

## BEST PERFORMANCE

### WHEN TO EAT

BEFORE	AFTER
<ul style="list-style-type: none"> <li>* 2-3 hours before you exercise eat complete meal</li> <li>* 1 hour before exercise eat light, easy to digest food</li> </ul>	<ul style="list-style-type: none"> <li>* within 45 minutes of exercising</li> </ul>

### WHAT TO EAT

BEFORE	AFTER
<ul style="list-style-type: none"> <li>* carbohydrates</li> <li>* protein</li> <li>* healthy fats</li> </ul>	<ul style="list-style-type: none"> <li>* carbohydrates</li> <li>* proteins</li> <li>* healthy fats (in small amounts)</li> </ul>

### WHY IT IS IMPORTANT

BEFORE	AFTER
<ul style="list-style-type: none"> <li>* Carbs — source of energy</li> <li>* Protein — improves athletic performance</li> </ul>	<ul style="list-style-type: none"> <li>* Carbs — help with recovery</li> <li>* Protein — repairs and builds muscle</li> </ul>

**SuperTracker**



Check out: [supertracker.usda.gov](http://supertracker.usda.gov)

- \* track diet and physical activities
- \* tips for making healthier choice
- \* personalized nutrition and workout plan

## GOOD EATS

Good foods for BEFORE your workout:

- \* Whole-grain cereal and milk.
- \* A cup of oatmeal topped with banana and sliced almonds.
- \* Natural almond butter and fruit preserve sandwich on whole-grain bread.
- \* Greek yogurt and fruit.
- \* Nutrition bar with protein and wholesome ingredients.
- \* A piece of fruit such as banana, orange or apple.



Good foods for AFTER your workout:

- \* Grilled chicken with roasted vegetables.
- \* Egg omelet with avocado spread on toast.
- \* Salmon with sweet potato.
- \* Tuna salad sandwich on whole grain bread.
- \* Tuna and crackers.
- \* Cottage cheese and fruits.
- \* Pita and hummus.
- \* Rice crackers and peanut butter.
- \* Whole grain toast and almond butter.
- \* Cereal and skim milk.
- \* Greek yogurt, berries and granola.
- \* Quinoa bowl with berries and pecans.
- \* Multi-grain bread and raw peanuts.

# SPORTS NUTRITION

What to eat. When to eat it.  
Be a healthier, energetic you.



“Exercise is your king, and nutrition is your queen. Together, they create your fitness kingdom.”

- Jack LaLanne,  
“The Godfather of Modern Fitness”

## CARBS & PROTEINS

Carbohydrates are fuel for your muscles they provide calories, vitamins, minerals, and fiber. The more you exert yourself the more energy you need to provide.

It is important to focus on having 5-8 ounces of whole grains daily.

Protein is what helps your body build, and repair muscle.

The body only needs 5-6 ounces of protein daily. Extra protein that is not needed in the body is stored as fat.

It is important when selecting proteins, to select the lean proteins.

Tips:

- \* Eat something that has both carbohydrates & protein.
- \* Don't try anything new on a game day.
- \* Post-workout meals are also as important as pre-workout meals
- \* You need to replenish the nutrients lost during your workout

## HEALTHY FATS

Fat is a nutrient that your body needs. Some fats are good and some are bad, especially when you will be working out. Healthy Fats:



- \* Almonds & Nut butters
- \* Salmon
- \* Olive oils
- \* Avocado

Not so healthy fats:



- \* Cake
- \* Butter
- \* Chips
- \* Cookies
- \* Vegetable shortening

You want to avoid greasy foods before a workout because:

- \* They can make you feel sluggish
- \* Tired
- \* May cause indigestion
- \* Will interfere with your performance

## HYDRATION

Hydration is key for maximum performance.

It is important to continuously hydrate, but most important a few hours prior to work out, during, and after.

Tip:

- \* Urine color is a good indicator; you want straw to lemonade color for good hydration; dark urine like an apple juice color is not good

## EXERCISE

Aerobic activities make you breathe harder and make your heart beat faster.



Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones.

For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.

Muscle-strengthening activities make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.



Exercise also:

- \* Decreases the risk for:
  - Diabetes
  - High blood pressure
  - Cholesterol
  - Obesity
- \* Improves mental health
- \* Improves sleep quality
- \* Increases bone density



## References

- Academy of Nutrition and Dietetics (2016, January). Eat Right.Org. Retrieved February 12, 2017, from <http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>.
- Barnett, J. (n.d.). How Long Does It Take to Get Hydrated? Retrieved February 12, 2017, from <https://breakingmuscle.com/fuel/how-long-does-it-take-to-get-hydrated>
- Nise. (2014, January 28). Why Fat Is Not Always Bad For You. Retrieved February 12, 2017, from <http://eathealthylivefit.com/2014/01/why-fat-is-not-always-bad-for-you/>
- Parker, M. (2014, May 8). Health Trivia: Exercise. Retrieved February 12, 2017, from <https://blog.itriagehealth.com/health-trivia-exercise/>
- Semeco, A., MS, RD. (2016, October 04). Pre-Workout Nutrition: What to Eat Before a Workout. Retrieved February 11, 2017, from <https://authoritynutrition.com/eat-before-workout/>
- Sports Balls Images Clip Art. (2016). Retrieved February 9, 2017, from <https://clipartfox.com/categories/view/dd37d751cc9c931dd964455238e76c51600f0d75/sports-balls-images-clip-art.html>
- Sports Nutrition Specialist Certification. (2011, November 14). Retrieved February 9, 2017, from <https://www.nestacertified.com/sports-nutrition-training-course/>
- SuperTracker: My Foods. My Fitness. My Health. (n.d.). Retrieved February 9, 2017, from <https://www.supertracker.usda.gov/>
- United States Department of Agriculture (2016, May 9). Choose MyPlate. Retrieved February 12, 2016, from <https://www.choosemyplate.gov/>.