

Exercise and Sports Nutrition

Fueling for peak performance and quick recovery

General Nutrition

Eating a healthy diet is the most important thing to remember when it comes to sports nutrition. Before you even begin exercising or playing a sport a healthy diet is important to make sure you have the energy, vitamins, minerals and other nutrients to support the increased demands of exercise.

- Eat a balanced and varied diet
- Make half your grains whole!!!
- Choose whole fruits and vegetables
- Choose lean meats and plant based proteins
- Use low fat milk, yogurt and cheeses
- Choose healthy fats
- Drink plenty of water



Eating for Exercise and Sport

Eating for exercise and sport is about making healthy food choices and proper timing of meals to help your training and performance. You will need the right balance of carbohydrates, proteins and fats for energy and enough vitamins, minerals and fluids to meet the demands of exercise.

Carbohydrates- Preferred fuel for muscles and needs to be included in all meals.

Protein- Required to build muscle and to help with recovery. Without enough protein we can't rebuild muscles or support normal metabolism.

Fat- Needed for long term energy and important for vitamin storage.

Vitamins and Minerals- Required to help us use the energy we take in and to support normal bodily functions.

Fluids- The most important nutrient and is the first things that will cause your performance to suffer due to fluid losses through sweating.

Timing Is Everything!



Pre-Exercise: Eat to fuel up for exercise

- Meals 2-4 hours before exercise:
 - Carb and protein based and low in fat
 - Wheat pasta with chicken and vegetables, baked fish with brown rice and vegetables, or lean steak with green beans and potatoes
- Meals or Snacks 1-2 hours before exercise:
 - Small meal that is carb and protein based and low in fat
 - Lean turkey with low-fat cheese sandwich or granola bar
- 30 Minutes prior:
 - Stick to carbohydrates with minimal amounts of protein
 - Snack ideas: 1 small piece of fruit, 1 granola bar or sports bar that is lower in protein and not covered in chocolate, Tbsp. honey, sport gels
- Remember to drink your fluids, 16-20 oz. of water



Fueling During Exercise: Maintain energy levels

- Hydration, hydration, hydration!!!! Drink 5-10ozs of water every 15 minutes
- Low and moderate intensity activities under an hour should not require significant amounts of additional carbs
- High intensity and long duration activities may require additional carbohydrates to maintain energy levels and to prevent “hitting the wall”.
- Use simple carbs: sports drinks, energy bars, honey, fruits or sports gels for longer activities



Post-Exercise: Eat for recovery and to replace energy stores

- Eat protein and carbs within 30 minutes of exercise, 10-20g of protein
 - Chocolate milk, peanut butter sandwich, smoothie, yogurt or cereal and milk
 - Food proteins are absorbed better than protein supplements and bars
- Eat a meal within 2 hours with carbs, fats, and proteins
- Hydration: Drink 17-24oz sugar-free fluid for every pound lost during exercise
- If competing in a tournament or have days with multiple sports activities make sure to fuel up in-between each exercise or sport and stay hydrated!

