







# SPORTS NUTRITION 101: FUELING & HYDRATING THE ATHLETE


Sports nutrition can be the key to fueling your performance.

**AMY GOODSON, MS, RD, CSSD, LD | SPORTS DIETITIAN** shares nutrition recommendations to win.







## PRE-WORKOUT

- Eat meals 3-4 hours before a workout. Aim for meals that are high in carbohydrate, moderate in protein and low in fat and fiber
- Examples of pre-workout meals based on workout times:
  -  **EARLY MORNING TRAINING:** Energy bar and a banana or a baggie of dry cereal, granola, and a few nuts or shake with fruit and low-fat milk
  -  **MID-MORNING TRAINING:** 1 ½ cups oatmeal w/ 1 spoon peanut butter mixed in, 1 fruit, 12oz low-fat milk mixed with 1 scoop whey powder
  -  **AFTERNOON-TRAINING:** Thick wheat bread sandwich w/3-5oz turkey or ham, cheese, lettuce tomato, mustard, 1 cup cold pasta or fruit, small energy bar
- **SNACK APPROXIMATELY 30 MINUTES BEFORE WORKOUT**
  - High carbohydrate, low protein
  -  Examples: energy bar, granola bar, fruit, small fruit smoothie

## DURING-WORKOUT

- **WHEN WORKING OUT FOR AN HOUR OR LONGER**, athletes should consume 30-60 g of carbohydrate per hour to keep energy levels up
  - High carbohydrate, low to no protein, no fat
  -  Examples: Gatorade, small energy bar, small chewy granola bar, fruit, crackers

## POST-WORKOUT

- **RECOMMEND ATHLETES EAT AS SOON AS THEY CAN POST-WORKOUT**
- Eat a snack shortly after exercise and then a full meal within 2 hours
- **POST-WORKOUT SNACK IDEAS:**
  -  Gatorade Recover Bar
  - 1 cup fruit yogurt w/ granola
  - Smoothie: 1-2 cups low-fat milk, fruit, & 1 scoop whey protein powder
  - Trail mix w/ 1 cup cereal, 1 cup granola, small amount of nuts
- **MEAL 1-2 HOURS POST-WORKOUT IDEAS:**
  -  2 egg/ 2 egg white omelet with low-fat cheese, veggies if you like, & ½ c chopped lean ham, 2 whole wheat waffles with low-fat butter and drizzle syrup
  -  12" sub sandwich on wheat or honey oat w/ veggies, lean meat, & cheese, baked chips & fruit
  -  5 oz grilled chicken breast, 2 cups pasta w/ marinara sauce, 1 cup green veggie, 1 wheat roll, 1 piece fruit
  -  1 grilled chicken sandwich, 1 bag Baked Lays, energy bar, & fruit
  -  1 whole wheat bagel w/ 3oz lean ham and Swiss cheese, 1 cup cold pasta salad, energy bar



**Depending on which sports they play, athletes are sometimes looking to either put on or lose weight. Read more to learn tips on how to achieve body composition changes.**

## **WEIGHT GAIN TIPS**

- Eat a high calorie breakfast of whole grain carbohydrates, protein, healthy fat and dairy
- Eat every 2-3 hours. Do not skip breakfast or snacks
- Bring snack to class or work and eat between all meals
- During workout take calories in via sports drink, ready-to-drink shake or bar
- Post-workout eat a carbohydrate- and protein-rich snack within 30 minutes after workout
- Eat sandwiches and toast on bagels instead of breads
- Add 2 spoons of peanut butter to a bagel, toast, oatmeal, waffles, pancakes, etc.
- Add granola to a bowl of cereal, oatmeal, or mix into a nut/dried fruit trail mix
- Add healthy fats such as avocado to sandwiches, burgers, wraps, fajitas, etc.
- Use high calorie protein powder in oatmeal & in shakes made with milk
- Eat nuts as a snack

## **WEIGHT LOSS TIPS**

- Follow the 80/20 Rule
  - 80% of the time eat for health, performance and to meet goals. 20% of the time athletes can splurge a little.
- Eat smaller whole grain carbohydrate/lean protein meals every 2-4 hours and sprinkle in healthy fats
- Choose “quality” calories = whole grain, lean protein, healthy fats, fruit and vegetables
- Eat a breakfast with whole grain carbohydrate, 20-30 grams of protein and some healthy fat
- Pack healthy snacks for school, work and before workouts
  - Whole wheat crackers & cheese, Greek yogurt with fruit, 100% whole wheat bread with peanut butter, fruit & nuts
- Add fruits and vegetables with skin to meals and snacks & add a salad to dinner with dressing on side

