFTER A WORKOUT AND UP TO A DAY AFTER A WORKOUT OR COMPETITION.**

**OPTIMAL PORTION: 3-4 OUNCES OF LEAN MEAT.**

**GOOD PROTEIN CHOICES: BEEF, CHICKEN, LEAN PORK, FISH (ESPECIALLY REDDISH FISH,) TOFU, BEANS.**



## **CARBOHYDRATES:**

**GYMNASTS NEED CARBS AS AN ENERGY SOURCE DURING TRAINING. COMPLEX CARBS ARE NEEDED AS SLOW-BURNING FUEL FOR LONG WORKOUTS.**

**EXAMPLES: WHOLE GRAIN BREADS AND PASTAS, RICE, POTATOES, VEGETABLES.**

**SIMPLE CARBS ARE NEEDED FOR QUICK BURSTS OF ENERGY.**

**EXAMPLES ARE FRUITS AND SMALL SUGAR TREATS.**

**CARBS ARE NEEDED MOST BEFORE AND DURING WORKOUTS AND COMPETITIONS.**



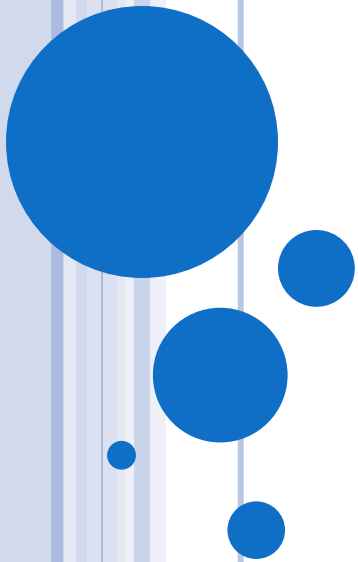
## **FATS:**

**GYMNASTS NEED FAT AS A LONG LASTING FUEL AND TO HELP REGULATE THEIR METABOLISM. FATS HELP PREVENT SUGAR SPIKES.**

**GOOD FAT CHOICES: NUTS, SEEDS, OLIVE OIL, FATTY FISH SUCH AS SALMON, AVOCADO.**

**SMALL AMOUNTS OF FAT ARE NEEDED DAILY.**

# SHARE YOUR FAVORITE GYM SNACK IDEAS AND RECIPES



# FAVORITE PROTEIN SNACKS

- Yogurt
- Beef jerky
- Protein drinks/Smoothies
- Cheese sticks
- Beans
- Protein fortified snack bars
- Hard boiled Egg/Deviled Egg
- Milk



# PRE-MEET COMPLEX CARBOHYDRATE CHOICES

- Whole grain pancakes
- Oatmeal or whole grain cereal
- Whole wheat or grain toast/bread
- Whole grain pasta
- Brown or white rice
- White potato
- Sweet potato
- Veggies



# PACKABLE QUICK ENERGY SNACKS

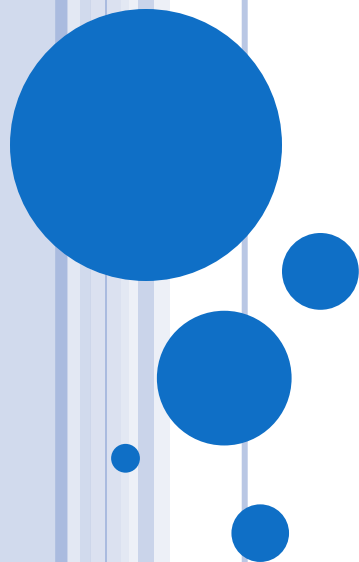
- Fruit
- Jello
- Raisins
- Nuts
- Seeds
- Olives
- Crackers
- Fresh Coconut or Coconut Water
- Hummus and veggie sticks/pita crackers
- Celery sticks with peanut butter



# THE IMPORTANCE OF IRON

## Iron Intake Needs for Female Gymnasts

**Your teen's diet should supply 15 milligrams of iron, a mineral essential for transport of oxygen throughout the body. Poor iron status resulting from losses during menstruation and demanding gymnastic routines may negatively affect the performance of your daughter. A diet rich in lean meat, eggs, leafy vegetables and fortified whole grains will provide adequate amounts of iron to meet the needs of your growing teen. Additionally, consuming a variety of foods from the different food groups will ensure your teen gymnast is getting all minerals and vitamins required for optimal growth and performance.**





# FOODS THAT ARE A GOOD SOURCE OF IRON

- liver
- lean red meats, including beef, pork, lamb
- seafood, such as oysters, clams, tuna, salmon, and shrimp, etc.
- beans, including kidney, lima, navy, black, pinto, soy beans, and lentils
- iron fortified whole grains, including cereals, breads, rice, and pasta
- greens, including collard greens, kale, mustard greens, spinach, and turnip greens
- tofu
- vegetables, including broccoli, swiss chard, asparagus, parsley, watercress, brussel sprouts
- chicken and turkey
- blackstrap molasses
- nuts
- egg yolks
- dried fruits, such as raisins, prunes, dates and apricots



# IRON FORTIFIED FOODS

- In addition to foods that naturally have a lot of iron in them, many foods are now fortified with iron or have iron added to them. This is good news because many kids, especially younger ones don't usually like many of the best iron rich foods, such as liver, oysters, clams, and lentils.
- Check food labels to find foods fortified with iron, including:
  - Instant Oatmeal
  - Ready-to-eat Cereals, such as Total, Product 19, Raisin Bran
  - Grits
  - Iron Kids Bread
  - Carnation Instant Breakfast Mix
  - Pasta
- Remember that a food that provides 10% to 19% DV or more for a nutrient, such as iron, is usually considered to be a good source of that nutrient, so compare food labels and look for foods that have higher numbers for iron on the food label.



# HYDRATION STATION

- It doesn't have to be hot outside for your athlete to lose essential hydration and electrolytes. Here are a few great links to help you with your gymnast's hydration needs:

These links assist you in understanding hydration needs:

<http://gymnastcare.com/category/nutrition/hydration>

<http://gymnasticszone.com/sports-hydration-young-athletes-guide/>

This link is a great resource for DIY Electrolyte Sports Drinks:

<https://www.mommypotamus.com/diy-electrolyte-sports-drink/>

In addition to the awesome choices from Mommypotamus above we tried an easy cheat by making lemonade with Crystal Lite Pure and Coconut water.

Crystal Lite Pure States the following:

Contains No Artificial Sweeteners, Flavors or Preservatives; Gluten Free and Kosher

- Sweetened with Sugar and Stevia Leaf Extract; Each 8 Ounce Serving Contains 5 Calories
- Color Sourced from Turmeric
- Flavor Sourced from Lemon and other Natural Flavor
- By using coconut water in place of H<sub>2</sub>O we added some essential electrolytes.
- Our girls were quite satisfied and it was an easy compromise.

