



Sports Nutrition for Peak Performance



What is Sports Nutrition?

Sports nutrition is all about putting the right foods in your body, in the right amounts, and at the right time to achieve your best performance and health possible!

Practicing good nutrition and hydration habits will make sure that your body is properly fueled and will give you **more energy to train and compete**, help you **recover faster from training and games**, and will help you **improve your body composition**.

Eat throughout the day

- Eat breakfast within 1 hour of waking
- Eat every 3-4 hours
- Maintain hydration

Eat a meal 3-5 hours prior to performing

Eat a snack 45-60 minutes prior to performing (*Power Hour- Pre)

Following training and competition eat a large snack or meal within 1 hour after training and rehydrate (*Power Hour-Post)

Timing Of Intake

Morning

-Breakfast

Mid Morning

-Snack

Noon

-Lunch

Afternoon

-Power Hour Pre-Training

-Power Hour Post-Training

Evening

-Dinner/Snack



Fuel Your Body With:

PROTEIN

Lean Meats
Eggs, Low-Fat
Dairy or Dairy
Alternatives
Beans/Legumes
Nuts/Seeds, Nut
Butters



Carbohydrates are stored in our muscles as glycogen & is the **primary** fuel used during workouts & games. Once glycogen is depleted you will “tank” & feel weak, lose mental focus. **CAUTION!** Without enough carbs you will break down muscle for energy.

Protein promotes muscle repair & growth, & keeps your immune system strong.

Fats can help with energy balance. Choose healthy unsaturated (non-solid) fats which provide important nutrients and can help reduce inflammation.



CARBOHYDRATES

Whole Grains, pasta, cereals, Fruits, 100% juices, Vegetables
Low-Fat milk



FATS & OILS

Extra Virgin
Olive/Canola
Nuts/Seeds
Nut Butters
Avocados,





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Eat a small snack **45-60 minutes before** you perform!* **Pre Power Hour**

This ensures your body has enough fuel to get through the workout. If your carb storage tanks (glycogen) are empty your performance will suffer and your body will feed on (breakdown) your muscle for energy. This is the *opposite* of what we want when training for a championship!



- Crunchy granola bar + 1 cup Low-Fat Yogurt
 - (38g Carbs, 16g Protein, 2g Fat, 232 Calories)
- 1/2 PB&J + 1 cup Low-Fat Milk
 - (35g Carbs, 14g Protein, 10 g Fat, 270 Calories)



Eat within 60 minutes **after** you perform! ***Post Power Hour**

Your muscles are like dry sponges after a workout ready to super-absorb the carbs proteins and nutrients it needs to fully recover and repair. During recovery is where you make your gains in size and strength!



- 2 cups Low-Fat Chocolate Milk + Banana
 - (67g Carbs, 16g Protein, 5g Fat, 385 Calories)
- Turkey Sandwich on Wheat Bagel
 - (73g Carbs, 30g Protein, 6g Fat, 460 Calories)



Eating Carbs & Protein within 60 minutes of a workout will help your *ANABOLIC (building)* state & recovery

Take home message

If you do not eat enough, or wait longer than an hour, your anabolic (building) potential and recovery will suffer! *Combine Carbs + Protein for your Pre & Post activity Power Hour!*



HYDRATION BASICS

Be hydrated for workouts and games. Drink before, during & after

Your urine color should be clear to pale yellow

-If your urine is dark yellow you're dehydrated

Don't let yourself get thirsty! -By the time you are thirsty you are 1% Dehydrated

Beware of Energy Drinks!



CAUTION!
Dehydration can make you "tank" early decreasing your performance speed, agility, power, quickness & mental focus!

This document is intended to be used as a resource for basic sports performance nutrition guidelines. If you have a food allergy, dietary restrictions due to medical illness, or your specific needs and food preferences may differ from those provided, please schedule a nutrition consultation to receive individualized recommendations.

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