

PERFORMANCE NUTRITION

SEPTEMBER 2026



SCAN THE QR CODE BELOW TO SCHEDULE
YOUR NUTRITION CONSULTATION



FOCAL POINTS

- DORM ROOM ESSENTIALS
- FUELING FOR YOUR ATHLETIC PERFORMANCE

FUELING YOUR ATHLETIC PERFORMANCE

AS THE SCHOOL SEMESTER STARTS, IT IS IMPORTANT TO FUEL YOUR BODY THROUGHOUT THE DAY TO GIVE YOU THE ENERGY TO PERFORM WELL IN SCHOOL AND IN YOUR ATHLETIC PERFORMANCE.

ADEQUATE PROTEIN

PROTEIN IS IMPORTANT TO HELP YOUR BODY PERFORM ITS NECESSARY FUNCTIONS, LIKE MUSCLE GROWTH AND REPAIR.



ADEQUATE CARBOHYDRATES

FIRST LINE OF FUEL FOR OUR BODY AND ITS FUNCTIONS. CARBS GIVE YOU ENERGY TO PERFORM YOUR DAILY TASKS AND TO FUEL YOUR ATHLETIC PERFORMANCE.



MAGNESIUM

A MINERAL THAT PLAYS AN IMPORTANT ROLE IN MUSCLE CONTRACTION, NERVE FUNCTION, AND AIDS IN THE FUNCTION OF OUR METABOLISM.



TALK TO YOUR RD BEFORE SUPPLEMENTING!

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PROTEIN FOCUS

For the athletes, regardless of whether you are in-season or off-season, it is important to have adequate amounts of protein. Protein is vital to repair your muscles, aids in your immune system, etc. Try these combos at the dining hall or your apartment:

1 big scoop rice/pasta to mixed salad + 1 scoop of protein (chicken, fish, eggs, beans)

Hummus packet + pita chips

1 scoop of beans/legumes + sandwich with turkey, cheese, lettuce, and tomatoes

CARBOHYDRATE FOCUS

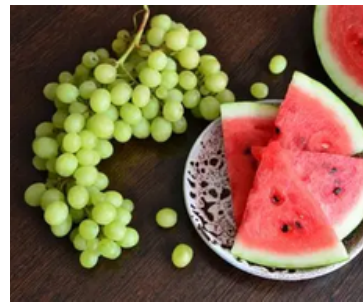
Carbohydrates are our bodies' FIRST line of fuel for performing daily tasks and are essential for your athletic performance. Carbohydrates are important regardless of the intensity and duration of your sport. Try these combos at the dining hall or your apartment:

1 cup of any soup + sandwich with chicken/turkey + fruit

Peanut butter + Jelly Sandwich with a salad

1 big scoop Pasta/rice + 1 scoop of protein + 1 big scoop of a vegetable/fruit

1 cup of oats + ½ cup milk + fruit





PEANUT BUTTER BANANA OVERNIGHT OATS

- 1 cup almond milk or milk
- ½ - ¾ cup oats
- 1 banana
- Cinnamon
- 1 tablespoon peanut butter
- Optional: chia seeds

1. Mix all ingredients in a jar, except bananas. Sitr together and cover.
2. Place in the fridge overnight
3. Next morning add bananas

AVOCADO & EGG TOAST

- 1 avocado
- 2 pieces of toast
- Salt + pepper
- 2 microwaveable scrambled eggs

1. Mash avocado
2. Toast your bread
3. Assemble your eggs + mashed avocados on your toast



CHOCOLATE TRAIL MIX

- 3 cups peanuts
- 1 cup almonds
- Optional: ½ cup dried sweetened cranberries
- 1 ½ cups raisins
- 1 cup chocolate chips

1. Mix and Enjoy!



MAGNESIUM 101

Magnesium is a mineral that is present in many foods and added to food products, available as a supplement, and found in certain medications

Magnesium is an essential mineral that participates in over 300 enzyme systems (metabolism). Below are a few roles magnesium plays in the body:

- protein synthesis
- muscle and nerve function
- blood sugar control
- blood pressure regulation
- structural development of bones

Many foods contain magnesium, and below are some examples:

- dark leafy greens
- legumes
- nuts and seeds
- whole grains
- dark chocolate



Where does Magnesium fall under?

CONSULT YOUR RD ON HOW TO ADD IT TO YOUR PERFORMANCE PLAN

PERMISSIBLE - as part of natural food products like dark chocolate, leafy greens, and nuts.

IMPERMISSIBLE - as “added” in products like fortified breakfast cereals, coffee, and meal replacement drinks. Institutions cannot provide these specific flavored products on hand.

BANNED - Not all dietary supplements, like magnesium supplementation, contain third-party tested companies

NOTE - some sports drinks contain magnesium. Please consult with an RD and physician if supplementation is right for you.



MAGNESIUM GLYCINATE

Magnesium binds to glycine (amino acid) and helps promote relaxation and sleep.



MAGNESIUM MALATE

Magnesium binds to malic acid. Malic acid plays a role in the Krebs cycle (energy production). Option for endurance athletes.



MAGNESIUM CITRATE

Magnesium binds to citric acid. Aids in stimulating bowel movements and muscle contraction