

Competing at the highest level and achieving at the best level requires proper nutrition. Baseball players must keep a healthy edge in today's competitive environment by eating well. Due to the increased energy requirements of an athlete's body, baseball players need more nourishment during practices and games than non-athletes. To maintain healthy nutrition as a baseball player, consider the following:

Hydration: Baseball needs fast sprinting, quick decision-making, focus, coordination, and ball-handling abilities. According to research, dehydration increases skill mistakes, reduces focus, and impairs speed and coordination. Therefore, it is essential to keep hydrated during the game.

Baseball players should take fluids before, during, and after games to keep them hydrated. The same emphasis should be placed on drinking fluids throughout practice and exercises. All players need hydration, but those who sweat more have a greater demand to stay hydrated. In order to maintain the proper amount of hydration during a game and throughout practice, baseballers need to consume fluids often. Hydration helps reduce fatigue; hence it is essential that players hydrate before playing. Consume fluids consistently during the day before a game and in the course of weight training and practice. Taking fluids with every meal is a brilliant way to maintain the habit and energy levels.

Refuel Well During the Week: Good eating habits must be maintained throughout the week, not just on game day. Establishing consistent energy levels throughout the week prevents your body from making difficult adjustments on gameday to compensate for poor nutrition in the days leading up to the game.

Diet: Baseballers on gamedays often consume food between three and four hours before kickoff. Your first meal should consist of carbs for energy and fluids for hydration. The pre-game meal should also include a small quantity of protein. During a game, protein prevents hunger. To keep fit and avoid discomfort before the start of a match, consume low-fiber meals to help digestion.

- **Carbohydrates:** Carbohydrates help sustain energy during practice and actual games. Carbs are broken down into glycogen, which fuels muscles. A baseball player's diet should be about 60-70% carbs. Carbs may be broken down into complex and simple carbohydrates. Complex carbs release energy slowly over extended periods, while simple carbohydrates supply intense energy during the game. Fruits, roots, beans, pasta, rice, bread, and cereals provide simple carbs. Peas, beans, whole grains, and veggies offer complex carbs
- **Protein:** Protein should comprise 15-20% of a baseball player's diet. The body needs protein to repair and rebuild muscle tissue, but it can only use or digest a small quantity of protein at one time. Protein that is not used is broken down and stored as fat in the body. Protein-rich foods include beef, chicken, turkey, fish, cheese, milk, eggs, and yogurt
- **Fat:** The average diet has more fat than the body needs, so if you want to play baseball and stay in shape, your diet should have 15 to 20% fat content. Remember, your body will burn fat to satisfy its energy needs, and you want to avoid gaining weight when consuming fat. To avoid gaining unnecessary weight, remove the skin from fish and chicken, avoid foods packed in oil, drink water and skim milk, broil food rather than steaming, poaching or frying, and avoid sweetened and carbonated drinks