



The Power of 3: Macronutrients

Carbohydrates

Carbohydrates provide ENERGY for practice and competition. Carbohydrates are important for muscle movement and the ability to focus throughout the day. Think of carbohydrates as the gasoline to a car. A car cannot move without gas, similar to how carbohydrates provide power and energy to perform. Include carbs for snacks and meals throughout the day.

Examples of carbs include:

- fruit, 100% juice, dried fruit
- vegetables
- milk/dairy/cheese
- grains, breads, pasta, rice, granola, energy bars

Protein

The purpose of protein is to repair muscle damage caused by the stress of exercise. Recovery snacks should consist of carbohydrates and protein then followed by a well-balanced meal. Eating small amounts of protein throughout the day can speed up recovery and repair and build muscles. Choose low fat proteins such as:

- Chicken
- Turkey
- Fish
- Eggs
- Legumes

Fat

Fat contributes calories, flavor and aids in transportation and absorption of essential nutrients. Healthy fats are avocado, nuts, seeds, fish, and oils. Too much unhealthy fat, from fried foods and fatty meats, can make us feel sluggish and tired. But restricting fat intake can lead to lack of energy. Incorporate healthy fats such as:

- Almonds, walnuts, pistachios
- Seeds: sunflower, pumpkin, chia, flax
- Vegetable oils
- Salmon, Tuna

Recipe: Energy Bites

Ingredients:

- 1 cup Old Fashion Oats
- 2/3 cup Creamy Peanut Butter
- 2 tbsp Raw honey
- ½ cup Chocolate chips
- ½ cup ground Flax seed
- 1 tsp Vanilla extract

Directions:

1. Combine all ingredients in a medium bowl and stir to combine.
2. Place bowl in refrigerator for at least 30 minutes to chill
3. Remove from refrigerator and form into balls
4. Store in refrigerator in an airtight container

Makes 20-25 bites



-Carbs – Protein – Fat -

An eating plan that incorporates all 3 macronutrients ensures a well-balanced diet and adequate calories and energy for day to day activities.