



Nutrition Information

General Recommendations

- Eat food as close to the way it grew, ran, or swam (less processed the better)
- Shop the “outside” aisles in the grocery store (most food in the middle aisles is processed)
- Read labels – avoid any kind of corn syrup (fructose), “bad” fats (trans), and modified ingredients
- Avoid eating three extremely large meals; instead, “graze” throughout the day (smaller meals)
 - This is to keep blood sugar levels from dropping; eating smaller more frequent meals increases metabolism, while eating spaced out larger meals actually slows metabolism
- Hydration – avoid chugging water after long intervals; instead, drink water throughout the day.
 - No soda – the carbon dioxide is absorbed by the bloodstream leaving less room for oxygen
 - No energy drinks (Monster) – these are filled with bad carbohydrates and other toxins
 - The powdered Gatorade mix is better than pre-made in bottles (different type of sugar)
- *Daily Protein Goal* – at least 1 gram of protein per kg of body weight per day (1.2 is better)
 - Example: 120lb athlete needs 55-66 grams of protein per day
 - To convert from lbs to kg, divide lbs by 2.2 → $120\text{lb} / 2.2 = 55\text{ kg}$
 - *Important note* – on days when breakfast is not the only meal before your workout, the goal is to get one third of your daily protein with breakfast (roughly 17-22 grams for the 120lb athlete)
- Experiment with your eating habits using the following suggestions to see what works best for you

Pre-Workout Nutrition

- AM Practice
 - Supper the night before should be balanced (not just carbs) – protein, fruit, vegetable, and carbs
 - Small 100 calorie easily digested snack about 30-60 minutes before bed
 - A cup of non-fat yogurt, granola bar, whole wheat crackers, etc
 - Balanced AM meal about 2 hours before workout – 15-20% protein, 60-70% carbs, 5-10% fat
 - Example for a 120 lb athlete
 - Two slices of peanut butter toast on whole wheat bread and a banana
 - If less time is available, still eat a snack about 30-60 min before (Granola bar, Powerbar, etc)
- PM Practice
 - Breakfast - At least 30% of daily protein needs (17-22 grams for a 120lb athlete), fruit, and carbs
 - Snacks before and/or after lunch with protein (banana and nuts, cheese stick and apple, etc)
 - Lunch - Balanced: aim for roughly 20% protein, 60-70% carbs, 5-10% fat

Post-Workout Nutrition

- Get 6 grams of protein *within 20 minutes of the completion of practice*
 - 4:1 carbohydrate to protein ratio (so 24 grams of carbs, 6 grams of protein)
 - If you wait too long: your intestines shut down; you do not feel hungry; food eaten later does NOT get absorbed properly. All in all, you are unprepared for the next day's workout.
- Non-fat yogurt post workouts (even an hour or two after) helps boost the immune system
- Eat a well balanced meal within 90 min of the workout (after AM workout, aim for at least 30% protein)

Meet Day

- Goal: fuel early and maintain energy levels leading up to competition
- Drink 16 oz of water within first 30 minutes after waking up (about two glasses of water)
- 2-3 hours prior to race time