

Sports Nutrition



Pre-Workout Meal

Avoid large meals close to competition. If you consume a huge meal too close to an event the food may not be properly digested. Mild cramps, nausea, vomiting, or other gastro-intestinal symptoms may result.

Minimize high-fat and high-fiber foods before an event.

Eat carbohydrates, low-fat dairy products, and small amounts of lean meats.

Eat familiar foods. If you do not usually eat a food do not eat it before an event; it may cause stomach problems and make you uncomfortable.

Drink 2-3 cups of fluids 2-3 hours prior to exercise

Drink 1-2 cups of fluids 10-20 minutes before exercise

Sample Carbohydrate-Rich Meals:

- Cereal, milk, orange juice
- Pancakes, fresh fruit, and milk
- Turkey sandwich, apples slices, and yogurt

All day events

Plan ahead and pack a cooler.

Avoid sugary and high fat foods.


Do not eat a large meal unless you have 5 or 6 hours until an event.

Drink fluids to stay hydrated.

Examples of foods to bring:

- Water
- Gatorade
- Peanut butter and jelly sandwiches
- Dried Fruit
- 100% Fruit Juices
- Cereal
- Whole grain crackers
- Granola bars

Foods to consume

- Whole grain pastas
- Whole grain bread 
- Whole grain tortillas
- Lean meats such as chicken, turkey, and fish
- Oatmeal

Foods to avoid

- White bread
- High sugar cereals
- White rice
- White pasta
- Croissants
- Candy

Consume at least 5 servings of fruits and vegetables every day



During intense training you are putting a tremendous amount of stress on your body.

To perform at your best and to keep your body healthy you need the antioxidants and nutrients found in fruits and vegetables.

Post-Workout/ Event Meal

Consume two meals after competition. One within an hour and another two hours after the event.

Consume only 6-20 grams of protein.

Do not eat fat immediately after exercise. It slows down the digestion of carbohydrates which are needed to replenish your body after exercise.

Carbohydrate consumption is important after exercise. The body uses mainly carbohydrates as its fuel source during exercise. 0.5 grams of carbohydrates should be consumed for every pound you weigh. For example if you weight 150 pounds you should consume 75 grams of protein during each of the two meals.



During Workouts or Events

For a high-energy event or workout lasting longer than an hour consume one gram of carbohydrate for every minute of exercise.

Avoid fat and protein.

If you are working out for daily exercise you do not need to consume a sports drink.

Sample sources of carbohydrates for during exercise

- Sports drinks
- Gels (Clif Shot and PowerBar PowerGel)
- Sports Beans



Sample post-workout meals

Juice and a bagel with peanut butter

Dried apricots, bran muffin, and yogurt with fruit

Raisin bran, skim milk, and fruit

Whole wheat toast and jam, banana, and yogurt

Spaghetti, marinara sauce, mixed vegetables, and juice



Hydration

Consume 1 cup of fluids every 10-20 minutes during exercise.

Aim to meet both carbohydrate consumption and fluid requirements during exercise.

For every pound lost during exercise consume 2-3 cups of fluids after exercise.