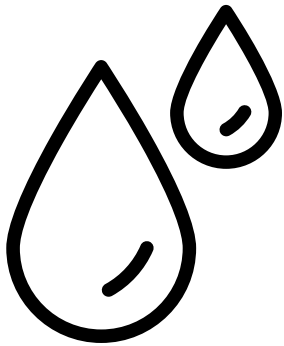


HYDRATION + ELECTROLYTES

- Drink ~16oz of fluid 30 minutes before exercise and at least 8oz every 15 minutes during exercise.
- Plain water is ineffective at restoring hydration status as it does not replace electrolytes.



Instead of reaching for a sports drink try one of these electrolyte containing foods/fluids post workout:

- Chocolate Milk
- Bagel + Peanut Butter
- Olives
- Leafy Greens
- Celery
- Dried/Fresh Fruits
- Avocado
- Yogurt
- Nuts

IN PARTNERSHIP WITH
THE REGISTERED
DIETITIANS OF

NUTRITION
RITES

FUELING FOR TRAINING



PRE-WORKOUT FUEL

- Carbs are key! Aim for 1g/kg of body weight times the number of hours prior to exercise.
- Also include a small amount of protein for exercise >1hr in duration and aim for 0.1g/kg of body weight.

TIP: Convert lbs to kg by dividing pounds by 2.2

If a 150lb (68kg) athlete is working out in 2hrs they would need: $2(\text{hrs}) \times 68 (\text{kg}) = 136 \text{g}$ carbs AND $0.1 \times 68(\text{kg}) = 7\text{g}$ protein

MEAL IDEAS (1-4 hrs prior)

- Peanut butter + Honey on Bread with Fruit/Yogurt Smoothie
- Oatmeal with Brown Sugar & Almonds + Banana
- Turkey + Cheese Sandwich + Fruit

MEAL IDEAS <1 hr prior)

- 1/2 Bagel
- 1 Rice Cake
- Banana
- Crackers
- Sports Gel, Beans, Gummies

DURING YOUR WORKOUT

If <1 hr-->no nutrition needed
If 1-2 hrs-->30g carbs/hr*
If 2-3 hrs-->60g carbs/hr*
If >3 hrs-->90g carbs/hr

*Consume ~15-20g carbs (sports gels, gummies, or beans) every 20 minutes so as to ease digestion when duration >1 hr



POST-WORKOUT FUEL

Post workout meals should be consumed within 30 minutes of completion for optimal recovery and include:

0.6-0.8g/kg carbohydrates
0.2-0.6g/kg protein

For a 150lb (68kg) athlete this comes out to: 48g carbs + 16g protein within 30 minutes of completion of exercise

MEAL IDEAS

- Veggie Omelette + Whole Wheat Toast + Fruit
- Grilled Chicken + Roasted Broccoli, Peppers, Carrots + Sweet Potatoes
- Wrap With Turkey + Spinach Fruit, Chocolate Milk

