



March National Nutrition Month

Carbohydrates =
45-65% of daily
calorie intake

Protein = 10-35%
of daily calorie
intake

Fat = 20-35% of
daily calorie intake

Wondering how
many calories to
eat a day? Use an
online calorie
tracker like
myfitnesspal.

NUTRITION AND ATHLETIC PERFORMANCE

Nutrition and consuming a balance diet is key to being able to perform at your best when it comes to practice and competitions. But what is best for you? Here are some tips to help you fuel your body the best.

Before Practice/Competition: You should eat 2-3 hours before your practice or competition. The food you eat should be high in carbohydrates to provide fuel for the physical activity you will be doing. Your meal should also include some protein and fat in it as well.

After Practice/Competition: After practice or a competition you should try to eat within 30 minutes. This meal should contain carbohydrates. Then 2 hours later, you should eat a more full meal, once again high in carbohydrates but also containing protein, fat, fruits and vegetables. It should be a well balanced meal.



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