

# REWARDS OF HEALTHIER EATING

## IN ATHLETES

Colleen Duddy B.S. Nutrition, Dietetic Intern

### INCREASED ENERGY

Eating more whole grains, fruits, and vegetables provide your body with carbohydrates which provide direct fuel to muscles.

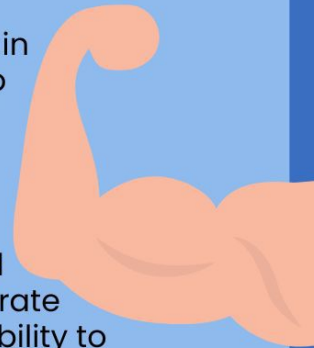
The vitamins and minerals in healthier foods help create and release energy.



### DECREASED RISK OF INJURY

Amino acids and minerals in lean protein and dairy help rebuild torn muscle fibers between games and/or training sessions.

You may notice decreased soreness, the ability to tolerate heavier weights, and the ability to endure high intensity exercises.



### BETTER RECOVERY

Minerals in lean proteins, fruits, vegetables, and whole grains strengthen bones and muscles, preventing wear and tear.

Increased energy will help prevent strains and tears due to muscle fatigue.



### REMEMBER...

The goal is to consume enough food to support your individualized training and health. This is not only important for your performance as a young athlete, but also for your growth and development.

