

# UNDERSTANDING SPORTS NUTRITION FOR TEENS

Sports nutrition for teens can help support energy levels and athletic performance. Follow these general guidelines to help your teen excel at what they love:



## Pre-workout fuel

Teens should eat a well-balanced meal 2-4 hours before exercise. Before game time, top off with easy-to-digest carbohydrates, such as fruit or graham crackers.



## Hydration

Teens need 34 to 50 ounces of water every hour during exercise. An electrolyte drink can help replace fluid and key electrolytes lost due to sweat. Electrolytes are important minerals for fluid balance and muscle contraction in the body.



## Post-workout recovery

Focus on carbohydrates and protein, such as chocolate milk or hummus and crackers.



# Sports And Exercise Nutrition

**Yan Bai**



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