

# Healthy Nutrition Habits

Olympia Gymnastics encourages all of our gymnasts (and their families) to follow a healthy lifestyle that includes a nutrition plan rich in protein, vegetables, and fruit. It is important for gymnast to have good overall health and that begins with their eating habits.

## Our Daily Health Expectations for All of Our Competitive Athletes

- 7 servings of vegetables (1 cup = 1 serving)
- 5 servings of protein a day (4-8oz of protein = 1 serving)
- 5 servings of fat a day (2 tbsp. = 1 serving)
- 2 servings of fruit a day (1 cup= 1 serving) should be eaten before and after practice
- ½ of their current body weight in ounces of water
  - o An additional 16oz for every hour they practice (example: 4hrs of gymnastics = an additional 64oz of water)
- Quality Sleep
  - o 8-10 Hours for Gymnasts ages 14-19
  - o 9-11 Hours for Gymnasts ages 5-13

We will not monitor our athletes eating habits or their weight. We will inquire with the parents if we feel that there is a problem that is developing.

If your practice is 5 hours long, the gymnasts will get time for a snack break. During gymnastics practice, your brain needs constant energy to help you concentrate and stay motivated. Your body needs energy to help its muscles give you power and strength.

All gymnasts are responsible for bringing their own snack. All snacks should be in a container that is disposable (no Tupperware etc.) and should not require refrigeration or a microwave. The snack is small and just enough to give the gymnast an extra boost.

It is best to pair the snacks: one fruit or vegetable; one protein or fat. The carbohydrates in the fruits and vegetables will bring energy up and the protein and fat sustains energy levels throughout the day.

Fruit & Vegetables	Protein
Apple	Peanut Butter
Carrots	Homemade Ranch
Cherries	Cashews
Berries	Pistachios
Cucumbers	Guacamole
Pineapple	Greek Yogurt
Cherry Tomatoes	Beef Jerky
Grapes	Almonds
Veggies	Hummus

What foods will help my gymnast reach their full potential?

### Vegetables:

- **Super Veggies: Spinach, Broccoli, cauliflower, tomatoes, cabbage**
  - Red: Beets, Red Peppers, Radishes, Red Onions, Red Potatoes, Tomatoes
  - Yellow/ Orange: Yellow Beets, Butternut squash, carrots, yellow peppers, pumpkin, yellow potatoes, yellow summer squash, sweet corn, sweet potatoes, yellow tomatoes, yellow winter squash
  - White or Tan/Brown: Cauliflower, garlic, ginger, Jerusalem artichokes, jicama, kohlrabi, mushrooms. Onions, parsnips, potatoes, turnips, white corn
  - Green: Artichokes, arugula, asparagus, broccoli, Brussel sprouts, Chinese cabbage, green beans, celery, cucumbers, leafy greens, leeks, lettuce, green onions, peas, green peppers, snow peas, spinach, sugar snap peas, watercress, zucchini
  - Blue/ Purple: Black olives, purple asparagus, purple cabbage, purple carrots, eggplant, purple peppers

### Protein

- Egg white, tuna fish, Cod, Salmon, tilapia, beef, wild game, turkey, chicken, chickpeas, black beans, pea flour, hemp seeds, rolled oats, whole grain rice, lentils

### Fats

- One Source of Each Different type of fat each day
  - Polyunsaturated: Omega-3/ Omega-6 Fish Oil, Flax, Hemp, Fish, Canola, Safflower
  - Monounsaturated: Olive oil, Avocado, peanuts, pecans, almonds
  - Saturated: Animal fats, Tropical Oils

### Fruit

- **Super Fruits: Berries, Oranges**
  - Red: Red Apples, Blood oranges, cherries, cranberries, red grapes, pink/red grapefruit, red pears, pomegranates, raspberries, strawberries, watermelon
  - Yellow/Orange: Yellow Apples, apricots, cantaloupe, yellow figs, grapefruit, lemons, mangos, nectarines, oranges, papayas, peaches, yellow pears, pineapples, tangerines, banana
  - Green: Avocados, Green Apples, Green grapes, honeydew, kiwifruit, limes
  - Blue/ Purple: Blackberries, blueberries, concord grapes, Plums, purple grapes

## Competition Snacks

We encourage all athletes to pack a small “healthy” snack (following the guidelines above) in a mini container or bag. The athlete should carry his or her snack back in their gym bag so they can have access to it following competitions.

Any food purchased from any concession stand should only be in possession of an Olympia gymnast after she has finished her entire competition and all awards for that session have been given out.

As Olympia athletes, we strive to be respectful to all facilities and their surroundings. We strive to leave the facility and the award area looking better than it did when we arrived. No LARGE portions of food should be in your child’s gym bag.