

SPORTS NUTRITION TIPS

NUTRITION TIPS:

- Many athletes do not get enough calories for their sport and end up feeling chronically fatigued. It is important to eat 3 balanced meals per day with healthy snacks in between (fruit, nuts, low fat yogurt, granola bars, fig bars).
- Your individual calorie needs will vary based on age, height, weight, sex and physical activity.
- Calorie breakdown: 50-65% carbohydrate, 15-25% lean protein, 15-25% healthy fats
- Sources of good carbohydrate:
 - Whole grain bread, cereal, pasta, brown rice, fruit, sweet potatoes, low fat milk/yogurt
- Sources of lean protein:
 - fish, chicken, turkey, eggs, nuts, beans, lean beef (sirloin, tenderloin), tofu
- Sources of healthy fats:
 - Olives, olive oil, seeds, nuts and nut butters, avocado, salmon, tuna

RECOVERY NUTRITION:

- Recovery nutrition is important to replenish energy stores and promote a faster recovery. Begin replenishing within 30 minutes of finishing your workout especially if you are training or competing twice per day.
- Use the “Book-Ending” technique:
 - Consume a small snack within 60-30 minutes prior to exercise.
 - Follow exercise with 50-100 g of carbohydrate within 30 minutes of finishing.
 - Some protein paired with your high carb recovery nutrition sources can also aid in recovery- typically 3 or 4:1 carbs to protein (12-25 g protein).
 - Sample pre-workout snacks:
 - fruit, bread/English muffin/bagel/crackers w/ PB, bars, Gatorade, energy chews
 - Sample post-workouts snacks:
 - smoothies, pretzels, fruit, yogurt, granola bar, sports bar or shake, low fat chocolate milk

HYDRATION GUIDELINES

<u>BEFORE ACTIVITY</u>	<ul style="list-style-type: none"> • Drink plenty of fluids with meals. • Drink 16-20 oz. fluid 2 hours before activity. • Monitor the volume and color of your urine: <ul style="list-style-type: none"> ○ Pale yellow (looks like lemonade)→ Normal fluid balance ○ Little volume, dark color (apple juice)→ DEHYDRATION **If taking a vitamin supplement, urine may appear dark In this case, volume may be a better indicator. • Drink 8-16 oz. fluid 15-20 minutes before activity.
<u>DURING ACTIVITY</u>	<ul style="list-style-type: none"> • Be sure you have fluid available. • Don't wait until you are thirsty to drink- it may be too late. • Plan for 6-10 oz. of fluid every 15-20 minutes (24-32 oz/hour). • TIP: 1 normal gulp = 1 fluid oz. • Know the warning signs of dehydration! <ul style="list-style-type: none"> ○ Premature fatigue, headache, weakness, nausea, thirst, irritability, muscle cramps, “goose bumps,” disorientation • For workouts longer than 60 minutes, consume a sports drink for at least ½ of your fluids • Avoid over-hydrating by taking in too much water as this can lead to “hyponatremia,” low blood sodium concentration
<u>AFTER ACTIVITY</u>	<ul style="list-style-type: none"> • Drink 20-24 oz. of fluid per pound of body weight lost during exercise. Consider a sports drink to replenish sodium losses as well. • Begin rehydration within 30 minutes of completion of exercise. • TIP: Low fat chocolate milk has been found to promote recovery as it provides fluid, electrolytes and an optimal ratio of carbs:protein. TRY IT OUT!!