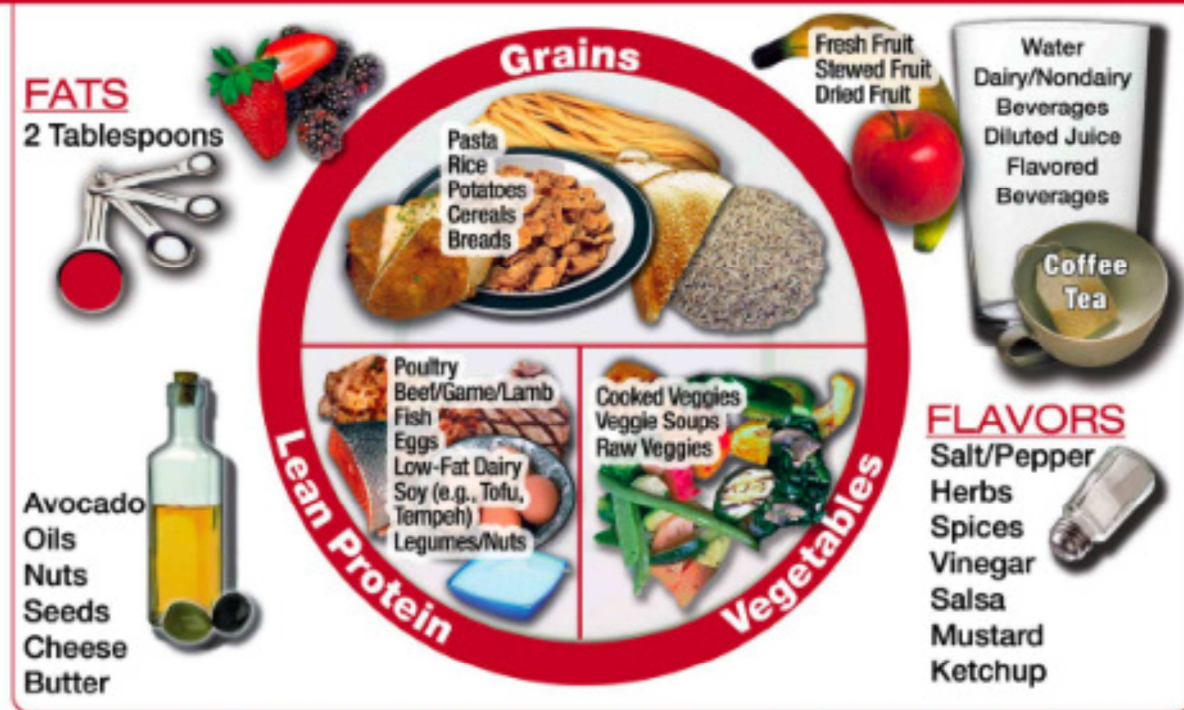


The focus of sports nutrition:

To maintain hydration, fuel to increase performance, and promote rapid recovery

ATHLETE'S PLATE

HARD TRAINING / RACE DAY:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sports Dietitians and the University of Colorado Sports Nutrition Graduate Program

The Goals of Sports Nutrition: Fuel to perform, Focus on carbohydrates, Increased protein needs, Increased hydration needs

How to Stay Fuller Longer

- Protein and fat take a longer time to leave the gut, so they produce a feeling of fullness or satiety
- Whole grains (oatmeal, whole wheat bread, etc) also take longer to leave the stomach and keep you full
- Snacks should include a little protein and carbohydrate

Carbohydrate Recommendations

Endurance Athlete

- 0.45-1.8 g carbohydrate/lb up to 4 hours prior to exercise

Stop-and-Start Athlete

- 0.45-1.8 g/lb low-GI carbs up to 3.5 hours prior to exercise
- 30-60 g of liquid carbs 15-30 mins prior to exercise

What should I eat before a workout?

What you eat depends on the type of workout you will complete. Shorter events will not benefit from carbohydrate loading. For longer events, carbohydrate load a few days before, then 1-4 hours before competition have a high carbohydrate meal that you will tolerate that includes a little protein.

How to Carbo Load

(note: to figure kg from lbs, # lbs/2.2= weight in kg (example: 125 lbs/2.2= 57 kg)

<u>Two Different Approaches</u>	<u>Carb-Loading Regimen</u>	<u>Example:</u> <u>150-lb (68-kg) athlete</u>
3-4 days prior (Taper exercise for 3-4 days before your event)	3.6-5.5 g carbs per lb body weight daily (8-12 g per kg)	540-825 g carbs per day for 3-4 days before
1-2 days prior (Rest for 1-2 days before your event)	4.5-5.5 g carbs per lb body weight daily (10-12 g per kg)	675-825 g carbs per day for 1-2 days before

Where to find Carbohydrates: Grains, fruits vegetables, beans, nuts, legumes and dairy

1 cup cereal with milk.....45 gm of carbs

Turkey Sandwich.....32 gms of carbs

1 cup flavored yogurt.....47 gm of carbs

1 cup pasta.....41 gm of carbs

1 serving of fresh fruit.....25-30 gm of carbs

Effects of Inadequate Fuel Pre-Workout

- Glycogen store get utilized every time you train or compete
- If fuel reserves are not completely full, defects build which lead to fatigue
- When you run out of muscle glycogen stores, you rely on your small reserves of liver glycogen to maintain blood glucose levels
- After liver glycogen stores are used up, blood sugar levels drop, and you are forced to either slow way down or stop
- In some sports this is called “hitting the wall” or “bonking”