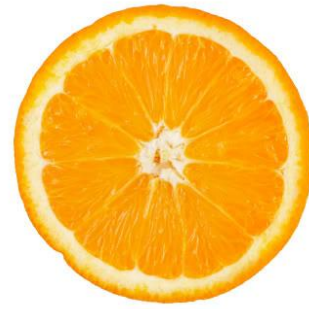


# Prep School Performance Nutrition News with *Kathleen Searles, MS, RD, LDN*



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## Nutritionist. Speaker. Consultant.

It's the season of April showers! With that water-based theme in mind, this month's issue of Prep School Performance Nutrition News focuses on hydration for the high school athlete. I hope that you will find some tips to help your athletes compete well and feel well this spring.

- *Kathleen Searles, MS, RD, LDN*

### Think – and Drink – Like a Dog: Staying Hydrated for Spring Sports



“Think like a dog.” This fun piece of advice comes from Chris Halagarda MS, RD, CSSD, CSCS who is a sports dietitian with the US Navy. He suggests that frequent and enthusiastic water intake during activity – the way a dog drinks – can help athletes perform at their best and simplify their hydration plan.

With the warm weather, it is time to be reminding athletes about supporting their spring competitive season with adequate fluid intake. This is important to help regulate body temperature, control heart rate, and maintain concentration and performance during games and practices.

Fluid needs are affected by several factors.

- Individual athletes vary in how heavily they sweat and in how salty their sweat is. Heavy sweaters and salty sweaters need more fluids and electrolytes to replace those lost in sweat. (The major electrolytes in sweat are sodium and potassium, which are provided by typical sports drinks or a salty snack such as

### News and Events

Now booking for fall programs for schools, dorms, or teams! Maybe your group needs to brush up on nutrition basics. Maybe they need an all-out performance nutrition smack-down!! Call today to let me know about your group's needs.

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### Hydration Tips for High School Athletes

- Drink some water when you first get up in the morning
- Drink fluids with each meal or snack
- Keep a water bottle with you during the day
- During practices and games, keep fluids that you like to drink in a convenient location
- Drink to your thirst; don't overhydrate

- pretzels.)
- The temperature and humidity of the practice or competition venue affects fluid needs as well. More fluid is required in hot and humid environments.
- Playing surfaces can also affect fluid needs by creating “micro-climates.” For example, an artificial turf surface will be several degrees warmer than a natural grass surface.
- The type of clothing or uniform may also affect sweat rates.

Athletes’ hydration needs should be addressed before, during, and after activity, according to the American College of Sports Medicine’s Position Stand on Nutrition and Athletic Performance. A relatively easy way to quantify fluid needs is by weighing before and after activity.

Athletes should drink 16-24 ounces of fluids for every pound lost during activity. When athletes “think like a dog”, as Halagarda recommends, they will drink routinely during activity. Then they won’t have to work so hard to restore fluids afterwards.

Monitoring urine color is a simple way to get a rough estimate of adequate hydration. In the hydrated athlete urine should be pale yellow, like the color of lemonade. Clear urine may indicate overhydration and dark urine may indicate the need for more fluids.

For more information see:

Nancy Clark’s Sports Nutrition Guidebook, 4<sup>th</sup> Edition, Human Kinetics, 2008

“American College of Sports Medicine Position Stand on Nutrition and Athletic Performance” [http://journals.lww.com/acsm-msse/Fulltext/2009/03000/Nutrition\\_and\\_Athletic\\_Performance.27.aspx](http://journals.lww.com/acsm-msse/Fulltext/2009/03000/Nutrition_and_Athletic_Performance.27.aspx)

- Use sports drinks or salty snacks when you are active for an hour or more

### **Where Should You Get Your Fluid?**

Fluid choices for good hydration go beyond water or sports drinks. Here are some foods and beverages that can help you meet your fluid needs:

- Water, enhanced water, flavored water
- Sports drinks
- Juice – 100% juice is healthiest
- Milk or flavored milk
- Soda (limit because of high sugar content) or diet soda
- Coffee or tea (caffeine does not cancel out the hydrating effect)
- Lemonade or juice drinks ( limit because of high sugar content)
- High fluid foods such as oranges, grapes or watermelon
- Frozen treats such as Italian ice or popsicles
- Soup

### **What About Coconut Water?**

Coconut water is the liquid from inside young, green coconuts. It is now being sold commercially in “juice box” type packages.

Coconut water is a natural source of sodium, potassium and magnesium. Some coaches and athletes have turned to coconut water as a more natural (no artificial flavorings or colorings) alternative to

traditional sports drinks. Coconut water is quite high in potassium, but not as high in sodium. Electrolytes lost in sweat, however, are mostly sodium, with potassium a distant second. So, if you choose coconut water as a hydration beverage, consider pairing it with a salty snack such as pretzels, beef jerky, or peanut butter crackers.