

Nutrition and Athletic Performance

With athletic training or endurance training, the main goal is to provide calories for daily activity and those expended through exercise in addition to replenishing glycogen (energy) stores and repairing lean muscle mass. Focusing on eating often as well as nutrition pre-exercise, during exercise, and post-exercise is key to training and performing at optimal level.



Meal Planning Tips

- Eat frequent meals and snacks throughout the day.
- Do not skip meals.
- Include a whole grain carbohydrate and a lean protein/healthy fat with all meals and snacks to increase satiety.
- Include non-starchy vegetables and fruits with meals and snacks
- Carbohydrate intake should range from 5 g/kg to 7 g/kg for moderate-duration and low-intensity training, 7 g/kg to 12 g/kg for moderate to heavy training. A 150# person would require 340 to 476 grams of carbohydrate for moderate-duration and low-intensity training. Carbohydrate is the prime fuel the body uses.
- Protein is needed to build and repair tissue. Intake may range from 1.2 to 1.7 g/kg. A 150# person would need 82 to 116 grams of protein. Choose lean proteins such as chicken and turkey without skin, lean cuts of beef and pork, fish, low-fat dairy products, eggs and beans.
- Fat intake should be sufficient to provide the essential fatty acids and fat-soluble vitamins and to contribute energy for weight maintenance. Fat intake should range from .8 g/kg to 1.0 g/kg. A 150# person would require 54 to 68 grams of fat daily. Choose healthy fats such as peanut butter, nuts, seeds, flaxseed and olive oil.
- Hydration should be adequate so that urine color is pale yellow throughout the day. Rely on water throughout the day and water/sports drinks during exercise.
- Consume post-exercise snack as soon as possible (within 45 minutes) after training.

Pre-exercise Eating

- Meal should be 3 to 4 hours before event consisting of 200 to 300 grams of carbohydrate, lean protein and low in fiber and fat. 17 to 20 ounces of water or sports drink should be consumed at this time.
- Snack should occur 30 minutes to 1 hour before exercise with carbohydrate source such as fruits including oranges, melon, peaches, pears or bananas. They are digested very fast and therefore will not cause as much problems with stomach cramping or GI distress. 5 to 10 ounces of water or sports drinks should be consumed.

During Exercise

- Carbohydrates should be consumed during exercise lasting longer than 45 minutes, sports drinks and gels may be used.
- Hydration is dependent on sweat rate but on average 5 ounces to 10 ounces of water or sports drink every 15 to 20 minutes. Sports drinks should contain 6% to 8% carbohydrate.
- Replace electrolytes lost via sports drinks or foods high in sodium/potassium such as pretzels, bananas, etc.

Post-Exercise Eating

- Carbohydrate should be consumed within 30 minutes of event to help replenish glycogen (energy) stores. The recommended amount is 1.0 g to 1.5 g carbohydrate/kg. For a 150# person this would be 68 to 102 grams of carbohydrate. A meal should be consumed 2 hours after exercise with consists of carbohydrate, lean protein and low in fiber and fat.
- 16 to 24 ounces of water or sports drink should be consumed for every pound lost during exercise.

Prepared especially for the We Can Event by:

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