

Why Worry About Fueling? Planning for good nutrition can keep you at peak performance! While a healthy training table is essential to help you to be well fueled and focused, for exercise lasting longer than one hour, your primary goals are to replace fluids and maintain blood glucose. You also want to enable your body to have an optimal recovery after strenuous exercise.

Carbohydrate: The Fuel Of Champions

When choosing foods rich in carbs, consider nutrient value, convenience, cost, efficacy, and availability.

- Sports Drinks (e.g. Gatorade) that are 5-8% carbohydrate (50-90 calories) per 8 oz.
- Energy bars and goos (take with 8 oz. water)
- Fruit juices (diluted to 1/2 strength for optimal absorption)
- Bananas, apples, oranges, raisins and other portable fruit
- Bagels, crackers, Fig Newtons, breakfast bars and other easy-to-carry carbohydrate snacks
- Yogurt



How much do I need? An athlete's diet should contain 55-70% carbohydrate. For exercise lasting longer than an hour, use the following calculation to determine how much carbohydrate you need during an event:

Carb Requirements = 1/2 gram carbohydrate per pound of body weight per hour

Post-Exercise (Longer than 60-90 minutes):

Food choices after long sessions will impact your recovery. Your two primary goals in recovery eating are to replace fluids and replenish muscle glycogen stores. Here are some strategies:

- Refuel muscles with lots of carbohydrate, especially during the first 20 minutes after exercise, as this is when your body is at its peak for replenishing muscle glycogen.
- Eat wholesome, carbohydrate-rich meals to help your body replenish optimally.
- Add some protein to your meal, as it enables muscles to replenish glycogen stores more effectively. As a general rule, aim for 1 gram of protein for every 3 grams of carbohydrate.

TIP: Learn more about proper Sports Nutrition. We recommend books by Nancy Clark and these Web sites: www.acsm.org, www.sportsci.org, www.physsportsmed.com, poweringmuscles.com, www.runningnetwork.com, www.acefitness.org, and www.gssiweb.com/sportssciencecenter.

How Much Protein?

The amount of protein you need depends on how active you are and your body weight*:

Sedentary	0.8 g/kg
Recreational Athlete	0.8-1.0 g/kg
Endurance Athlete	1.2-1.5 g/kg
Strength Athlete	1.2-1.4 g/kg
Athlete Restricting Calories	1.2-1.5 g/kg

My Protein Needs: _____ grams /day

*TIP: To figure out your weight in kilograms, divide your weight in pounds by 2.2.