

AN ATHLETE'S GUIDE TO EVERYDAY NUTRIENT TIMING

Pre-Workout Fueling

WHY

To fuel up for the body's next challenge.

WHAT

High-carbohydrate snack of 200-300 calories

WHEN

30-60 minutes prior

During Exercise

WHY

To replace sweat loss and provide carbs to maintain blood sugar levels

WHAT

Sports drinks that contain sodium, potassium, glucose, and fructose

WHEN

During exercise up to one hour: 3-8 oz of water every 15-20 min
During exercise longer than one hour: 3-8 oz of sports drinks every 15-20 min

Post-Workout Refueling

WHY

To replenish glycogen, restore electrolytes, replace fluid losses, and repair damaged tissues

WHAT

25-50 grams of carbs
12-25 grams of protein
Plenty of fluids

WHEN

Within 45 minutes after a workout

Daily Fueling

WHY

To support normal activities, repair damaged tissues, and promote muscle growth

WHAT

Meals and snacks that emphasize a balanced diet of carbs, lean protein, healthy fats, and fluids - especially water

WHEN

Throughout the remainder of the day



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Pre-Workout Fueling

Choose foods low in fat and fiber to prevent digestive upset.

WHAT

- Jam*/jelly* on bread*
- Fruit*, low-fat granola*, low-fat milk*
- First Strike Bar*/**
- Pudding cup* or low-fat Greek yogurt with fruit
- Small muffin (muffin top*), low-fat milk*

*IN MEAL READY TO EAT (MRE)

**IN FIRST STRIKE RATION (FSR)

Exercise Hydration

Weigh before and after working out; replace 20-24 oz fluid per pound lost (up to 1.5 quarts per hour; not more than 12 quarts per day).

WHAT

- Water
- Sports drinks*/**

Where do you find these foods? Anywhere!

Home, chow halls, even fast-food restaurants!

Post-Workout Refueling

Choose easily digestible foods and beverages that provide electrolytes and fluids.

WHAT

- Low-fat yogurt with fruit and granola, juice
- Chocolate milk, fruit
- Pita with hummus, tomatoes, cucumbers, tea
- Tuna, crackers, fruit, water
- Pocket sandwich**, sports drink**
- Fruit and nut mix**, sports drink**
- Chicken fajita with tortilla, beans, salsa*, water
- Stir-fried tofu with veggies, rice, soy milk

Daily Fueling

Choose lean protein (such as meat, poultry, fish, beans, nuts, or eggs), whole grains, fruits and vegetables, and low-fat dairy products.

MEALS

- Egg-white omelet with spinach and mushrooms, whole-grain bread, jam, low-fat milk*
- Whole-wheat pita sandwich with turkey and veggies, pretzels, applesauce, low-fat milk*
- Cheese tortellini in tomato sauce*, tossed salad, grapes, water
- Lamb kebabs, pita, spinach, mango-yogurt beverage

SNACKS

- Yogurt or cottage cheese with fruit
- Granola bar and milk
- Trail mix