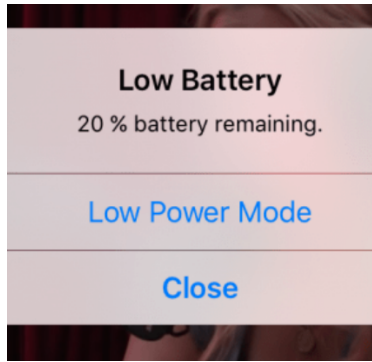




Hydration and Nutrition



Athletes **NEED** energy to perform!!

RECHARGE with energy from food in order to work efficiently.

Hydration and nutrition are two areas that athletes are **IN COMPLETE CONTROL OF**.

Hydration

The importance of hydration for athletes is of the utmost importance. Even a 2% deficiency in your body weight equals dehydration. Once dehydration happens it takes 24-48 hours to recover to a hydration state.

Minimum daily hydration goal: Body weight divided by 2 = number of ounces of hydration you need daily.

- Water, milk, fruit juices, soup, fruits and vegetables ALL count as hydration

How to hydrate:

- 2-3 hours prior to training or competing, aim for 17-20 ounces of fluid
- 10-20 minutes before training, aim for 7-10 ounces of fluid
- For every pound of body weight loss during practice/competition = 20-24 ounces of rehydration needed
- Aim for 4-6 ounces of fluid every 15-20 minutes (as tolerable)

Electrolyte options for after practice/competitions:

- Lemon water
- Coconut water (great in smoothies)
- Low sugar sports drinks
- Gatorade in a 1:1 ratio with water

Energy drinks have NO PLACE in an athlete's plan!!!!

Nutrition – Fueling before & after practice/events

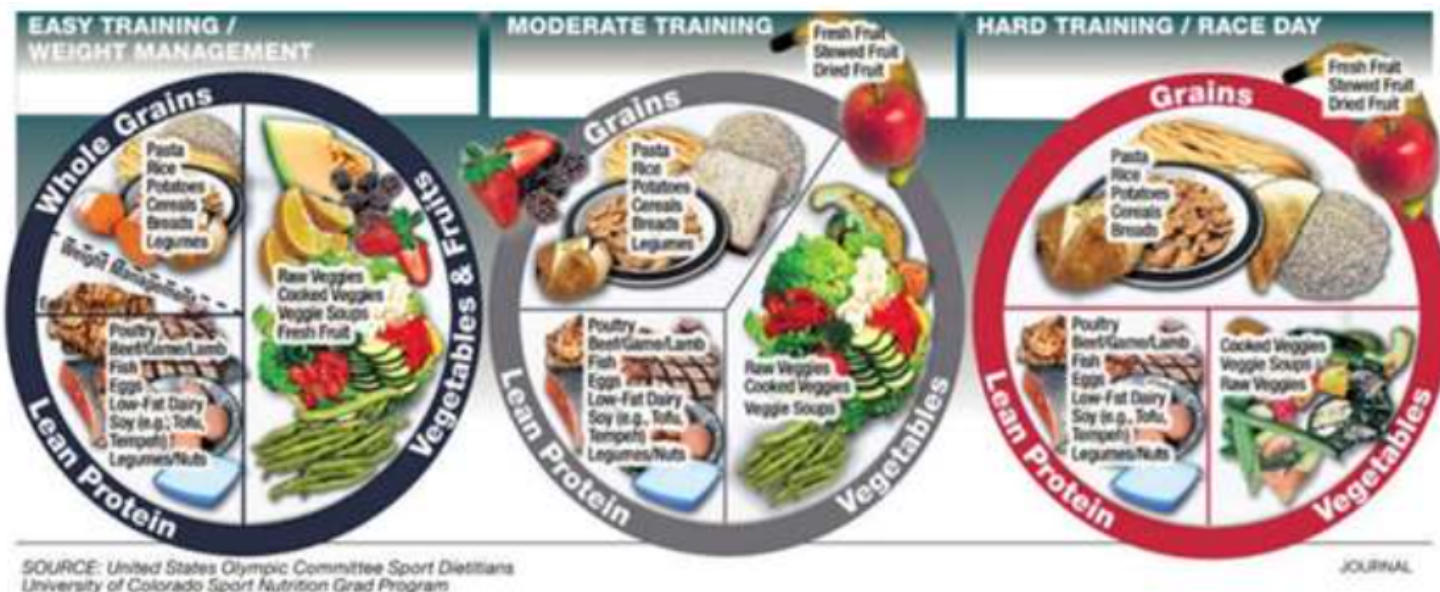
- 4 hours out: balanced meal
- 3 hours out: substantial snack
- 20-30 minutes out: quick carb (40-50 grams)
 - Apple sauce, Quaker chewy bar, graham crackers, pretzels (salted), Goldfish
 - Practice this to see what works with your body

Recovery after training

- Refuel: intake carbs in the first 30-40 minutes
- Repair: intake protein (20-25 grams)
- Rehydrate: with electrolytes
- Reinforce: colorful fruits and veggies

Quick recovery meals examples:

- Jimmy Johns (carbs & protein) (AND add colored fruit)
- Pizza (carbs & protein) (AND add colored fruit)



Carbohydrates = energy


- Glucose is the main source of energy for high intensity work
- Helps maintain intensity and avoid muscle breakdown
- When carbohydrate intake is too low, performance suffers
- Complex vs simple sugars - know the best time and place

Type of Activity	Recommended g Carbohydrate / kg body weight	Ex 120# athlete	Ex 170# athlete
Very light training program (low intensity or skill based exercise)	3-5 g/kg	163-272g	231-386g
Moderate intensity training programs, 60 min/day	5-7g / kg	272-381g	386-540g
Moderate to high intensity endurance exercise, 1-3 h/d	6-10 g/kg	327-545g	436-772g
Moderate to high intensity exercise, 4-5 h/d	8-12 g/kg	436-654	618-927g

Protein = structure

- makes tissues, enzymes, hormones and antibodies
- look for quality proteins and spread evenly throughout the day

150# INDIVIDUAL



$150 \div 2.2 = 68.2\text{kg}$
 $68.2 \times 1.4 = 95\text{g}$
 $68.2 \times 2.0 = 136\text{g}$
95g - 136g protein per day

Dietary Fat = Essential

- Provides energy for long-term, low-intensity activity.
- Unsaturated fats (mono and poly) are beneficial for anti-inflammatory purposes

Examples

Avocados	Salmon
Peanut butter	Tuna
Cashews	Olive Oil
Walnuts	Sunflower seeds
Omega 3 Supplement	