**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**

| BEFORE ACTIVITY | • Drink plenty of fluids with meals.  
| • Drink 16-20 oz. fluid 2 hours before activity. 
| • Monitor the volume and color of your urine:  
| • 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. |
| DURING ACTIVITY | • 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!  
| • 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 |
| AFTER ACTIVITY | • 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!! |