



Sports Nutrition

Fueling your body for movement:

{Timing Nutrition}

1 Pre-Exercise

Purpose is to maintain energy (blood glucose) during exercise. Should be high in complex carbohydrates, medium in protein and low in fat. Consume 1-4 hours before exercise, test what works best for each individual athlete. Note: Feeling nervous on game day could slow the digestive process.

Examples:

- Whole grain toast with small amounts of nut butter and jam.
- String Cheese, Whole grain Crackers and Grapes.
- Fig Newton's and 16 oz. of nonfat chocolate milk
- Oatmeal with whey protein



2 During Exercise

Long training session, competition and tournaments all require additional nutritional support. Prioritize easy to digest carbohydrates and limit fat & fiber.

General Guidelines:

High intensity(30-75 minutes): Small amounts as needed

Endurance/high intensity (1-2 hrs): 30 grams of carbs/hr

Endurance (2-3hrs): 30-60 grams of carbs/hr

Endurance (>2.5 hrs): up to 90 grams of carbs/hr

Examples:

- Banana, apple or other piece of fruit
- Whole-wheat toast with jam
- Fat-free chocolate milk
- Fig bar, pretzels or cereal

3 Post-Exercise

Purpose is to refuel (carbohydrates), repair(protein) and replenish (fluids & electrolytes). Muscles are most receptive to recovery during the first 30 minutes after exercise. Ideally consuming a snack high in protein and carbohydrates will enable muscle growth and optimize recovery. This should be followed up with a full meal in the next few hours that includes a balance of carbohydrates, protein and fat.

Examples:

- Peanut butter and banana on whole-wheat bread
- Graham crackers and yogurt
- Turkey and cheese on whole wheat bread
- Peanut butter and apple slices

