

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.

