

With nutrition playing such a key role in performance, the question of “what to eat” can be baffling, especially for growing athletes. Depending on the intensity, frequency, and duration of exertion and the extent of the training season; and the specific nutrition needed to properly fuel and aid in performance and recovery changes.

### **WHAT SHOULD I EAT BEFORE TRAINING?**

As your training and intensity increases so will your demand for pre-training nutrients. Fueling pre-run with complex carbohydrates will assist your body in efficiently manufacturing and burning energy. Scientists recommend pre-run fuels that include **easily digested complex carbohydrates** consumed one to two hours before exercise.

- **apple with almond butter**
- **oatmeal with flaxseeds**
- **organic whey protein shake with added hemp seeds**
- **high fiber bread with choice of nut butter**

### **WHAT SHOULD I EAT AFTER TRAINING?**

If you want to be ready for your next workout, immediate post-training fuel is needed to minimize to bring the body back into an equilibrium. Refuel with both protein and complex carbohydrates and replenish your electrolytes with additional foods and fluids.

- **Dense fiber foods and fats, such as hemp seeds, flax, nuts, and avocado, hard boiled egg**, can also be added to your post workout snacks.
- **Electrolytes** are important but the “popular” sports drinks on the market are loaded with sugar and artificial flavors - there are better choices - try to avoid these

### **WHAT SHOULD I EAT WHEN WORKING OUT ONCE A DAY VERSUS TWICE A DAY?**

Regardless of the amount of workouts you endure, your body needs carbohydrates, protein, and electrolytes to be replenished. Keep snacks on hand. Do not skip meals. Eat moderate portions

- **Banana with nut butter**
- **Mixed nuts with raisins**
- **Baby carrots and a hard boiled egg**
- **Plain greek yogurt with fruit or raw oatmeal**

### **WHAT SHOULD I EAT ON MY DAY OFF OF TRAINING?**

**Reduce your carbohydrate intake and eat a balanced menu of healthy foods.** Proper balance of healthy protein, heart healthy fats and produce

- **Quinoa, fish, chicken, vegetables and moderate servings of fruit**

### **WHAT ARE THE BEST SOURCES OF CARBS, PROTEIN AND FAT FOR ATHLETES?**

Think low-glycemic carbohydrates, quality sources of protein, and fish-based or plant based polyunsaturated fats.

- **Low-glycemic carbohydrates come from oats and whole grains, and fruits and vegetables.**
- **Fish, such as tuna, mackerel, sardines, herring, and salmon, provide rich sources of protein and omega-3 fatty acids vital for performance and recovery**
- **Avocados, nuts, hemp seeds, and flax top the list of plant-based fats easily added to shakes and salads**
- **Sports drinks, gels, blocks, bars, and bananas are smart choices during an endurance event to restore and maintain electrolyte balance... organic are best choices without all the artificial sugars and colors.**