

Don't Run Out of Fuel:

Time Your Nutrition for Competition

WHETHER YOU'VE GOT A MARATHON OR A SOCCER GAME, MAKING SURE YOU HAVE THE RIGHT NUTRITION IS KEY.

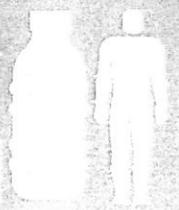
There's more to it than just what you eat. Timing and planning are just as important. To fuel your body to perform, use these tips and consult with a sports nutritionist to create a plan that works for you.

DAILY HYDRATION:

0.5 oz to 1 lb body weight

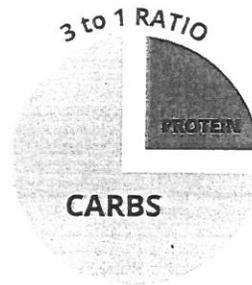
EXAMPLE

150 lbs = 75 oz




2-4 HOURS BEFORE

EAT A SMALL MEAL
(400-600 cal.)



INCLUDE QUALITY COMPLEX CARBOHYDRATES FOR SUSTAINED ENERGY



DRINK 16-24 oz



30-60 MIN. BEFORE

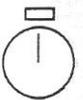
EAT A SMALL SNACK
(30-60g carbs)



RAISE YOUR BLOOD SUGAR SLOWLY



DRINK 8-16 oz



DURING

IF > 1 HOUR

EAT ONE SMALL SNACK PER HOUR
(30-60g CARBS)



LESS THAN 1 HOUR



JUST KEEP HYDRATED



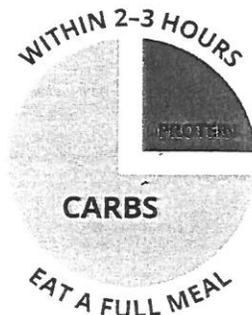
HYDRATE WITH WATER, DRINK WHEN THIRSTY



AFTER

WITHIN 30 MIN.

EAT A SNACK
(30-80g carbs, 8-20g protein)



CARBS AND FAT REPLENISH ENERGY AND PROTEIN REPAIRS MUSCLE



DRINK 16 oz PER POUND OF BODY WEIGHT LOST