

# Wellness

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## Carbohydrates, Proteins, Fats and the Athlete

- Carbohydrates fuel the high school athletes during school hours and difficult practices or workout sessions.
- Complex carbohydrates give longer lasting energy but simple carbohydrates give endurance athletes a boost during long events or practices.
- Young athletes should eat healthy oats or cereals for breakfast, sandwiches on whole-wheat bread rather than white bread or buns, raw fruits and vegetables and whole wheat crackers to ensure adequate carbohydrate intake.
- High school athletes do not need a high-protein diet but do need to eat high –quality proteins such as grilled lean beef or chicken, eggs, seafood, seeds, nuts and nut butters.
- Athletes need primarily to repair and rebuild muscles that are broken down during exercise and to help optimize carbohydrate storage in the form of glycogen.
- Protein plays a vital role in muscle development and health, tissue repair, healing and hormone regulation.
- Avoid high-fat protein found in fried foods and fast foods.
- Teen athletes burn calories while working out or competing and need healthy fats to help them sustain themselves during athletic events.
- Unhealthy fats such as the saturated fats found in some fried and processed foods may eventually contribute to a teens developing heart disease as he/she ages.
- Better fat choices include unsaturated fats found in canola or olive oil, avocados, nuts, peanut butter and cold water fish such as herring, salmon and cod.