



# Eating for Excellence

*Nutrition is an essential place to maximize athletic performance. Here are some general guidelines to consider.*

## Stay full, and fueled for practice - Pre-practice meals and snacks

Consume carbohydrates before exercise to achieve optimal energy stores. Add protein to promote muscle protein synthesis and prevent breakdown if eating >1 hour before exercise.

- 3-4 hours prior: meal with carbohydrate and protein. Examples- turkey sandwich with fruit, yogurt parfait with fruit and low-fat granola, peanut butter and jelly on crackers, oatmeal with brown sugar and skim milk.
- 1 hour prior: light snack of 1-2 carbohydrate servings. Examples-piece of fruit, 6-10 crackers, 1/2 bagel, handful of pretzels, jam sandwich, sports drink.

## Replete at Replenish - Post practice or workout

Eating soon after exercise is essential to replenish energy stores, promote muscle repair, and replenish electrolytes and fluid lost in sweat.

- 30 minutes or sooner: Choose a snack with carbohydrates and protein. Examples- chocolate milk with whole wheat cracker or nutrition bar and fruit, smoothie with yogurt and fruit.
- 2-3 hours: Consume a balanced meal. Add a fruit and/or vegetable. Examples- meat and vegetable stir fry with brown rice, bean and vegetable burrito with rice, sandwich with side of vegetables, fruit, and milk.

## Healthy Hydration - Prevent dehydration with adequate fluids

Drinking enough fluid is one of the most important parts of nutrition for athletic performance and health. Be mindful of symptoms of dehydration which include feeling thirsty, dry mouth, headache, fatigue or sluggishness, decreased urine output or dark amber colored urine.

- 4 hours prior to practice: drink At least 2-3 cups.
- Every 10-20 minutes when sweating, drink.
- >90 minutes of exercise: choose a sports drink to replenish electrolytes and carbohydrates.
- Drink water throughout the day.

### Game Day Tips

- Avoid high fat and high fiber foods.
- Choose a well-balanced meal that is familiar.
- If traveling pack snacks like trail mix with dried fruit, bagel with nut butters, yogurt or string cheese, or a sports bar.
- Remember to stay hydrated! Pack water or a sports drink.

Interested in learning more about nutrition and how it can impact performance?  
Schedule an appointment at: **585-341-9150**  
Created by Rachel Reeves, Registered Dietitian