

Nutrition for Athletes

Eating a nutritious and balanced diet consisting of the appropriate fuel can increase athletic performance. Athletes especially need a greater amount of carbohydrates (whole grains, legumes, starches) in their diets than non-athletes for energy during exercise.

Part I: Meal Planning

Pre Exercise Meals are very important for athletes. The timing of this meal is important. To prevent discomfort, this meal should be eaten about 1-4 hours before exercise. It is also important to include foods that digest quickly.

Plan a Pre-Work Out Meal that is high in carbohydrates.

Meal: _____

Time before workout: _____

Did you eat too long or too soon before exercise? _____

Did your meal give you enough energy to sustain the length of your exercise? _____

During Exercise it is important to stay hydrated and sometimes replace electrolyte stores. Drink about 4 ounces (half a cup) of water every 15-20 minutes during exercise. For exercise lasting longer than 90 minutes, you may need to add sports drinks to your hydration routine.

Monitor how much water you drink during one practice.

Approximate amount of water consumed: _____ ounces, during _____ minutes of practice.

Did you feel hydrated during exercise? _____

Did you feel hydrated after practice? _____

Post Exercise Meals should be eaten within 30-45 minutes after exercise. The meal should include carbohydrates, to refuel glycogen stores as well as protein to promote recovery of the muscles.

Plan a Post Work Out Meal that has both carbohydrates and protein.

Meal: _____

Time after work out: _____

Part II: Sports Drink, Bar and Gel Analysis

Go to the grocery store and look at different types of electrolyte replacement products. Compare serving size, calories and carbohydrates in each product. Then write the pros and cons of each product. (For example – ease of use, taste, ability to carry easily, etc.)

	Sports Drink	Bar	Gel
Brand			
Serving Size			
Calories			
Carbohydrates (g)			
Pros			
Cons			

Part III: Taste Test (Optional)

Try sports drinks, bars and gels.

Which is your favorite electrolyte replacement product?