

Fueling for sports performance is very individualized and sport specific. An endurance athlete is not going to fuel the same way a linebacker would. For advice on a customized eating plan for sports performance, consult a Registered Dietitian who specializes in sports nutrition.



## FUELING THE BODY FOR SPORTS PERFORMANCE

Sometimes our schedules can be hectic, but it is important that we fuel our bodies for training so they can perform at their best. When comparing our bodies to a car, you would not try to drive a car if its fuel is on “empty”; we need to treat our bodies the same way when it comes to fueling for performance.

### Signs you are under fueled during training...

- You experience hunger in the early or middle part of practice or training
- You feel sluggish
- The quality of your workouts may decrease throughout the week
- You feel you are working hard, but not making progress towards performance goals

According to The Academy of Nutrition and Dietetic practice group for Sports, Cardiovascular and Wellness, under fueled athletes can expect to have minimum progress in training efforts and a weaker immune system. **Training under fueled can have physiological effects on our body like...**

- Experiencing hunger and not fueling properly sends our body into a catabolic state (break down). Being in an anabolic (building) state with a fueled body is optimal in training.
  - ♦ **FUEL TIP:** Consume 30-60 grams (g) of carbohydrate per hour during moderate to high intensity training.
- If you have multiple training sessions in a day, under fueled athletes do not have energy (glycogen) stores to pull from putting them at risk for dehydration and less likely to recover between sessions.
  - ♦ **FUEL TIP:** Optimize glycogen storage replacement in between training sessions by consuming carbohydrates and protein 15-30 minutes after training to accelerate the recovery process.



## QUICK TIPS

- Do not use energy drinks as a “pick me up” to make up for under-fueling. These can accelerate your body’s use of glucose, quickly moving you into a catabolic state.
- Always practice your fueling routine before applying it during competition so you know how certain foods and fluids affect your stomach.
- Tackle weight or composition changes during the offseason. Show up well fueled so that hard work and practice can improve performance during the season.

Source: <https://www.shpndpg.org>

## FUELING THE BODY FOR SPORTS PERFORMANCE

### FUELING BEFORE TRAINING

- Consume your pregame/training meal 1-4 hours before
  - ◊ 1-4 g of carbohydrate per kilogram of body weight (g/kg) with minimal fiber, fat and protein
  - ◊ Trial and error your pregame meal while training vs. competition
- Do not skimp out on breakfast
- Pack your favorite snacks to remain fueled in between meals; pretzels, trail mix with dried fruit, dry cereal, fruit, granola bars, baked chips and water, or grab a high-fluid snack on your way like nonfat yogurt or chocolate milk, or low-fat sport shake.
- Top off your fuel less than 1 hour before training and competition with 30-60 g carbohydrate
  - ◊ Trial and error: this may be fruit, gels, gummies, or a sports drink

### FUELING DURING TRAINING

- Remember to consume 30-60 g carbohydrate per hour during high intensity and prolonged training.
- If you choose to consume any solid foods take small frequent bites with water or a sports drink to avoid stomach upset.

### FUELING AFTER TRAINING

- If training has been long and/or of high intensity, consume 1-1.2 g/kg of carbohydrate per kilogram of bodyweight along with about 20 g of protein within the first hour after training to optimize recovery.
- Eat a well-balanced meal (carbohydrates, protein, and fat) within 2-3 hours after finishing and consume fluids to replace losses.

