

Sports Nutrition 101: Fueling & Hydrating The Athlete

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Sports nutrition can be the key to fueling your athlete's success.

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, 12 oz low-fat milk mixed with 1 scoop whey powder



- **AFTERNOON TRAINING:** Thick wheat bread sandwich w/ 3-5 oz 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, and 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, and ½ cup 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 and cheese, baked chips and 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 Lay's, energy bar and fruit



- 1 whole wheat bagel w/ 3 oz lean ham and Swiss cheese, 1 cup cold pasta salad, energy bar