

Simple Facts About Sports Nutrition

HYDRATION MUST BE ACCOMPLISHED AROUND THE CLOCK

- It is best to consume cool water (40 to 50° F).
- Sports drinks (less than 8% solids) are OK but not necessary with activity of less than 90 minutes.
- Making weight by restricting fluid intake harms performance.

HYDRATION DO'S AND DONT'S

- Don't wait until you're thirsty to drink water.
- Drink more than enough to satisfy your thirst.
- Drink more than you think you need before an event or practice.
- Take weather into consideration when assessing hydration needs.
- Don't discount your hydration needs when it is cool.
- During activity, drink 6 to 8 oz. of cool water every 15 to 20 minutes.
- Heat illness can be deadly serious. Take precautions and learn to recognize the symptoms.

TIPS FOR INCREASING GLYCOGEN LEVELS

- Eat breakfast every day with food from all five food groups.
- Use starchy snacks to fuel up your glycogen level.
- Decrease activity the day before the event.
- Drink plenty of fluids before events.

PRE-GAME MEAL GUIDELINES

- Allow time for digestion, about 2 to 3 hours.
- Choose starchy foods for easy digestion and avoid fats/oils because they digest more slowly.
- Eat moderate amounts of protein; protein digests more slowly too.
- Restrict sugary foods that can cause swings in blood glucose levels, leading to energy lows.
- Avoid caffeinated drinks that can increase urine output causing dehydration and discomfort.
- Avoid foods that produce gas.
- Drink fluids with all meals and snacks.

FUELING FOR ALL DAY EVENTS

- Eat several mini-meals, around 300 calories each.
- Try to avoid sugars and fats; instead, eat healthy snack foods, including: fresh fruits or juices, string cheese, yogurt, bread and jelly, milk, breadsticks or crackers.

POST-EVENT MEAL FOR RECOVERY

- Avoid carbohydrate supplements; instead eat whole foods that include proteins, vitamins, and minerals in addition to carbohydrates.
- You need one gram of carbohydrate per kilo of body weight for recovery.
- Ideally, eat within two hours after your activity, if you can tolerate it.
- Drink plenty of fluids to rehydrate your body.

