

# ***FALCON STRENGTH***

## ***NUTRITION TIP #1***

While protein is important, carbohydrates provide the best source of immediate energy needed before a workout.



***Best pre-workout fuel =  
High Carbohydrate***

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*WHERE ATHLETES ARE MADE*

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## ***FALCON STRENGTH NUTRITION TIP #2***

**Myth**: “Snacking is not good for me!”

**Fact**: Snacks can be a great nutrition benefit for exercisers and non-exercisers if they snack healthfully. Try to eat a whole-grain carbohydrate AND a lean protein at every snack.

- Trail mix/nuts or granola
- Fruit and string cheese
- yogurt and whole grain cereal
- Fruit and beef jerky



Skipping snacks typically leaves people starving at meals and triggers overeating. Grab a nutrient-rich snack and eat less at lunch and dinner!



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## FALCON STRENGTH NUTRITION TIP #3

Myth: “I’m in a hurry after practice and can’t eat for a



few hours. I’ll just eat later.”

**Fact**: Post-workout is the most important time to eat to help your body recover properly. Within 45 minutes after a workout you want to have a carbohydrate-protein snack with some fluid.

-Carbohydrate= replenish energy burned

-Protein= rebuild muscle that is broken down

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-Fluids= rehydrate and replace electrolytes

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# Falcon Strength Nutrition Tip #4

An athlete's lunch should be full of nutrient-rich foods that provide energy to focus in class as well as being strong on the field.

## 5 components of a healthy brown bag lunch:

1) 1-3 whole grains (whole wheat bread, rice, pasta, crackers, granola bars, or pretzels)

2) 1-2 proteins (deli meat, chicken, cheese, yogurt, and nuts)

3) 1-2 fruits and/or vegetables (raw veggies, veggies on a sandwich, fruit, applesauce, berries in yogurt)

4) 1 dairy (milk, yogurt, cheese, cottage cheese)

5) Fluid like water, 100% juice, or low-fat milk



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# Falcon Strength Nutrition Tip

## #5

### *Healthy weight gain*

Gaining weight alone is not the only goal; the goal should be to gain lean muscle mass by choosing quality food.

Increasing daily caloric intake by 500 calories/day for 7 days= 1 pound of weight gain a week.

Healthy weight gain foods to add to your day:

- granola
- peanut or almond butter
- quinoa
- whole wheat bagels
- trail mix
- Avocado
- and cooking with olive oil



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# Falcon Strength Nutrition Tip

## #6

*“Are sports drinks beneficial for athletes?”*

Yes.... Sport drink:

- Provide carbohydrate during exercise for energy and maintenance of blood sugar levels.
- Provide electrolytes (sodium, potassium, chloride) to aid in hydration and absorption
- Provide fluid to prevent or minimize dehydration



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## Falcon Strength Nutrition Tip #7

“How should an athlete eat differently depending on meal timing?”

- **Pre-Exercise Snack**- ( 30 min-1 hour before practice)
  - Energy bars or chews, fruit or sports drinks
  - 2-4 graham crackers with peanut butter
- **During-Exercise Snack**-(halftime or mid practice)
  - Sports drinks, energy bars or chews, fruit
- **Post-practice meal**-(within 2 hours of exercise)
  - 3oz of chicken,1-2 cups of pasta with marinara sauce, 1 cup of veggies and 1 whole wheat roll
  - 3-6oz of fish, 1 sweet or baked potato, 2 cups of salad with light dressing and one piece of fruit.



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