

DETROIT  
ROOTS



# HEALTH TIP OF THE WEEK

During an inning, you can go from being completely stationary to suddenly needing to perform at full speed.

Think of when you're standing in a ready position at third base and have to sprint for home when the catcher makes an error. Or the sudden burst of energy you need to make a diving leap for the game-winning catch in the outfield.

That's why good nutritional habits are so important for you if you're a baseball player! They can help you spring into action when you need to. Poor nutritional habits can keep you from reaching your full potential on the field.



## FLUIDS

- The most important nutrient for a baseball player is water. During workouts or practices, try to "train" yourself on how to stay properly hydrated.
- If you know it is going to be a hot and humid day, try to drink at least half your body weight in ounces of water. If you weigh 100 pounds, your goal would be 50 ounces. Dividing 50 by 8 ounces gives you 6.25. That is how many 8-ounces glasses of water you should drink that day.
- Drink two cups of fluid two hours before practices or games.
- Drink six to eight ounces of fluid every 15 to 20 minutes during practices or games (especially when it is hot or humid).
- Drink 24 ounces of fluid for every pound lost during practice, training or a game.

## FOOD

- Instead of loading up on unhealthy fast food, eat balanced and nutritious meals.
- Fast food weighs you down and makes you feel sluggish, keeping you from performing at the top of your game.
- Breakfast is probably the most important meal of the day.
- To jump-start your body, eat something within one hour of waking up each morning. A whole grain or wheat bagel with peanut or almond butter, a bowl of cereal with low-fat milk, eggs and toast, oatmeal or waffles with fruit toppings are all healthy choices.
- Eat healthy at lunch and dinner (especially before games).
- Before a game, stick with foods that are low in fat, since foods with a high fat content stay in the stomach longer and may cause indigestion. High protein foods, that are low in fat include veal, fish, shellfish, low-fat milk and cheese, eggs, Greek yogurt, nuts, nut butters and beans.
- Fuel with Carbohydrates.
- Since the body uses carbohydrates as its primary fuel source, especially during baseball, try to add a carbohydrate source (e.g., rice, pasta, bread, bagels, cereal, crackers, tortillas, fruits, veggies, sports drinks, corn and potatoes) to each meal and snack.