

Sports Nutrition



Eat your best to exercise
at your best!

Pre Exercise



- A full stomach can decrease athletic performance and leave you feeling unwell.
- It typically takes 1 to 4 hours to empty your stomach. Experiment to see what foods leave you energized but not full.
- Avoid high fat food directly before a workout because fat stays in the stomach for a long time.
- To ensure hydration, drink 20 fl oz of fluids 2 or 3 hours before exercising along with another 10 fl oz fluids 15 minutes before exercising.



Carbohydrates



- Carbohydrates in the form of glycogen provide most of your energy for exercise.
- A person's carb stores last long enough to supply energy for 30 to 90 minutes.
- To avoid "hitting the wall" start exercising with full carbohydrate stores and replenish during exercise with sports drinks or gels.
- Eat a meal with high carb foods, such as pasta, bread, fruits and vegetables, a few hours before exercise to make sure your energy stores are topped off.

Protein



- Proteins help make up your muscle, bone and tendons.
- Using protein as an energy source will break down your muscles – avoid this by eating adequate carbohydrates.
- Those who exercise regularly need to take in 1.2 to 1.6 grams of protein for every kilogram (2.2 pounds) of body weight in order to rebuild muscle.
- Most people consume more than enough protein – consuming extremely high levels of protein can stress the kidneys and provides no extra benefit.

Hydrate



- Fluid intake is critical for maximum athletic performance.
- Dangers of losing too many fluids include: cramping, dizziness, fatigue, heat exhaustion or heat stroke.
- Drinking 8 to 10 fl oz of fluid every 15 minutes during exercise is usually adequate to prevent dehydration. Exercise under some conditions make require increased fluid intake.
- When exercising for over an hour, a sports drink should be consumed instead of water to maintain glycogen levels.

Iron

- Iron is critical for athletic performance as it helps the blood carry oxygen.
- Meats are good sources of iron, but fortified foods, nuts and some vegetables, like spinach, provide iron as well.
- Vitamin C can help the body absorb more iron, while caffeine hampers iron absorption.
- Women are more likely to be iron deficient than men.
- Symptoms of iron deficiency include fatigue, recurrent illness and a high exercising heart rate – if you worry you may be iron deficient see your doctor!



Recovery

- Eating and drinking properly after a workout or competition will aid in recovery.
- Drink enough water to regain any water weight lost during exercise.
- Consuming carbohydrates within 2 hours after exercise helps the muscles recover and build.
- 100 to 200 grams of carbohydrate should be consumed along with 25 to 50 grams of protein.
- A drink like chocolate milk provides both the carbohydrates and protein needed for recovery and may be more appetizing than solid food after exercise.

