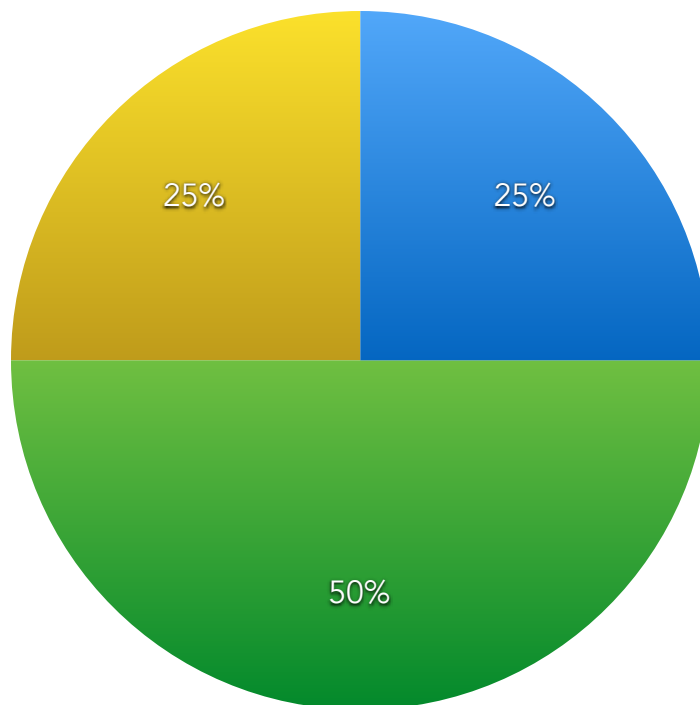


# Cheer Athlete Nutrition

## Everyday Eating

- As an active and busy person, you want to keep your body at peak health and energy levels. You are constantly required to push your body to optimal performance and energy levels. You need to be your best, physically to perform at your maximum potential. This requires eating a healthy diet rich in vegetables, protein, nuts, seeds, legumes, fruit, and healthy fats. Here is a good guideline for your daily plate.

- Healthy Carbohydrates (starchy root vegetables, beans, whole wheat products)
- Vegetables
- Protein (Chicken, turkey, fish, tofu, tempeh, Greek yogurt, etc)



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## Pre-Practice Nutrition

- You work hard at practice, and therefore, it is important to consume a nutrient-rich meal 2-3 hours beforehand. Using the guideline above can help you create a delicious pre-practice meal. It is also important to be drinking water throughout the day, and have some for practice. You may need a snack right before practice, so shoot for something that contains healthy sugar (for energy), and is easily digestible so they don't practice on a full stomach. Fruit is a great pre-workout snack. Since you will be sweating and losing electrolytes, coconut water is also a great pre-practice drink.

- Nutrient-rich meal 2-3 hours before practice
- Fruit or easily digestible snack right before
- Coconut water for electrolytes

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## Nutrition During Practice

- If you practice 3+ hours, it is important to refuel during practice. This should be a small snack containing healthy sugar and some carbs to continue performing at optimum energy. You want this snack to be easily digestible so your body is not spending its energy digesting a meal. Electrolyte drinks such as coconut water can also be great mid-practice fuel. These snacks can include fruit, healthy granola bars, mini peanut butter sandwich, coconut water, etc.

- Refuel mid-practice if it lasts 3+ hours
- Simple/Easily digestible carbs
- Fruit for energy
- Coconut water for electrolytes

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## Post-Practice Nutrition

- Refueling lost nutrients and electrolytes after practice is extremely important, especially if you are required to turn around and do the same the following day. In order to continuously perform at max potential with optimum energy, feeding your body and muscles the right nutrients is essential. It is important to consume a post-practice meal within 30 minutes of practice. This can be a small meal that contains carbs, proteins, and some fat. Protein shakes, small sandwiches, or Greek yogurt make a great post-practice meal. Along with a meal directly after practice, you will want to continue refueling 1-2 hours later. This meal should be high in vegetables in order to balance out PH levels. When we workout our muscles, our bodies become very acidic. Vegetables are very alkaline, so eating a meal abundant in vegetables can help balance out the body's PH levels. This meal should also contain healthy protein. Protein is fuel for our muscles and can help decrease fatigue, and increase recovery. Chicken, ground turkey, and fish are great post-workout proteins. Protein powder, Greek yogurt, quinoa, brown rice + beans, tofu, and tempeh are great vegetarian post-workout proteins. You will want to continue refueling electrolytes by adding salt to your meal or by drinking coconut water. Lastly, it is essential to continue drinking water after your practice.

- Quick post-practice meal within 30 min. of finishing practice- meal should contain protein, carbs, & some fat (Ex: protein shake, small sandwich, Greek yogurt)
- Post-Workout meal 1-2 hours later- meal should be high in vegetables and healthy protein (Chicken, ground turkey, fish, beef, pork, protein powder, Greek yogurt, quinoa, rice + beans, tofu, combined with sautéed or grilled vegetables)
- Replenish electrolytes with salt or coconut water
- Drink lots of water!

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## About the Author

- Stephanie Yeatts (Bibby) is a Certified Health Education Specialist and has been involved in competitive gymnastics and cheerleading for over 20 years. She has been passionate about the importance of athlete nutrition for optimum performance since she was a young gymnast. She has seen positive results of healthy eating in herself, and other athletes that she has worked with. She currently runs [hiqfitfoodie.com](http://hiqfitfoodie.com). If you would like more information on a meal plan for you or your athlete, contact her at [stephanie@hipfitfoodie.com](mailto:stephanie@hipfitfoodie.com)!