



**ORTHOPEDIC
ASSOCIATES**
OF LANCASTER, LTD

NUTRITION & HYDRATION GUIDE

The winter sports seasons bring change in temperatures, both indoors and out. Thinking ahead helps you keep sufficient energy availability. This is essential for optimal growth, maturation, and sporting performance!

It's important to not be missing meals and snacks to help your body perform at its best!

Quick Steps to Success

1. Plan nutrition into your schedule (e.g., when traveling or at school).
 - Daily and weekly
2. If it helps, visualize the day's food and even weigh it out to understand how much you need to consume.
3. Take extra snacks in your bag in case you need extra calories.
4. Read nutrition labels and ask questions if you can't decide if something is healthy for you to eat.
 - Easily digestible and delicious foods are best prior to exercise, including fruits, small energy chews, granola bars.
 - High protein foods are great for post-exercise recovery—in both liquid and solid form.

Hydration

- Consider environment (i.e., temperature, humidity, and altitude) in addition to clothing.
 - Wet and cold clothing against the skin can increase risk of hypothermia.
 - Proper layering to ensure wicking sweat from the skin for thermoregulation.
- **Cold, dry climates can increase hydration needs; consuming additional fluids is important!**
- Add flavorings and use hot or cold drinks when appropriate to increase palatability and consumption.
- Check urine color (aim for pale colored urine).
- Check body weight pre- and post-training session/competition to assess fluid losses and determine optimal drinking strategy (including rehydration at 1.5 L fluids per kg body mass lost).

VITAMIN D & IRON

- **Winter sports athletes are at risk of vitamin D deficiency.** This prohormone, alongside calcium, is required in sufficient quantities for bone mineral accrual to ensure optimal skeletal growth and development.
- **Winter sports athletes are also at risk for iron deficiency.** Iron is an important mineral for many biological processes. Iron requirements increase as a result of (tissue) growth and in females increase further due to menarche.
- Vitamin D can be obtained through sunlight exposure (decreased in winter) and through diet/supplementation.
- Consuming foods that are nutrient dense help keep your body performing at its best. Try to incorporate some of these natural and/or fortified foods during the winter months.
 - **Dark leafy green vegetables (kale, spinach)**
 - **Cruciferous vegetables (broccoli, Brussels sprouts)**
 - **Mushrooms**
 - **Citrus fruits and orange juice (fortified)**
(in reasonable amounts, 4-8oz. daily)
 - **Lean meats (beef, turkey, poultry, egg)**
 - **Dried fruit (figs and dates)**
 - **Nuts (raw almonds)**



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