

## **Why Eat the Right Foods?**

- ▷ Fuels your body for performance
- ▷ Fuels your body for performance Helps your body recover from performance faster
- ▷ Gives you more energy throughout the day
- ▷ Builds more lean muscle mass and less fat
- ▷ Allows you to workout more than one time per day
- ▷ The timing of eating is very important for peaking performance

## **Calories and Weight Loss**

- ▷ Your body needs calories for RMB (Resting metabolic rate)
- ▷ You need additional calories to exercise (between 400-800)
- ▷ To lose weight you must expend more calories than you take in
- ▷ Cut no more than 10-20% of daily calories to lose weight safely
- ▷ Do not cut calories and increase exercise!
- ▷ Eat 4-5 small meals per day instead of 3 BIG meals

## **Pre-Exercise Benefits of Eating**

- ▷ Studies show that eating breakfast before a workout can increase time until reaching exhaustion
- ▷ It improves performance an average of 6-20%
- ▷ It is most appropriate to fuel your body less than one hour prior to workout with Carbs and water
- ▷ 200-300 calories of food and water are sufficient

## **Refueling Post-Exercise**

- ▷ Carbohydrates are key for refueling the body after exercise
- ▷ Carbs fuel muscle glycogen for performance
- ▷ Pastas, bagels, burritos, foods high in salt content
- ▷ Protein post-exercise leads to 17% less muscle soreness
- ▷ Approximately 10g of protein for every 40-50g of Carbs
- ▷ Post-exercise also requires resting of muscles to allow muscle glycogen to replenish
- ▷ You may initially gain weight during rest days due to an increase of water in your muscles

## **Food Rich in Protein and Iron**

- ▷ 90-110g of protein per day is recommended for a 150lb athlete
- ▷ There are lots of "engineered" products to meet this need available (protein/amino acid shakes, etc.)
- ▷ High protein foods include nuts, peanut butter, tuna and salmon
- ▷ Iron deficiencies are common in athletes that are vegetarian or non-meat eaters
- ▷ Most iron in food comes from red meats

## **Fluid Replacement**

- ▷ Self check with a urine color test - the darker the urine, the more water deficient you are
- ▷ VIP when undertaking 2 or more workouts per day and in HOT weather conditions
- ▷ Drink a minimum of 8-12oz of water every 30 minutes of intense exercise
- ▷ 150mg of sodium needed 45 minutes before exercising
- ▷ Eat salty foods prior to and post exercise to maintain sodium levels
- ▷ Drink plenty of water or sports beverages during exercise

## **Additional Information**

- ▷ [www.scandpg.org](http://www.scandpg.org)
- ▷ [www.nancyclarkerd.com](http://www.nancyclarkerd.com)