**Nutrition Notes.**

**How to Fuel**

1. Start every morning with water.
2. Breakfast is most important meal, replaces lost nutrients during sleep. Add cinnamon to any toast or any food. Eggs are good.
3. Healthy foods are fresh fruits, vegetables, beans, eggs, real cheese, whole meat (fish, beef, chicken), nuts, seeds.
4. Eat frequently rather than focusing on big meals.
5. Dark greens and lots of colorful vegetables. If you know directly where it came from it is probably better for you.
6. Increase mineral intake from veggies, rice and grains.
7. AVOID JUNK FOOD! As a runner, it is easy to be attracted to high sugar snacks and candy. These slow you down. Dark chocolate is okay and can satisfy this urge.
8. Get calories from chicken, fish, almonds and nutrition foods instead of junk food and things such as white bread.
9. Consistent doses of protein throughout the day.
10. Practice what works for you. Eat smart lunches and avoid dairy and high fiber foods at school. Turkey sandwiches, pb/jelly sandwiches, salads, a small snack, water! Avoid milk, candy, processed foods.

**Refuel - Post Run**

Within a half hour after working out, speed recovery and repair by consuming 40-50 grams of carbohydrate, and 10-20 grams of protein. Recovery items to consider - P.B. and banana, chocolate milk, natural energy bar and gatorade.

Get a good meal with protein after hard workouts/races! Eat about 1-1.5 hours after running.

**Sinuses are acting up?**

* Try a shower blasting hot and cold water at 30 second intervals. This is also good for muscles.
* Drink tea! Cold medicines might help you sleep but mainly just make you tired.

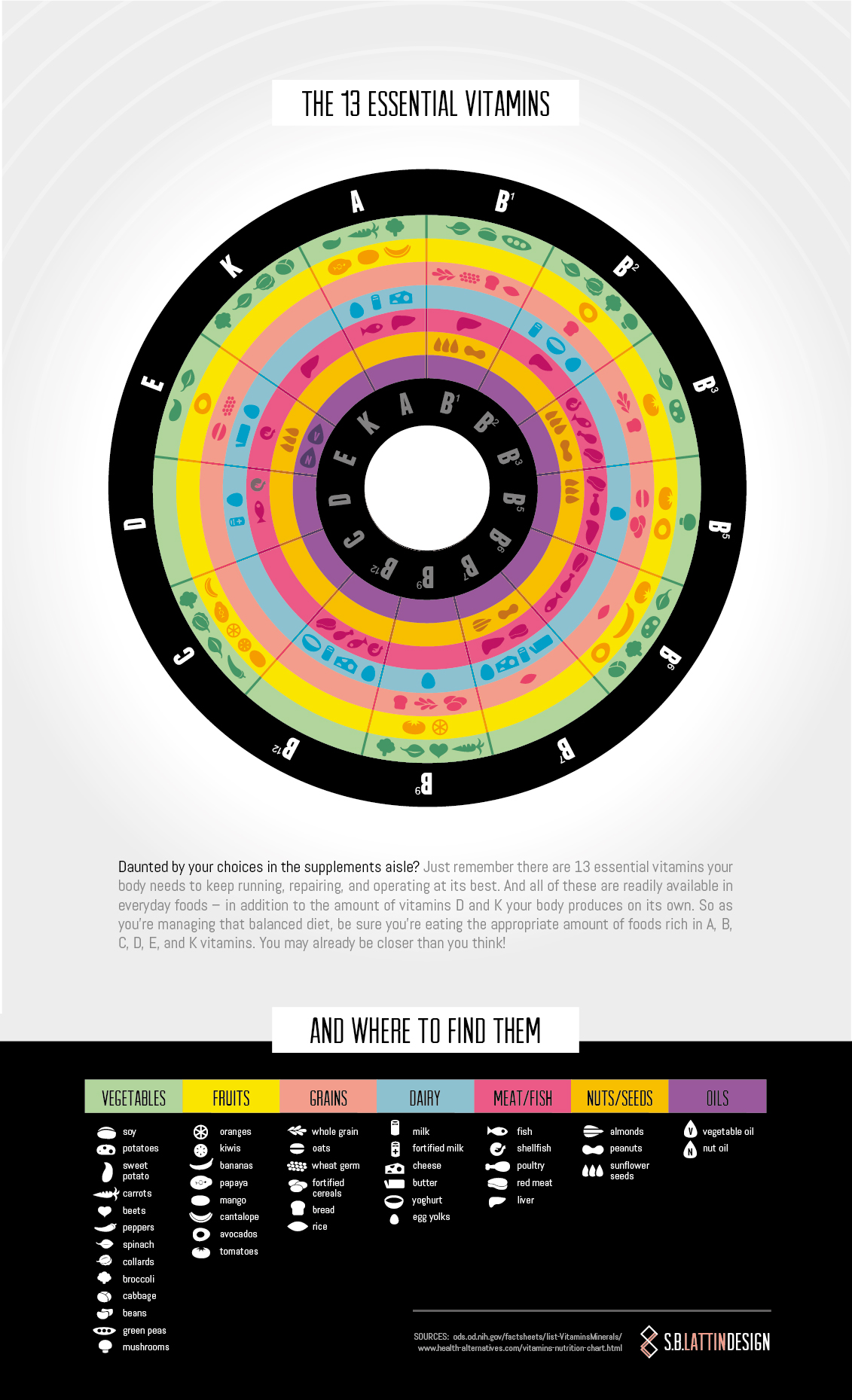
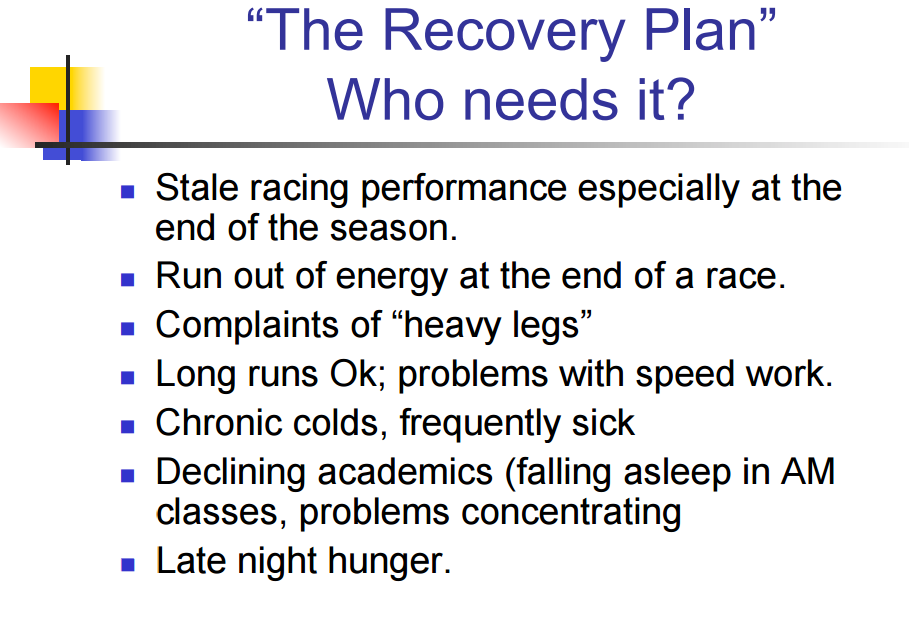
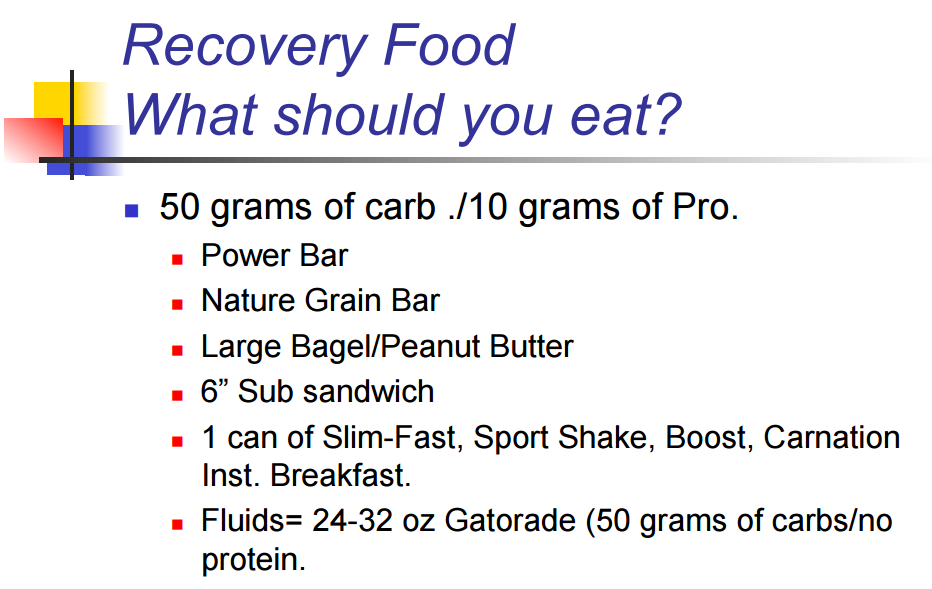
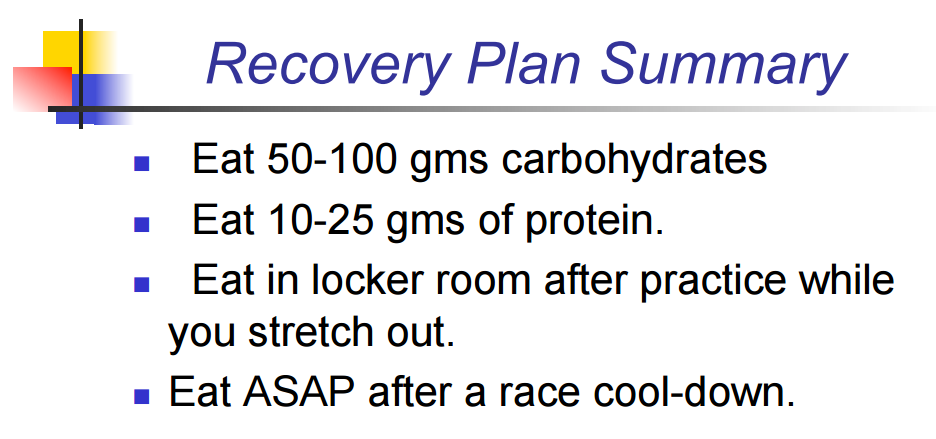
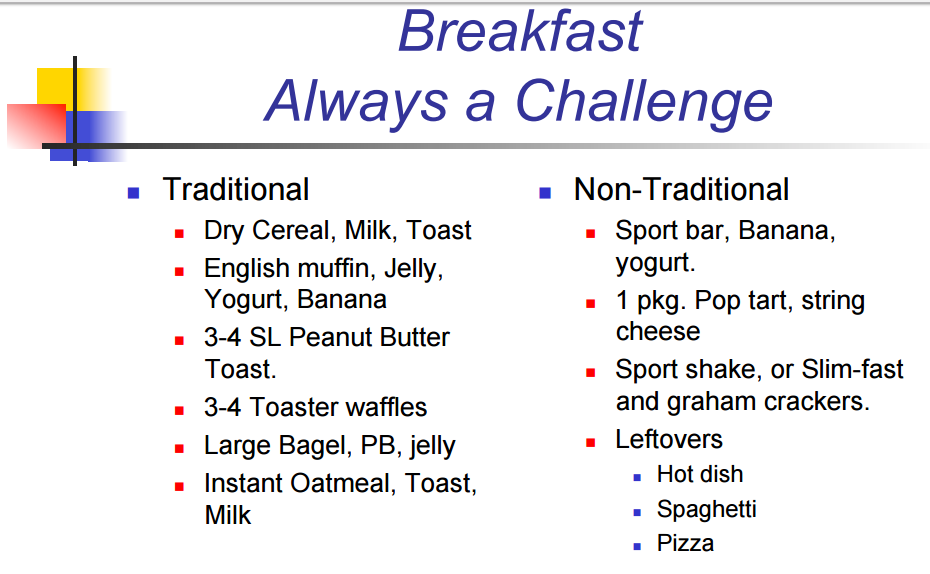
**KEEP IRON LEVELS UP**

* Sources = Red meat, raisins, prunes, spinach, cereals. Best absorbed with Vitamin C.

**Vitamin D is also important!**

* Can be good for growing pains and stress fracture avoidance.

**Night Time**

* Take study breaks, stand up, walk, jumping jacks.
* Avoid TV, phones and electronics after 8 p.m. READ BOOKS!!!
* **Get 8-9 hours of sleep a night. More is needed the harder your efforts.**
* **Attempt to go to sleep at a similar time each night if possible.**
* **20 g. protein before bed can help in recovery on hard days**
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* Also Add to diet -
* Calcium, vitamin D (Milk) every day
* Red meats 3x a week (small servings for IRON) (Hamburger, pork, beans, veggie burger)
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* Don't ask "What if?" after high school or college. Make changes now to make you race better.