

FAQ in Sports

Nutrition – Before Activity?

- **Eating** before physical activity Research shows is important
 - Eat foods high in carbohydrates before exercise to increase muscle glycogen stores and maintain blood glucose.
 - Foods low in fiber and fat, moderate in protein and high in carbohydrates can extend exercise time
 - Consume 200-300 g of carbohydrates (CHO) 3 hours before competition to enhance performance
 - CHO 15 minutes before activity also recommended as you get closer to event
- **Fluids** 3-4 hours before activity, drink 5-7 ml per kilogram of body weight (2-3ml per pound of body weight) of water or sports drink
 - Allows enough time to optimize performance. Drinks should be 6%-8% CHO (60-80g per liter) and 110-165 mg of sodium per 8 ounces
- Importance of experimentation to determine individual needs, environment, climate, etc

FAQ in Sports Nutrition – During?

- Research supports the benefits of CHO during activity
 - CHO consumptions of 6-8% typically found in sports drinks important in events last 1 hour or less.
 - 6-12 oz of sports drink with 6-8% CHO every 15-30 minutes during a workout can extend the improve performance

FAQ in Sports

Nutrition –After?

- **Rehydration plan** needed to replace fluids and electrolytes lost during activity
 - Drink 16-24 oz of fluid for every pound of body weight lost.
 - Weigh yourself before and after to determine diff
 - Complete rehydration requires sufficient sodium and potassium replacement exceeding that which is lost in sweat and urine during activity
 - Most important in athletes training with high intensity and even more so if multiple times a day
- **30 minute Nutrition window**
- CHO and sodium are best replenished with foods
- Protein plays a role in recovery nutrition, adds amino acids for binding maintenance and repair of muscle
- 7-10 grams of protein + CHO within 30 minute window is enough to start the process.

Examples for 30 Minute Window

- Nutrition after exercise – 30 minute window
 - Recovery nutrition prepares you for the next challenge. It promotes muscle repair, glycogen storage and mental alertness. It should replenish carbohydrates, protein, fluids, and electrolytes.
 - After training your muscles are primed for growth and repair. Ideally within 15-30 minutes lots of carbs, 50-100g, adequate protein 10-20 g
 - Yogurt, orange juice, 2 fig bars
 - Bagel and chocolate milk
 - Milk, a granola bar and an apple
 - Fruit smoothie and low fat muffin
 - Instant breakfast in milk and banana
 - Protein is abundant in food, yogurt, eggs fish, poultry
 - Electrolytes are an issue in hot weather, sodium and potassium found in veg juice, salted nuts, fruit, milk