

# FUELING FOUNDATIONS | PEAK PERFORMANCE

## FUELING PREPARED

In order to achieve your peak performance at a practice or competition, consistent meals and snacks are essential. Building balanced plates and purposeful snacks throughout the day can maintain energy levels, protect from injury and aid in recovery.

## MACRONUTRIENTS



### CARBOHYDRATES

#### FUEL + ENERGY SOURCE

- Speed, power, explosive movements
- Brain fuel -- stay focused and alert!
- Delivers protein to muscles
- Increases recovery and decreases risk for injury
- **Sources:** whole grains (oats, rice, wheat), cereal, pastas, starchy veggies (corn, peas, potatoes), beans, fruit, milk products, sweets/desserts, sports products (sports drinks, gels, chews...)



### PROTEIN

#### IMPROVEMENT + RECOVERY

- Building blocks for muscle growth & recovery
- Immune support
- Makes you feel full
- Protein is NOT an efficient fuel source
- **Sources:** animal proteins (chicken, turkey, fish, beef, milk, dairy eggs); non animal (beans, nuts, seeds, soy products, tempeh)



### FAT

#### PROTECT + FUEL

- Regulates body temperature
- Hormone production
  - growth, digestion, mental health and more!
- Provides storage for essential vitamins
- Feel full and balance energy
- FUEL lower-intensity work
- **Sources:** Fatty fish (Salmon, tuna), olive oil, nuts, avocado, hummus, chia seeds, some meats

## ATHLETES PLATES

Your plate will change throughout your season/year and based on your goals. Most athletes will need a **moderate or high training** load plate to meet their energy demands.

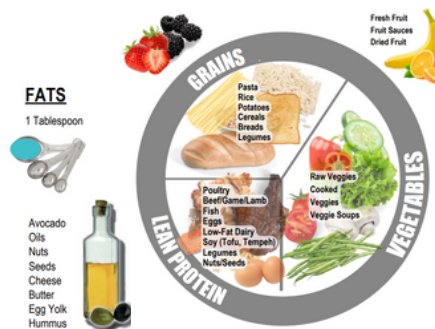
\*Note: Always honor your hunger cues, your body is SMART.

## SCHOOL LUNCH

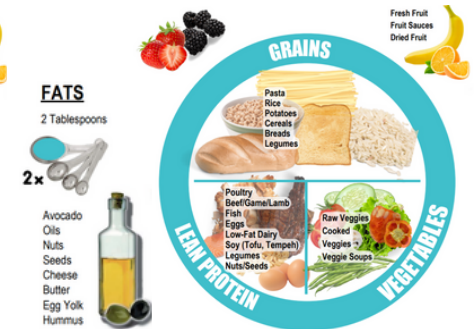
Do you struggle with getting enough from school lunch? Take responsibility through the tips below to set yourself up for a successful practice!

1. Look at the menu ahead of time. Are there items you enjoy but you know you walk away hungry? Or maybe you like some but not all of the lunch options.
2. Supplement the meal. If the 2 tasty tacos do not satisfy, PLAN AHEAD and pack some pretzels and fruit (energy), carrots and hummus (protection) and a yogurt container (build) to complete the meal.
3. Bring your own. If you don't see anything on the menu you like, have a few easy lunch options to pack the night before.
  - Turkey + cheese sandwich on whole wheat bread with lettuce and tomato, pita chips with guacamole and a side of fruit.

### Moderate Training Load



### High Training Load



# FUELING FOUNDATIONS | NUTRIENT TIMING

## WHAT IS NUTRIENT TIMING

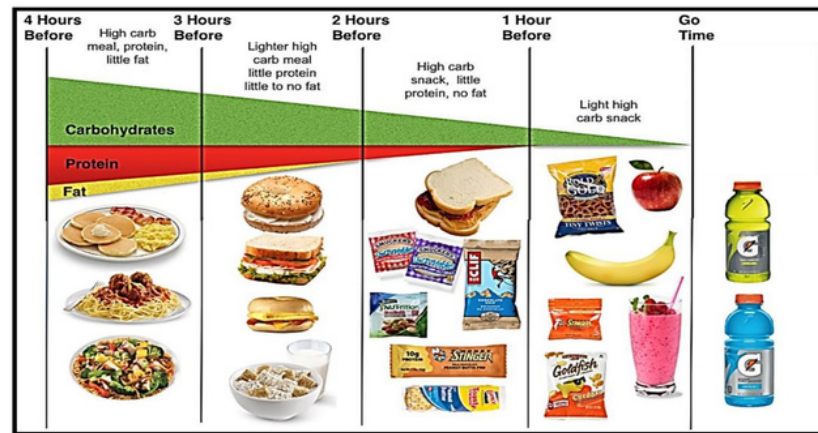


Nutrient timing focuses on eating certain types of foods at specific times during the day based on your training schedule to increase energy availability, improve performance, decrease gastrointestinal distress & discomfort, increase muscle growth and repair, and facilitate recovery.

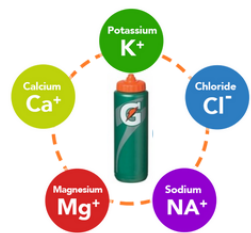
## BASICS OF PRE-TRAINING FUELING

The goal of pre-training fueling is to increase the energy available and decrease the risk of injury while minimizing potential GI distress (nausea, diarrhea...). Focus on easily digested carbohydrates. Fat and protein can take 6-8 hours to digest, which may cause discomfort during performance.

- 3-4 hours until 'GO' time: Balanced Training Plate
- 2-3 hours: small meal with lower fat
  - Clif bar, bagel sandwich, PBJ
- 1 hour or less: Easy digestible carbohydrates, familiar foods and low protein/fat
  - Fruit, fruit sauces, dry cereals, graham crackers



## BASICS OF DURING TRAINING FUELING



The purpose of fueling during exercise is to maintain energy throughout training, balance electrolytes and prevent cramping. With prolonged exercise or hot/humid environments, your body will need more energy.

- 90 minutes or more training: Water, Carbohydrate and electrolytes
  - Gatorade and applesauce
  - Gatorade and fruit snacks
- <60 minutes: Water is sufficient if fueling properly throughout the day

## RECOVERY

Recovery nutrition is vital to having your hard work pay off! Recovery allows your body to rebuild broken down muscles and adapt from the stress they just endured (increased performance!).

- REPLENISH your energy >>>> Carbohydrates
- REPAIR and rebuild your muscles >>>> Protein
- REPLACE fluid and electrolytes lost >>>> Fluid



Within 30 minutes post training, consume a recovery snack of carbohydrates, fluid and protein!

- Greek yogurt with fruit and granola
- Beef jerky and fruit
- Clif bar with milk
- Cottage cheese and pretzels

