



# PRE-SEASON

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# GYMNAST NUTRITION GUIDE

LEVEL UP THIS SEASON WITH  
NUTRITION

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# The 5-Step Gymnast Nutrition Audit

**Does your gymnast eat breakfast** (with at least 3-4 food groups (carbs, protein, fat, color, calcium/dairy)? YES  NO

**Does your gymnast pack a mid-morning snack?** Or does she just "borrow food" from her lunch when she gets too hungry and can't wait? YES  NO

**Does your gymnast take something for hydration (some sort of refillable water bottle, etc)?** Or does she refuse to drink most of the day so she doesn't have to go to the restroom or because she "doesn't like water"? YES  NO

**Who plans and packs the pre and intra-workout snacks?** In my opinion, adolescent gymnasts (and even a little younger, say 12 years old) can be responsible (read: help) for packing their pre-workout and intraworkout snacks (with parental oversight of course). To me, packing snacks for gym is like not forgetting your grips or leotard; it's an essential "piece of equipment" for optimal performance. YES  NO

**Are you "closing the recovery gap"?** This includes a solid post-workout snack and meal (can be in either order) for most gymnasts training 15-20+ hours a week. This also includes a yearly check in with the pediatrician to make sure growth is appropriate; if the gymnast isn't growing, that's your sign there isn't enough energy (calories) available to the body for repair/recovery YES  NO

Score    / 5

# The Results

## A score of 0-2:

**You're still getting started --- and that's OK!** But, there are several things we can do to optimize your gymnast's nutrition to support HER best performance and health this season.

## A score of 3-4:

**You are on the right track** but there are still a couple things we can do to improve. Check out The Balanced Gymnast Method™ to learn more.

## A score of 5:

**Yay! You are well on your way to helping your gymnast reach her goals and dreams.** If you're wanting to make sure you're doing everything you can to optimize your gymnast's nutrition (especially as she gets older) you can to help your gymnast and that she has personalized strategies, now may be the perfect time to look at 1:1 nutrition coaching.

# 6-Steps to Optimized Nutrition. More Energy. Better Performance



# Tips for Using The Balanced Gymnast™ Meal Planning Subscription

**This is not a "one-sized-fits-all", but is a great way to get new, fresh, and tasty ideas to support your gymnast's nutrition.**

## **Start the week with a plan.**

- Pick 3-4 dinners, some you can repurpose for lunches (I LOVE reheated leftover for lunch to change things up from cold lunches). At the minimum, try to cook a protein/starch/veggie that can easily be re-heated for another quick meal (especially after a LONG day of school and gym).

## **Put breakfast on "auto pilot"**

Have 2-3 breakfast options on hand at all times, some super quick and easy, others that maybe require a little more effort (or at least can be made ahead of time).

## **Pack the Snacks!**

So many gymnasts try to make it through the day with "three squares" and they need several snacks to support optimal performance and a growing appetite. I like to combine at least 2-3 food groups or carbs/protein/fat for most mid-day snacks to help with energy and "staying power". Now, snacks between meals are different than pre and intra-workout snacks, something I teach in The Balanced Gymnast Method™ Course.

## **Include the Fun Foods!**

Yes, I am instructing you to add in the fun foods. Why? Because part of raising a healthy, strong gymnast is raising a competent eater. Being able to enjoy ALL foods without guilt, shame, anxiety is so important for longterm health and performance. So many gymnasts and parents try to eat "clean" or "super healthy" all week and can lead to overeating, food sneaking, or even binging on foods that feel "over-restricted".

# BONUS: Hydration!

**SO MANY gymnast struggle to drink enough throughout the day, and while this isn't the "MOST" important part of their fueling plan, it's essential.**

## **Bring a Bottle**

I find that bringing a refillable bottle to school and gym is the best way to ensure proper hydration (versus "winging it"). Right now with everything that's going on, your gymnast may need to get creative with drinking enough while at school. When it comes to gym, I'm a big fan of gymnasts being allowed to have their bottles with them as they rotate to each event. Otherwise, they just can't seem to drink enough in between rotations without feeling "water-logged"...so, they just don't drink enough.

## **What to drink?**

Water first, then I like to see 2-3 cups milk/plant milk spread throughout the day (to get enough calcium!), and then things like juice, sports drinks, etc can be strategically used in and around training. I'm also a big fan of some chocolate milk for post-workout recovery, which doubles as a source of protein, carbohydrates, and fluids/electrolytes.

## **How much to drink?**

It depends! But, in general, gymnasts can start with 1/2 their body weight (lbs) in oz of water. So, if your gymnast was 100 lbs, she'd need 50 oz of fluid a day just to meet her "normal needs". This is then in addition to what she needs at gym (several more ounces every 15-20 minutes during 2+ hour workouts). Fluid needs also depend on climate, altitude, etc.

# What's next?

This Pre Season Guide will help you make the most of The Balanced Gymnast Meal Planning Subscription while fueling your gymnast for a successful season.

I did NOT have any aspect of my nutrition as a gymnast correct, and it ruined my career. I tried to eat as "healthy" as possible, over-exercised and yet had no idea why I was always exhausted and injured. And, my parents didn't know how to help (in fact, they were part of the problem).

Over the past 10 years I've learned EXACTLY why I was stuck, not getting better, and constantly injured...and why I kept sabotaging my progress.

A lot has changed with how I work with athletes because they are not just robots, they're humans who have preferences, feelings, and emotions about food and body.

If you're ready to help your gymnast take her nutrition to the next level, [apply for a free fifteen minute discovery call](#) to discuss the next best steps for your gymnast (either our course for parents of competitive gymnasts or 1:1 nutrition coaching). Not every gymnast is ready for or needs 1:1 support, but that's why we created The Balanced Gymnast Method™---our online course for parents of competitive gymnasts. [Click here to learn more](#) about the parent course.

Kindly,  
Christina

