



Food Is Fuel

Food gives your body energy to skate. Different foods do different jobs.

Five food groups

- **Energy foods** give you energy: bread, rice, pasta, oatmeal, potatoes.
- **Protein foods** help muscles repair: chicken, fish, eggs, beans, peanut butter.
- **Fruits and vegetables** give vitamins: apples, bananas, berries, carrots, broccoli.
- **Dairy** keeps bones strong: milk, yogurt, cheese, soy milk with added calcium.
- **Healthy fats** help your body use vitamins: avocado, nuts, seeds, olive oil.

TRY IT: My favorite foods

Write one food you like from each group.

Energy food: _____

Dairy food: _____

Protein food: _____

Healthy fat: _____

Fruit or vegetable: _____

A new food to try: _____

Remember: All foods can fit. No food is “good” or “bad.”

For coaches and families

Use real foods and pictures, and use the same food words at home and at the rink. Talk about energy and strength, not weight or looks.



Build Your Plate

Your plate can change with how much you skate. Harder days need more energy foods.

Easy or rest day



Half fruits and vegetables



Fruits and vegetables

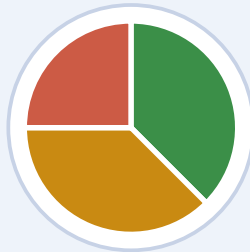


Energy foods



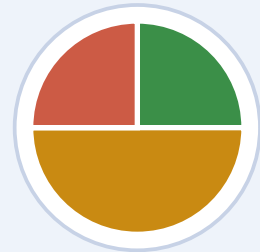
Protein

Regular skate day



Equal fruits/vegetables and energy

Hard skate day



Half energy foods

Add dairy and a drink.

Snack idea: an energy food + a protein food + a drink, like crackers, cheese, and water.

TRY IT: Check my plate

Check each one on your plate.

☐ An energy food

☐ A dairy food

☐ A protein food

☐ A drink

☐ A fruit or vegetable

3 or more checks = a balanced plate!

Remember: Eat when you are hungry. Stop when you are full.

For coaches and families

Plates are a guide, not a rule. Needs change with age, size, activity, and health. A registered dietitian can make a personal plan.



Fuel Your Rink Day

When you eat matters. Plan your food before and after you skate.

Skate day plan

1. **2 to 4 hours before:** eat a meal.
2. **1 to 2 hours before:** have a small snack, like a banana or crackers.
3. **While skating:** take a few sips of water every 15 to 20 minutes.
4. **Within an hour after:** have a snack with protein and a drink, like chocolate milk or yogurt and fruit.

TRY IT: Pack my bag

Check each thing you packed.

☐ Water bottle

☐ Backup snack

☐ Snack for before

☐ Medicine (if needed)

☐ Snack for after

My after-skate snack: _____

Remember: Try new foods at practice, not on test or show day.

For coaches and families

Skating more than an hour? A snack or sports drink at a break helps. Pre-cut food and easy-open packages make eating easier.



Drink Water

Water helps your muscles and your mind. You still sweat on cold ice.

When to drink

- **Before:** 1 to 2 cups, 1 to 2 hours before skating.
- **During:** 2 to 3 big sips every 15 to 20 minutes.
- **After:** 1 to 2 cups right after skating.
- **Best drinks:** water most of the time and milk with meals. Sports drinks are for long or hard sessions. Limit soda and energy drinks.

TRY IT: My drink tracker

On a skate day, color a circle each time you drink.



My water bottle holds _____ ounces.

Remember: Drink on a schedule, not only when you feel thirsty.

For coaches and families

Pale yellow urine usually means enough fluid; dark yellow means drink more. Vitamins are best from food. Ask a doctor before giving vitamin pills or supplements.



My Week and More Help

Track your week, set one goal, and find more help.

TRY IT: My Fit 5 week

Check a box each day you reach the goal.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 fruits and vegetables	☐	☐	☐	☐	☐	☐	☐
5 bottles of water	☐	☐	☐	☐	☐	☐	☐
Move my body	☐	☐	☐	☐	☐	☐	☐

My goal for next week: _____

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Shirley Ryan
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Skating Nutrition
U.S. Figure Skating



Fit 5
Special Olympics



Young Athletes
Special Olympics
Canada



Find a Dietitian
eatright.org

References

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