



Proactive Chiropractic

Basics of Nutrition

Goal: A Better understanding of nutrition and food to achieve long term healthy habits in today's active youth.


Hydration: *Yesterdays hydration is a large part of today's performance*

1. 50/50 water and sports drink mix- dilution of sugar
2. Hydrated= Urine color should be clear/light straw color
3. No sports drinks when not active= increased sugar intake (hyperactivity, weight gain, obesity & tooth decay)
4. Recommended daily fluid: 5 glasses (1 liter) for 5-8 yr olds, 7 glasses (1.5 liters) for 9-12 yr olds, 8-10 glasses (2 liters) for 13+ yrs

Macronutrients: Carbohydrates, Protein and Fats

1. **Carbs:** ~50% of diet, #1 source of energy: whole grains, vegetables, fruits, milk and yogurt. Avoid bleached "White" foods
2. **Protein:** #2 source of Energy: lean meat, poultry, fish, eggs, dairy, beans & nuts. No need for protein supplement if proper diet
3. **Fats:** Essential for proper adolescent development. Focus on Unsaturated Fats= liquid when at room temp. (drizzle EVO on foods)
 - a. **AVOID Trans Fat-** Fast food, processed foods, check labels

Micronutrients: Vitamins and Minerals- Deficiencies to be aware of:

1. **Calcium(Ca+):** Breakfast often  Ca+ - Don't skip meals (Fortified orange juice, almonds, milk and broccoli)
2. **Iron (Fe+):** Improves overall energy, important for females (Red meat, beans, vegetables, dried fruits and iron-fortified cereals)

Tips/Meal Prep Ideas: keep it simple for long term use

1. Meal prep for after school/on the way to practice snacks
 - a. Pre made trail mix with nuts, dried fruit, dark chocolate, etc.
 2. Always avoid fast food prior to exercise
 3. Use leftovers for next day lunch or afternoon snack
 4. Cut up fruit/veg for easy to go snack using small reusable containers
 5. Make your own protein bars, buying in bulk. Save \$ in long run
 6. Utilize crockpot meals for overnight or during the day cooking
- *Do a little research and find what works for you and your family!*