



We have been working so hard on our strength and agility training. However, working out” is half the battle – as important, if not more important, is what we fuel our bodies with! If we finish a great workout and fuel our bodies with junk, we have just wasted our workout! After these tough workouts, or a day out on the field, our cells are open and starving for nutrients. As athletes, we must fuel our bodies with nutrient dense foods so we recover properly and have the energy to power through our next day and upcoming training session.

While most kids can get away with mediocre food choices, the goal is to learn some healthy eating practices at a young age. Hopefully we begin to value healthy food choices and carry this through the rest of our lives!

**In my opinion, here are the simplest and most important nutrition tips for young ballplayers!**

1. **Drink Water!** Stay hydrated with plenty of water! (Not Gatorade, unless its really hot)
  - a. Drink 2 cups of water before practice/games
  - b. Always, pack a large water bottle for practice/games
2. **Consume Protein!** Consume at least 15-20 grams of protein within 30-45 minutes of working out
  - a. Protein shakes are great (no sugar)
  - b. Any lean protein will do! Fish, chicken, turkey, beef, low-fat milk, cheese, yogurt, eggs, nuts
  - c. A small serving of healthy carbohydrates is important after a workout too as it helps replenish glycogen stores. A banana or piece of whole wheat bread (gluten free) is my personal choice.
3. **Limit Sugars!** Stay away from unnecessary sugars!
  - a. Consume whole fruit instead of fruit juice
  - b. Stay away from sodas, candy, chips and fast food!
  - c. Stay away from white flours.
4. **More Vegetables!** Consume as many vegetables as possible (green vegetables are the best!)
  - a. 1 serving of greens per day at a bare minimum
  - b. Spinach, kale, arugula, brusel sprouts, asparagus, broccoli... All great!
5. **Breakfast Baby!** Eat a healthy breakfast to fuel for your day
  - a. I personally stay away from carbs/sugars in the morning as it spikes insulin levels and makes you hungrier come lunchtime.
  - b. I like to stick with eggs, cottage cheese and yogurt
    - i. Avoid sugary cereals

**\*\*Other healthy living tips:**

- Always fasten your seatbelt, apply sunscreen, stretch your muscles, wear your helmet, wash your hands and brush your teeth! **Legends look after themselves!**

**Legends Life Task for the Week: Due October 11<sup>th</sup>**

1. No soda/candy for the entire week!
  - a. Write in your Ledger that you “did not drink soda or eat candy all week”
2. Complete 1 at-home workout and eat healthy lean/protein within 45 minutes of working out. (Workout suggestion: 30 minutes of physical activity, 30 pushups, 30 sit-ups and 30 squat jumps)
  - a. Write in your Ledger the workout you did and the protein you ate after!
3. Eat a nutritious breakfast every morning
  - a. Write in your Ledger you favorite healthy breakfast!

**Bonus education!** I did a podcast episode a little while back on 9 nutrition tips for ballplayers on a budget. You can listen to this podcast episode here! <http://www.menloparklegends.com/50-9-nutrition-tips-for-ballplayers-on-a-budget/>