

LOPER NUTRITION NEWS

October 2023



Make ahead for a quick grab-and-go



1/4 cup pistachios has 6 grams of protein



Create this in the cafeteria with scrambled eggs and a sausage patty



What's the big deal about breakfast?

WHY IS BREAKFAST IMPORTANT?

- **Breakfast is the meal that builds champions.** Unfortunately, many athletes skip breakfast or eat foods far from championship quality.
- **Your body needs fuel to start the day.**
- Skipping breakfast means you start the day on an empty tank, making it harder to focus, think, and perform your best. “No time,” “I’m not hungry in the morning,” and “I don’t like breakfast foods” are excuses that sabotage your sports performance.
- **Breakfast doesn’t have to take a lot of time or effort.** Aim for at least **25 grams of protein** at breakfast with a **quality carbohydrate source** and a **fruit or vegetable**.

**25 GRAMS OF PROTEIN +
CARB + COLOR**

Information provided by
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Made for Loper Performance by Hannah Harrison

For recipes and more, scan this QR code:



LOPER NUTRITION NEWS

September 2023



What's the big deal about pre-workout nutrition?

FAST FACTS

WHY IS PRE-WORKOUT NUTRITION IMPORTANT?

- Go HARD in workouts
- Quick fuel source
- Top off the gas tank
- Keep the intensity up

WHAT IS PRE-WORKOUT NUTRITION?

- Quick-acting CARBOHYDRATES!
- Low in protein, fat, fiber (these take longer to digest)

>30 minutes
before activity



LONG LASTING
complex carbs

10-15 minutes
before activity



FAST ACTING
semi-solid, liquid,
simple sugars

COMPLEX CARBS



SIMPLE SUGARS



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August 2023



What's the big deal about hydration?

Fast facts about *hydration*

How does dehydration affect your performance?

- Increased heart rate
- Body temperature increases
- Exercising muscles do not receive enough oxygen
- Exhaustion sets in and an athlete's performance suffers

How can you keep yourself hydrated?

- Drink fluids ideally every 15-20 minutes during exercise- DO NOT wait until you are feeling thirsty
- Consume fluids with a small amount of sodium and electrolytes during activities
- Start early- drink 17-20 ounces of water 1-2 hours before activity if possible
- Avoid caffeinated and carbonated drinks while exercising

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