

# Fueling the Athlete's Body



## *Pre-Exercise Nutrition*

- Purpose: top off blood glucose levels and provide sustained energy during activity
- High carb meals should be consumed everyday for optimal nutrition benefits
- Carb choices which provide a supply of **slow**-releasing energy benefit events lasting more than 1 hour and include:
  - Milk and yogurt
  - Beans (legumes)
  - Whole wheat grains
  - Apples
  - Power Bars
  - Oatmeal
- Events **less than** 1 hr. require a snack that digests easily and settles well
- Limit high-fat foods
- Allow more digestion time before intense exercise than before low-level activity
- Always eat familiar foods before competition

## *While Exercising*

- Additional fuel is only needed for activities lasting more than 1 hr.
- 30-60 g of carbs each hr. improves performance
- Examples of proper amounts/hour: 5-10 oz sports drink every 15-20 min., 1 lg. banana, 3 large graham crackers, 2 gels, or 1 powerbar

## *Post-Exercise Nutrition*

- Carbohydrates are critical as soon as tolerated
- If not hungry consume a high-carbohydrate drink
- Choose high glycemic carbs for fast absorption into the muscle.
  - Sports Drinks
  - Crackers
  - Breads, Bagels
  - Cereal
  - Smoothies
  - Fruits

## *Food Examples*

- Pre-Workout
  - Lowfat Yogurt and fruit
  - Oatmeal made with milk & fruit
  - ½ whole wheat bagel with jelly
  - Trail Mix
- Post-Workout
  - Chocolate milk and fruit/crackers
  - Sports Drink and granola bar
  - Bagel with cream cheese & juice
  - Fruit Smoothie



# Sports Nutrition