Nutrition for Vegan Teen Athletes

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Important nutrients for athletes

- **Carbohydrates** - our muscles main source of energy, important for fueling our workouts
- **Protein** - important for repairing and rebuilding muscle that has been damaged from exercise
- **Water** - prevents cramping and replaces fluid lost through sweat
What should I eat before and after a workout?

**Before**
Focus on foods with carbohydrates.
Carbohydrates are helpful to fuel you during the workout and prevent hunger.

**After**
Eat a snack or meal with carbohydrates and protein.
Carbohydrates will help replace energy used during the workout and protein will help to repair muscle.

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**Snack Ideas**

**Before a workout**
- Peanut butter with banana
- Oatmeal with fruit
- Whole grain toast topped with hummus or avocado

**After a workout**
- Fruit smoothie with protein powder
- Rice and beans
- Pasta with tofu