



Simple Facts About Sports Nutrition

1. Hydration Must Be Accomplished Around the Clock

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

2. Hydration Do's & Don'ts

- Don't wait until thirsty to drink water, and 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 6-8 oz of cool water every 15-20 minutes.
- Heat illness can be deadly serious, take precautions and learn to recognize the symptoms.

3. Tips For Increasing Glycogen Levels

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

4. Pre-game Meal Guidelines

- Allow time for digestion, about 2-3 hours.
- Choose starchy foods for easy digestion and avoid fats/oils due to their slower digestion.
- Eat moderate amounts of protein as protein digestion occurs more slowly as well.
- Restrict sugary foods that can cause swings in blood glucose levels and lead 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.

5. Fueling For All Day Events

- Eat several mini meals, around 300 Calories each
- Try to avoid sugars and fats and eat healthy snack foods including:
 - Fresh fruits/juices
 - Breadsticks or Crackers
 - String cheese
 - Bread and Jelly
 - Yogurt
 - Milk

6. Post Event Meal For Recovery

- Avoid carbohydrate supplements and eat whole foods that include proteins, vitamins, and minerals in addition to carbohydrates.
- You need 1 gram of carbohydrate per kilo of body weight for recovery.
- Ideally, eat within 2 hours after activity if you can tolerate it.
- Drink plenty of fluids to rehydrate your body.

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