

5 Steps to Mastering Student Athlete Nutrition

A guide for student athletes and parents



1 Understand That Student Athletes Are EXCEPTIONAL

Their needs are also therefore EXCEPTIONAL:

- Experiencing the 2 most critical stages for solid nutrition at the same time.
- Rapid rates of physical and mental growth and development require additional energy and nutrients.
- Experience high rates of physical activity and stress.
- Each individual's needs are unique (physiology, likes & dislikes, cultural background, schedules, budgets).
- Experience many barriers to eating well and eating consistently.
- Extremely busy and still developing time management strategies

2 Pre & Post Activity Fuelling AND Consistent Daily Eating

- Pre & post activity fuelling will only make an impact for athletes who are eating regularly on a daily basis. Many forget this.
- Eat frequently, every 2-3 hours, aiming for between 300-500 calories per snack in addition to breakfast, lunch and dinner.
- Think carbohydrate and protein together when snacking.
- Consume a high carbohydrate snack before practice, training or competition.
- Consume a carbohydrate and protein snack after practice, training or competition.
- Hydrate with water frequently (3-4 L daily)

3 Understand YOUR Energy & Nutrient Requirements

- Know your estimated energy requirement (how many calories you need).
- Reassess every 4-6 months as your body, activity levels and performance changes.
- Once learned, this process can be revisited to ensure nutritional needs are being met throughout your sport journey as you continue to change.

4 Train Relaxation as a Part of Your Nutrition Strategy

- Like recovery and rebuilding, digestion happens in a relaxed state.
- Low level anxiety, worry and general 'business' can turn athletes off of eating, especially in the morning.
- True recovery addresses the body AND the mind.
- In a relaxed state cortisol levels, heart rate and blood pressure decrease while digestive, immune and reproductive function 'turn back on'. This is when recovery, rebuilding and healing happen.
- Yoga, meditation, mindful activities (eating, walking, breathing, skill rehearsal, games), time in nature, progressive muscle relaxation, yoga nidra (See additional PDF @ittakes.guts)

5 Check Your Nutrition Mindset

- Do you believe working on nutrition has to be hard, limiting and boring?
- Encourage a curious mindset.
- Most often we have only been exposed to one way of eating and there is so much more.
- "When you change the way you look at things, the things you look at change." - Wayne Dyer
- Nutrition IS a performance and wellness strategy.
- Nutrition provides an opportunity to further set yourself apart from the rest of the pack.



Who We Are

GUTS was born out of a career in youth sport, education, and holistic nutrition and wellness for over 20 years. During that time, we realized that student-athlete nutrition is broken. Seeing increasing numbers of injured, exhausted under-performing and frustrated young athletes struggle through their youth sport journey made us realize that it was time to make a drastic change.

We use a proven system that educates and empowers young athletes and their families so they can use nutrition as a foundation of wellness and performance through their youth sports journey. Our unique 4 step process encourages curiosity and self-discovery, awareness of individual needs and emphasizes integration and ongoing support as critical components to athletes successfully adopting sustainable nutrition habits.

Goals & Objectives

- Optimize health and performance for all athletes through ongoing and integrated nutrition education and support.
- Ensure that all athletes and their families have the nutritional tools they need to reduce injuries and have a healthy and prosperous experience in youth sport.
- Deliver nutrition content that is accurate, relatable and specific to the unique needs of student athletes.
- Provide nutrition education and support to parents and coaches as integral contributors to the youth sport experience
- Assist programs in creating a culture of wellness and excellence that supports their mission to teach valuable life lessons through sport.
- Connect with and build long-term relationships with growth-minded organizations.

Our 4 Pillars

CURIOSITY - develops awareness and encourages 'wanting to know' over judgment

ASSESSMENT - provides clarity around their specific nutritional requirements

INTEGRATION - develops the athletes' tool box of nutrition strategies to make efficient fueling easy, enjoyable and sustainable

EXPANSION - develops a deeper understanding of nutrition, the mind body connection and how stress impacts health and performance

Additional Resources

Available for download @ittakes.guts

Pre, Mid & Post Activity Fuelling Ideas
Competition Nutrition Do's & Don'ts
Enhancing Recovery Through Mindful Activities
Protect your Athletes from the 'Back to School' Cold
15 Easy & Nutritious Smoothies for Student Athletes

Our 3 Programs

1 Performance Nutrition for Sport Organizations and Teams

- We work with program directors and coaches to deliver our unique 4 pillar program in a way that aligns with their program's goals, schedule and budgets.
- 3-4 in person or zoom sessions
- On demand support for athletes, parents and coaches

2 Personalized Performance Nutrition Coaching

- One on one nutrition coaching for student athletes
- Minimum 2 month commitment
- Weekly connection, support and strategies

3 The Online Course

- Launching in 2023
- 'Go at your own pace'
- Add on coaching sessions for more support

Connect with Us

Scan the QR code below for our digital business card with direct links to contact info, websites and social feeds.



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