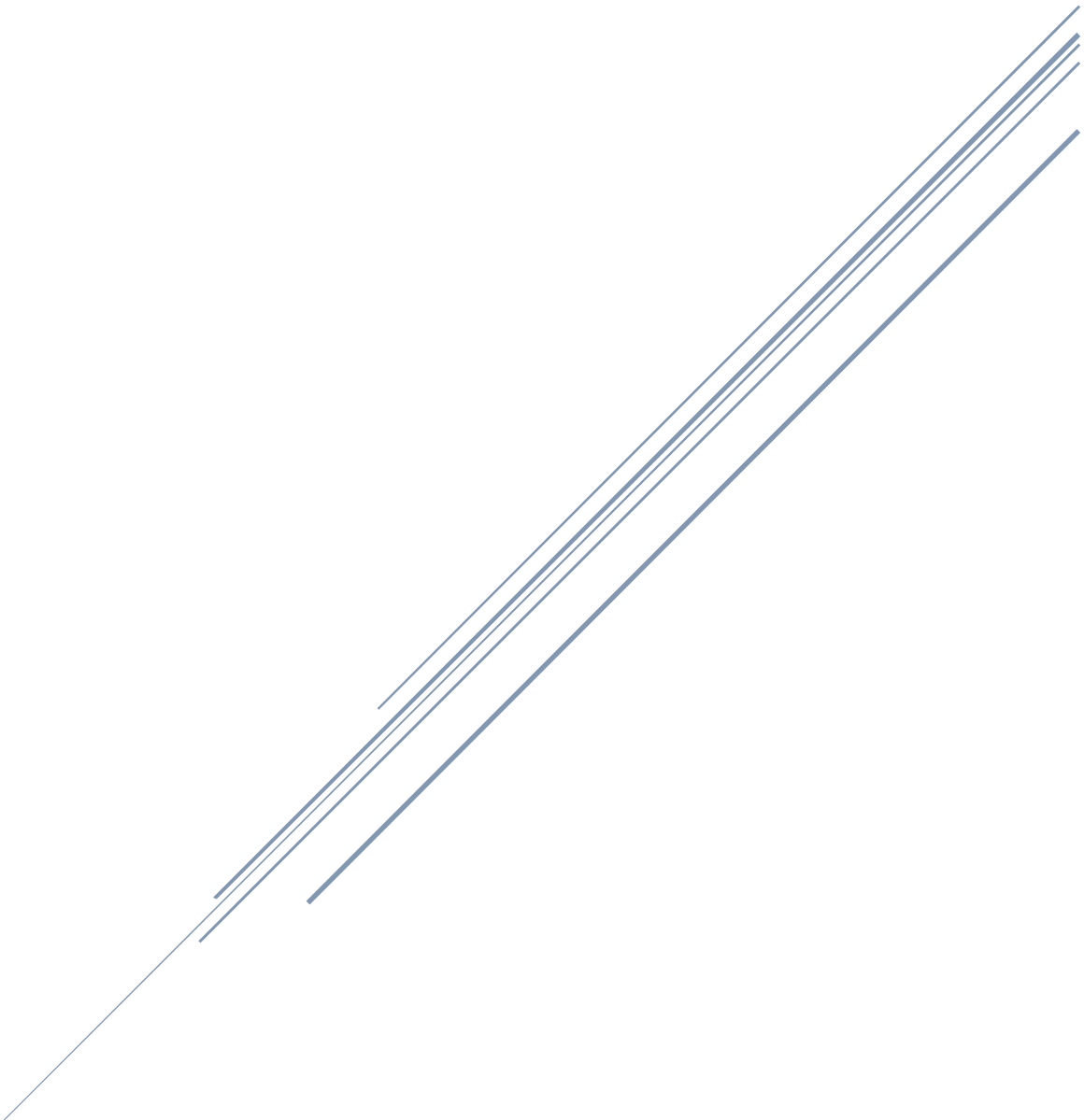


Sports Nutrition



Nutrition for the Active

Nutrient Timing & Fitness Nutrition

For an active population, eating the right foods is just as important as the goals you will score on the field. With nutrition, the goal is to eliminate nutrient deficiencies and maximize your performance.



Pre-exercise nutrition needs:

The goal here is to support your energy levels, hydration, enhance strength and improve recovery. The recommendation would be to consume three hours before your exercise session if it takes place during mid-day to night. What and when you eat makes a big difference to how you show up physically and mentally for the training session.

Consuming protein a few hours before can help increase lean muscle tissue, reduce muscle damage and create a healthy foundation for your body to recover. Note that the rate of digestion doesn't matter as much so a liquid or solid source of protein will work. Focus on eating high-quality protein such as lean meats, fish, poultry, nuts, beans, eggs, or milk whenever possible.

Carbohydrates before exercise:

The goal here is to help give you energy throughout your training session. This will help preserve glycogen and activates the release of insulin. Don't forget, vegetables and fruits are a source of carbohydrates, so don't skip out! Avoid eating sugary or starchy foods pre-exercise as that could speed up dehydration.

Fats before exercise:

This nutrient helps improve digestion and supports vitamins and minerals in the body. For longer training sessions, your body turns to fat for energy when carbohydrate sources run low. Most people consume all the fat they need by following the basic dietary guidelines like nuts, avocados, olives and fish. Avoid fatty goods on the day of the event, as they can upset your stomach.

Drink fluids early and often

Exercise, especially in warm weather, can quickly leave you dehydrated. Do not wait until you are thirsty to drink, but start your hydration early in the day and keep that behavior going throughout the day. The rule of thumb is to consume 8-12 ounces of fluid every 10-15 minutes during a session. When possible, drink chilled fluids, which are more easily absorbed than room temperature water. Chilled fluids also help cool your body down so you can enjoy playing.

Replace lost electrolytes

Sweating removes both fluids and electrolytes. Electrolytes help send nerve signals to the body. To replenish them, reach for a sports drink such as Nuun or Gatorade. If you're also losing a lot of fluid as you sweat, dilute sports drinks with equal amounts of water to get the best balance of fluid and electrolytes.

Putting it all together:

Option 1:

- Have a healthy, balanced meal and water 2-3 hours before your exercise session.

Option 2:

- Some athletes enjoy eating closer to their session. Keep in mind that this slows the rate of digestion. But do what fits your lifestyle and comfortable with. This meal might look like a scoop of protein powder, a fist size of veggies (spinach, kale), 1-2 handfuls of berries or bananas, 1 thumb size of healthy fat like flax seeds and a liquid of your choice (water or almond milk).

Post workout nutrition needs:



Post-workout nutrition can help with building muscle, refueling, rehydration and recovering to name a few benefits.

Reloading on carbohydrates after intense exercise, too. Choose less refined carbs such as whole-grain bagel or carrot sticks.

Consuming protein after exercise helps prevent muscle breakdown so it can rebuild to healthier tissues. The recommendation would be 40-60g for men (or 2 palm sizes) and 20-30g for women (or 1 palm size).

Context:

If your pre-training meal was small and you ate several hours before training, then it's probably more important for you to get that post-workout meal into your system (within an hour).

If you training in a fasted state (example: first thing in the morning), it's important to eat as soon as you can.

If you ate a few hours before your session, strive to eat 1-2 hours post-workout. This will help you maximize your performance and speed up recovery.

0-2 hours after exercise:

Men:

- 2 palms of protein
- 2 fists of vegetables
- 2 cupped handfuls of carbs
- 2 thumbs of fats
- Low calorie beverage like water.

Women:

- 1 palm of protein
- 1 fist of vegetables
- 1 cupped handful of carbs
- 1 thumb of fats
- Low calorie beverage like water

Note that you may not feel like eating after workout out, and that is ok! You can go with liquid nutrition.

For most of us, pre and post training meals will contain a combination of high quality protein, healthy fats and a fruit and vegetable.

Choosing to fuel your body with healthy, balance foods helps you enjoy the game and creates lifelong behaviors for years to come!

