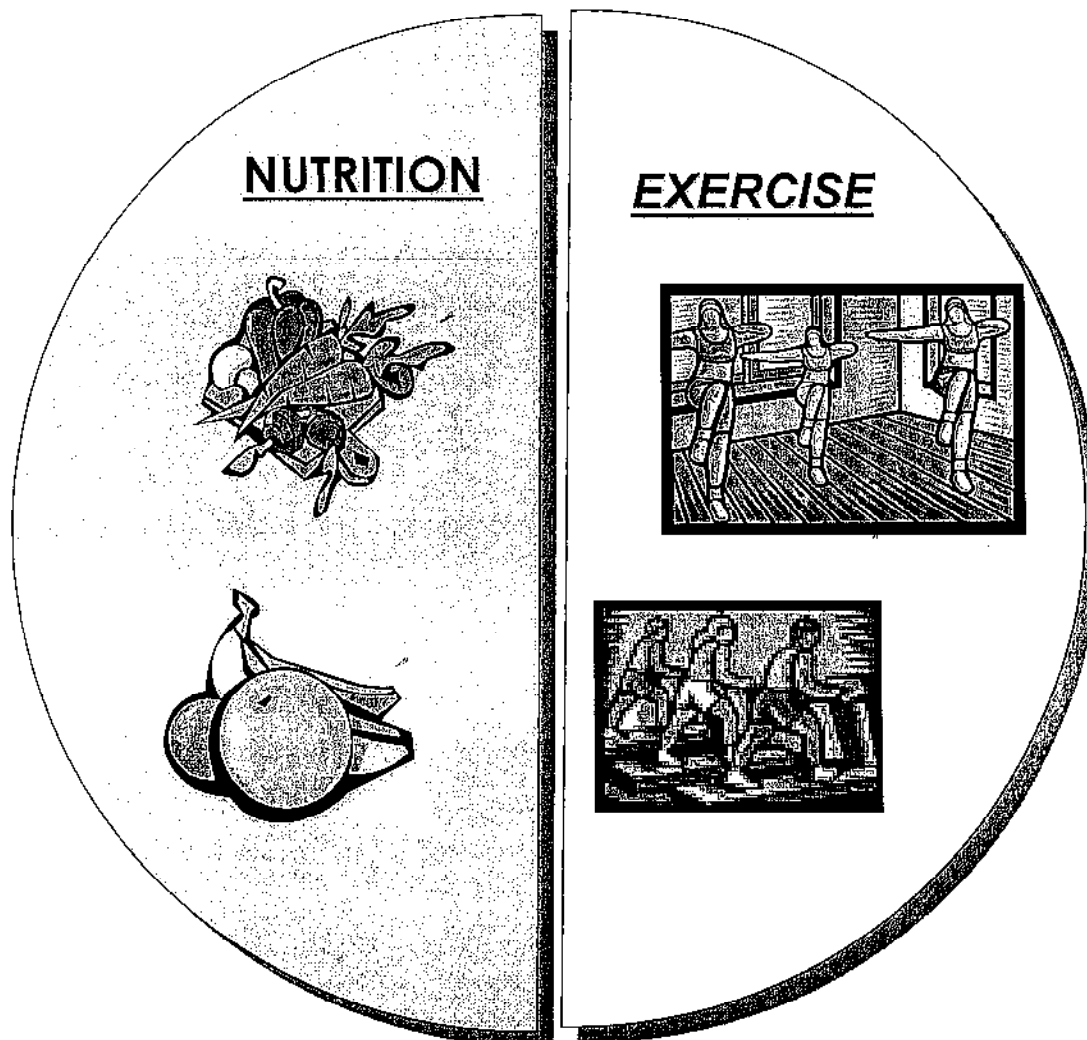


LINKING NUTRITION AND EXERCISE



CHRISTY WITTE
NUTRITION CONSULTANT
PERSONAL TRAINER (ACE CERTIFIED)

E-mail cwitte2@yahoo.com

Bachelor of Science Degree in Food Science Human Nutrition
College of Agricultural, Consumer and Environmental Sciences
University of Illinois at Urbana-Champaign

Sports Nutrition Quick Tips

1. **Fluids**-Staying hydrated before, during, and after your workout is a major key to a successful workout. Long workouts, excessive heat and humidity and fluid losses through sweat can significantly effect your ability to perform.

Hydration Tips:

- Drink 1-2 glasses of water when you wake up
- Keep a water bottle with you the whole day
- Drink 1-2 cups of fluid 30 minutes before exercise
- Drink ½ -1 cup of fluid for each 15 minutes of exercise
- Replenish lost fluids after workouts (2 cups/lb lost)
- Water is best for lower intensity workouts lasting 60 minutes or less. Sports drinks are better for higher intensity workouts over 60 minutes.

2. **Fuel Yourself**-Eat 3-6 (or more) meals or snacks each day. It is especially important to eat breakfast. Eating breakfast helps you fuel up your muscles and prepares your body for an active day. Refuel after workouts. Eating carbohydrates after hard exercise keeps you from feeling chronically fatigued and gets you ready for exercise and activity the next day.

3. **Carbohydrates**-55-60% of your total calories should be carbohydrates. Carbohydrates are the preferred fuel for the muscles. Try to get a variety of carbohydrates at each meal or snack.

High Carbohydrate Foods:

Breakfast:

Pancakes/Waffles
Toast
Cereals (hot and cold)
Bagels
Fruit/Fruit juices
Yogurt
Lowfat granola bars
Milk

Lunch/Dinner:

Pastas
Rice
Potatoes
Lentils/Peas/Beans
Bread/Rolls/Tortillas
Yogurt
Fruit/Fruit juices
Milk
Salad Vegetables

Snacks:

Granola Bars
Lowfat crackers
Pretzels
Lite Popcorn
Graham Crackers
Cereal
Fruit/Fruit juices
Dried Fruits
Fig Bars

4. **Protein**-Choose lean protein to repair and strengthen muscles. 10-15% of total calories should be protein. For athletes this is .5-.8 grams/pound of body weight.
5. **Fat**-Moderation is the key here. Fat is a great energy sources, carries fat soluble vitamins (A, D, E, K) to tissues, and adds flavors and textures to foods. Fat should make up 20-30% of your total calories. Usually a balanced diet with a variety of foods will have the right amount of fat.

6. **Pre-Exercise Meals**-The goal of eating prior to exercise is to insure adequate energy for the body to workout without feeling early fatigue. Here are some tips:

- Carbohydrates are the best choice.
- Eat a small meal or snack 2 hours before exercise to allow time to digest.
- Avoid very high fat foods that take a long time to digest.
- Drink plenty of liquids for pre-exercise hydration.
- Eat foods that do not upset your stomach.

7. **Post-Exercise Meals**-Here are some guidelines:

- Focus on foods with lots of carbohydrates to replenish glycogen stores.
- Eat carbohydrate-rich foods/fluids within 1-2 hours after hard exercise. (as soon as possible is better)
- Try full strength juices instead of a sports drink. Juices contain more carbohydrates, potassium, and nutrients than sport drinks.
- Eat at least 200-400 calories of carbohydrate within two hours of a hard workout.
- Eat foods with protein to help replenish your muscles.
- Drink lots of fluids

