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# Performance Nutrition: Husky Baseball Club

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# Look familiar?





# WHY IS NUTRITION IMPORTANT?

- Fuel
- Recovery
- Hydration





# Fuel for Performance

## → CARBOHYDRATES

- Primary Fuel -- Unleaded vs Premium
- Pre and Post Game
- Alongside water can help promote fluid absorption

## → PROTEIN

- Muscle Building -- Oil for car
- Pre and Post Game
- RECOVERY

## → FAT

- Low fat consumption
- Heavy in stomach



# Why do my kids need Carbs?

- PRE-GAME
  - 3 - 4 hours prior to game -- BALANCED
    - Oatmeal with fruit + yogurt (or eggs)
    - Turkey sandwich + fruit
    - Grilled Chicken Wrap + fruit
    - Yogurt Parfait
- Between Games with limited time (Tournaments)
  - 30 minutes prior to game
    - Fresh Fruit, Half Bagel, Cereal
- Following Games - RECOVERY
  - Protein Shake + Apple
  - Protein Bar (RX bars, Clif Z Bars, Homemade Energy Balls)





# Is Protein Important?

- Muscle Building and Repair
- Most important in the post-game
  - Need within 30 minutes after game/practice
  - Protein Shake
  - Protein Bar
  - Deli Sandwich
  - Chocolate Milk
- How much protein do kids need?
  - Elementary: 45 - 50 grams / day
  - Middle School: 60 - 75 grams / day
  - High School: 80+ grams / day (depends on puberty)

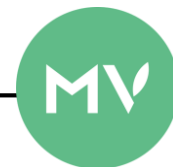




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# HYDRATION

- Don't wait till athlete is thirsty!
- Dehydration = 30% decline in performance
  - Difference in homerun and pop fly!
- How much water do my athletes need?
  - Length of exercise, Environmental condition, and Intensity of practice and game
  - BEFORE GAME: 16 - 20 OUNCES within the 2 hour period prior to game
  - DURING GAME: 4-8 OUNCES every 15-20 minutes
  - POST EXERCISE: Replace 24 ounces for every one pound of body weight lost during exercise
- Sports Drinks vs Water



# Performance Hydration

Name	Refractometer (Hydration Certification)	USG Results	Inflammation Value	Performance Hydration Value	18. TBW (Total Body Water)	19. ICW (Intracellular Water)	20. ECW (Extracellular Water)
Raymundo	1.025	FAIL	0.378	62.23%	50.3 lb	31.3 lb	19.0 lb
Vance	1.021	PASS	0.376	62.61%	47.6 lb	29.8 lb	17.9 lb
Noe	1.024	PASS	0.372	62.79%	51.6 lb	32.4 lb	19.2 lb
Donald	1.035	FAIL	0.382	62.02%	44.5 lb	27.6 lb	17.0 lb
Efrain	1.021	PASS	0.377	62.30%	54.9 lb	34.2 lb	20.7 lb
Devon	1.003	PASS	0.379	61.90%	58.0 lb	35.9 lb	22.0 lb
Lincoln	1.01	PASS	0.390	61.05%	61.1 lb	37.3 lb	23.8 lb
Coleman	1.040	FAIL	0.381	61.93%	59.1 lb	36.6 lb	22.5 lb
Herman	1.003	PASS	0.376	62.23%	55.6 lb	34.6 lb	20.9 lb
Wallace	1.021	PASS	0.374	62.60%	65.5 lb	41.0 lb	24.5 lb
Lamont	1.018	PASS	0.374	62.60%	65.5 lb	41.0 lb	24.5 lb
Salvador	1.003	PASS	0.375	62.66%	68.3 lb	42.8 lb	25.6 lb
Tony	1.040	FAIL	0.375	62.66%	68.3 lb	42.8 lb	25.6 lb





# Hydration Options



