

Fall Sports Require Fuel

Even though the calendar still says it's August, the fall school sports training schedule is under way and athletes need to focus on consuming adequate amounts of calories, carbohydrates, protein and water.

Teenage athletes need enough calories to maintain their growth and an additional amount to accommodate their working muscles. Spreading meals throughout the day is a good way to get the fuel you need. Also, plan your meals around carbohydrates and protein.

Good food choices include:

- Peanut butter and whole-grain bread
- Sliced turkey in a whole-wheat pita
- Whole-wheat pasta topped with baked chicken
- Scrambled eggs and whole-wheat toast.
- Add fruits, vegetables and dairy foods to all meals and snacks to round out your nutritional benefits and your training needs.