

The most effective way to prepare for competition or re-energize your body after competition is through adequate water intake and a balanced, healthful diet.

To personalize your menu, visit **MyPyramid.gov** and enter your age, weight, height and activity level.

For more information, see:  
[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)  
**MyPyramid.gov**

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**FUEL**  
**FOR TOP**  
**PERFORMANCE**

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## Priority No. 1 is water

Water is the most important fuel for top performance. You should drink water before, during and after physical activity to replace water you lost.

Sports drinks may be useful for workouts lasting more than 90 minutes. These drinks replace electrolytes lost through sweat. Sports drinks also contain carbohydrates you may need to fuel performance. However, if you don't need the extra carbohydrates, you may be racking up lots of unneeded calories that can lead to weight gain.

### Calories by Drink

Drink size	Water	Sport drinks <sup>1</sup>	Non-diet energy drinks <sup>12</sup>	Non-diet soda pop <sup>1</sup>
20 oz.	0	142	275	250
24 oz.	0	170	330	300
34 oz.	0	242	468	425
64 oz.	0	454	880	800

<sup>1</sup>Approximate calories per type of drink; calories per serving vary by specific drinks.

<sup>2</sup>Energy drinks have approximately twice the amount of caffeine of soda pop. Most sports drinks do not have caffeine because it leads to fluid loss and contributes to dehydration.



## What should you eat?

### Energy to fuel the body

Carbohydrates fuel your active body and come from a variety of foods. Choose whole-grain pasta, bread, rice and cereal; whole fruits and vegetables; and low-fat milk, yogurt and cheese. You need a variety of carbohydrate sources to fuel your body properly for top performance.

### Protein to build muscle

The typical American diet provides plenty of protein to meet the needs of an active body. Eating excessive amounts of protein can be hard on the body and may lead to kidney problems and dehydration. Building muscle also depends on genes, training and consuming enough calories to meet the body's needs for growth.

### Calcium for bone health and muscle function

Getting adequate calcium is important for healthy bone growth and muscle function. Most teens do not get enough calcium. One serving of milk is 8 ounces of skim milk, 8 ounces of yogurt or 1½ ounces of cheese. Aim for three servings each day. If you like flavored milk, look for low-fat milk products. Some other sources of calcium are calcium-fortified orange juice, soymilk, cereals, beans, spinach, and canned salmon and sardines.

# Eat

## FOR TOP PERFORMANCE

Individual calorie, carbohydrate, protein and fat needs will vary based on your age, gender and activity level.

### Daily sample menu that meets recommendations for active teens

- Breakfast** Water  
 2 slices of whole-wheat toast  
 1 Tbsp. peanut butter  
 8 ounces low-fat yogurt  
 8 ounces 1% milk  
 1 fresh apple
- Lunch** Water  
 1 hamburger on bun with lettuce and tomato slice  
 15 raw, baby carrots  
 8 ounces 1% milk  
 1 cup canned peaches
- Snack** Water  
 3 cups light microwave popcorn  
 1 granola bar
- Dinner** Water  
 1 6-inch turkey sub on whole wheat  
 1 small bag pretzels  
 2 cups mixed veggies
- Snack** Water  
 2 cups Cheerios  
 4 ounces 1% milk

### Nutrient intake for daily menu

Total daily calories: 2,795  
 Carbohydrates: 55%, 1,536 calories or 384 grams (g)  
 Protein: 17%, 476 calories or 119 g  
 Fat: 28%, 783 calories or 87 g