

BASEBALL



PLAN YOUR GAME DAY

Balancing fuel & fluids to match your activity is important for growth, development, and energy for training and games. So plan the day according to your activity. As activity increases fuel and fluid intake should also increase.

DURING THE GAME

Goal: To maintain energy and hydration.

During the game, drink small sips of fluids between innings to remain hydrated. If it is hot, humid, or the intensity or duration of the game changes you may need additional fluids or a small carbohydrate snack (ex. cubed fruit or dried fruit).



STAY COOL & HYDRATE

Your body has to work harder in extreme temperatures which will require additional fuel and fluids. Did you know; becoming dehydrated in the heat will have a negative effect on performance and put you at risk of heat illness? So find a hydration strategy that works best for you in all conditions.

CHOOSE YOUR PROTEIN

Protein is important for rebuilding after exercise. Main sources include lean meat & fish, meat alternatives, and dairy. Protein should be included in your pregame and recovery meals.

Eat Well to Play Well



Adequate nutrition plays a large role in a player's performance and overall health. But it shouldn't be complicated! Below are some simple steps you can take to ensure you are obtaining optimal fuel & fluids for performance.

EAT WELL EVERY DAY

Young players go through major growth & development stages. For this reason, choosing a balanced diet every day keeps you healthy while you move through the development stages.



EAT 3-4 HOURS BEFORE THE GAME

Goal: Fuel up & hydrate for your game to maximize performance.

Your energy level will depend on how well you design your pregame meal. Designing your plate with 1/3 starch, 1/3 vegetables, and 1/3 protein should provide optimal energy for game time. For more intense game increase your starch portion to 1/2 your plate with veggies and protein being 1/4 each.

RECOVER AFTER THE GAME

Goal: To rehydrate, refuel, and rest.

Recovery after games is important for growth, development, and to restore energy levels for subsequent activity. Carbohydrates, protein, and fluids are the staple of this meal or snack.

CHOOSE YOUR CARBOHYDRATE

Carbohydrates are the main fuel for exercise. They can be found in grains (bread, cereals, granola), starches (potatoes, rice, and pasta), fruits & vegetables, and dairy. Carbohydrates are important before, during, & after activity.

CHOOSE YOUR FLUID

Stay hydrated with water, naturally flavored water, or fluid of choice.

For recovery, rehydrate with milk, chocolate milk, soy or nut beverage, smoothie, or yogurt drinks as they contain carbohydrates, protein, and fluids which are essential for recovery.