

Sports Nutrition

*****Food and beverage choices of what to eat vary from person to person and sport to sport (GI issues, less trained athletes, type of sport/movement – runner vs. cyclists, exercise intensity, emotional and mental stress...)***

Pre Workout Snack high carb (maintain blood glucose / fuel to workout) + contains some protein (to help maintain fuel, diminish protein damage and breakdown)

Main Goal: To have energy for working out; carbs are body's preferred source of energy!

- helps prevent low blood sugar (symptoms: fatigue, light headed, blurred vision)
- helps settle your stomach and ward off hunger
- will fuel your muscles - both the carbs you eat in advance for stored glycogen (aka stored fuel) and the carbs eaten within an hour before your workout. Carbs digest faster than protein and fat and therefore quickly become readily available fuel.

A few things to consider

1. Make sure what you eat sits well in your stomach. Foods low in fat and fiber will digest more easily.
2. Hydrate well with water before, during, and after exercise. Aim to get 16 ounces of water 1-2 hours before exercise of any type.
3. It doesn't matter if you are doing cardio or weights; the important part of a pre exercise meal is getting glucose (aka fuel) to the muscles.

(Pre workout) 3-4 hours before exercise if eating large meal; 2-3 hours prior for smaller meal; 1-2 hours prior for liquid meal; less than an hour prior for small snack

Trail Mix

Most fresh fruits (apple, orange, banana, raisins, dried apricots)

Apple with peanut butter or string cheese

String Cheese + crackers or pretzels

Trail Mix

Hummus with veggies and pita bread

Energy Bar

Low Fat Fruit flavored Yogurt

Cottage Cheese and Peaches

Yogurt + fresh fruit

Fig Newtons (2)

English muffin or bagel with almond butter

1 packet instant oatmeal

1 cup cheerios

8 oz fruit juice

Written By: Danielle Gehrke, RD, LDN, Dining Services Wellness Director, Eurest Dining Services at Bradley University

Disclaimer: Information provided is offered for educational purposes only and is not intended to replace the guidance of a healthcare professional.

Eating During Exercise

If you are performing endurance exercise, you can actually increase your stamina and strength by consuming carbohydrates during exercise. 100 - 250 calories (25 g – 60 g) of carb every hour after your first hour of exercise will help do the trick.

- Practice eating during training to figure out what foods work for you. Try a bagel, banana, fruit juice, pretzels, yogurt, chocolate milk, cereal or Clif Shot Bloks.

Post Workout Snack

10 to 20 g protein (repair and build muscle) + high carbs (replenish glycogen stores) + water (replenish fluids lost during working out)

Main Goal: Re-fuel muscles and restore glycogen stores. Timing is important after exercise to recover quickly and efficiently. It is best to eat within 45 minutes of finishing a hard or long workout.

A few things to consider:

1. If you are going to be eating your next meal within an hour or two, then a small snack of 150-200 calories will be sufficient. If your meal will be sooner, then just use the meal to refuel.
2. If you are the type of person who is not hungry after working out, at least eat something small (100 calories) or choose liquid foods, like a smoothie, within 45 minutes. Solid and liquid carb containing foods are both equally effective!
3. You need 16 ounces of water for every pound you lost during exercise. Drink at least 16-20 ounces of water after every exercise session. Weigh yourself before and after exercise to determine sweat loss.
4. Carbs are just as important as protein post workout! Many people think you only need protein to rebuild muscle, but your body will actually break down that protein to replenish glycogen if you don't eat some carbs. If this happens you won't have protein left to repair your muscles!

(Post workout) You can get about 10 g of protein from: 10 oz milk, 2 eggs, 2 Tbsp peanut butter, 1 cup yogurt or ½ cup cottage cheese. If you had a hard workout and will be exercising again in 3-4 hours consume 0.5 g of carb per pound of body weight every hour, eaten at 30 minute intervals for four to five hours. You can eat more than the calculated amount if you are hungry for more calories but extra carbs beyond the calculated amount will not accelerate recovery any faster. Your daily carb intake should not exceed 3-5 g per pound of body weight if you are doing extreme exercise.

V8 juice + lean meat sandwich

Juice, string cheese, some crackers

Stir Fry (lean meat, vegetables and brown rice)

Bowl of cereal, banana, and milk

Cottage Cheese, fruit, pita bread

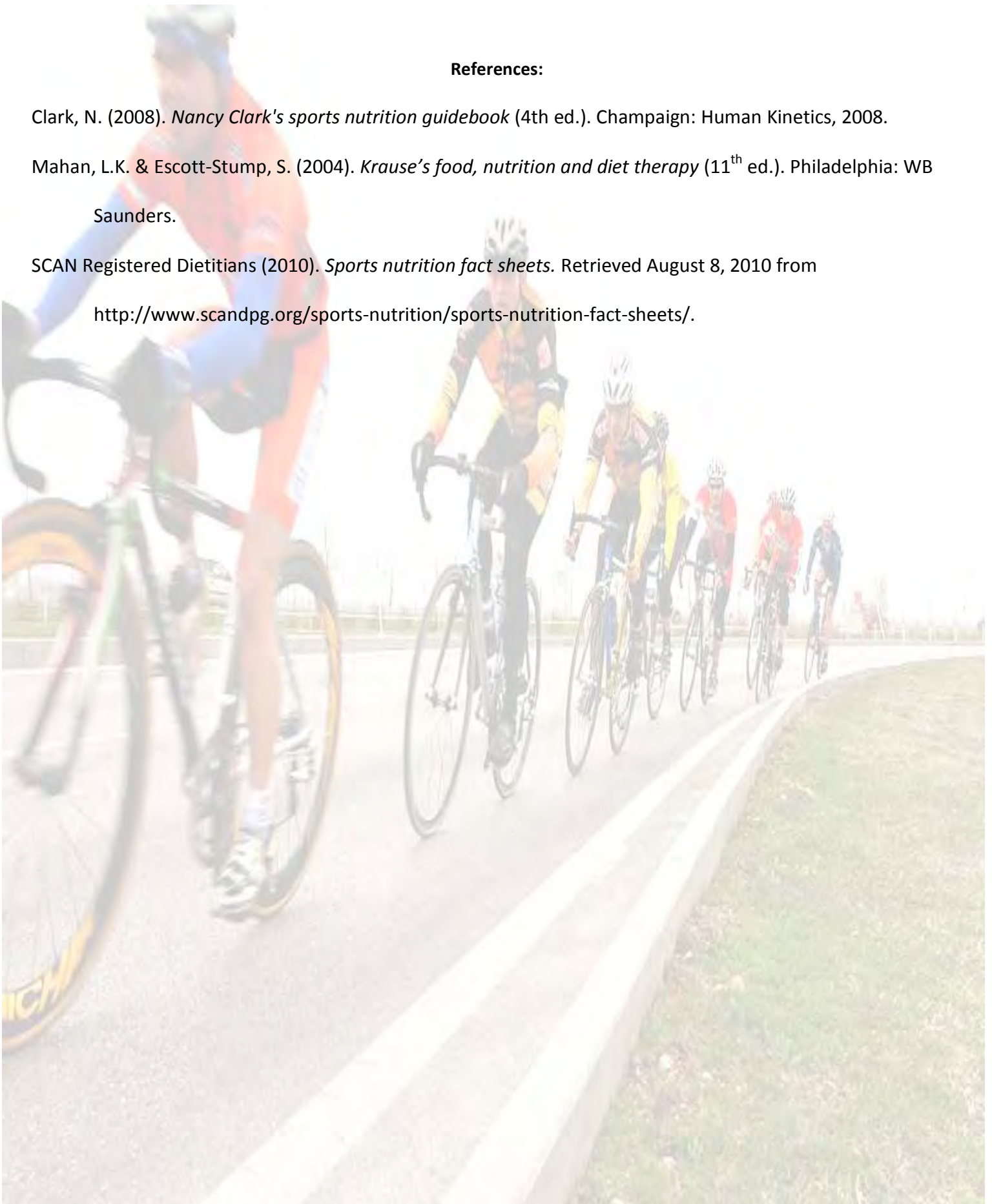
Fruit Smoothie (made with yogurt or milk) + some pretzels

References:

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