

# NUTRITION, PERFORMANCE & BASEBALL



## IMPORTANCE OF OVERALL HEALTH

Baseball is a sport requiring speed, agility, power, concentration, and decision-making over an extended period of time in various weather conditions. Considering all these factors, players will compete at their best when eating a balanced diet, obtaining optimal fuel and fluids for training or games, and getting enough rest!

## EATING TO COMPETE

Whether it's a training or game day choosing fuel & fluids to support activity is crucial for performance, training gains, reduction of injury, and maintaining overall health.

It is important for players to utilize the training & nutrition periodized approach: this nutrition tactic ensures athletes are matching their training and energy demands to maximize overall performance & health.



## DESIGNING YOUR PRE- TRAINING/GAME MEAL

The timing & composition of pre-event meals are of the utmost importance.

**3-4 hours** is required for a larger pregame meal or if time is limited **2-3 hours** for a medium-sized meal.

These meals should be high in carbohydrates (starch, fruit, vegetable, and dairy) and moderate in protein (meat, meat alternatives, and dairy). Don't forget fluids for hydration.

**(Ex. Meals including 1/2 plate of starch, 1/4 plate of veg, 1/4 plate of protein)**

To top up energy, a snack high in carbohydrates with fluids would be ideal **1 hour prior** to training or games. (Ex. Bagel, fruit, fruit leathers, sport drink)

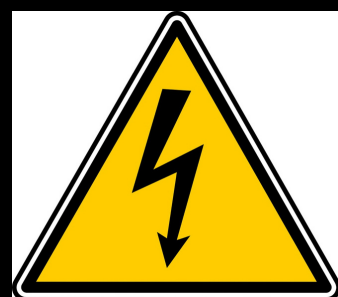


## MAINTAINING ENERGY DURING THE GAME

Fuel & fluids during events are important in maintaining energy, concentration, and skill levels while preventing injury and heat illness.

If training is **< 45 minutes** athletes can use water to hydrate. However, for events lasting **longer than 45 minutes, are outside, or at high intensity or duration** you will require both carbohydrates and fluids to maintain energy levels and performance. Approximate recommendations would be 30-60 g of carbohydrates an hour.

What to choose? Fruit, dried fruit, fruit chews, sports drink, watermelon juice, sport beans, gummies, or gels would be ideal.



## OPTIMAL RECOVERY

The **4 R's of Recovery** include: **Refuel, Rebuild, Rehydrate, Rest**

To ensure optimal recovery from previous events, gain benefits from training, and prepare for subsequent events, consider the three phases of recovery;

1. **Immediately after an event** - a high carbohydrate, moderate protein snack which includes fluids to restore hydration.
2. **Recovery meal**- 2-3 hours post activity. Also high in carbs, moderate in protein, and include fluids.
3. **Overnight Recovery**- consumed one hour before bed. It should be a high protein (20-30g) snack containing carbohydrates and includes fluids.



## HYDRATION

**Lack of fuel and fluids can decrease an athlete's ability to perform at their best. So athletes need to ensure they are well-hydrated to limit the side effects of dehydration.**

**Five quick tips to ensure you stay hydrated :**

1. Drink with all meals & snacks.
2. Start your activity hydrated.
3. Drink during the event to prevent dehydration & its negative side effects.
4. Drink according to environmental conditions - they will change fluid needs.
5. Drink according to the intensity and duration of the event. Higher intensity and longer duration activities will increase fluids needs.

