**Better Than Ever Fall 2009**  
**Nutrition and Sports Performance**

Ever wondered what to eat before a workout? Which sports products should to use? How to stay hydrated without getting over hydrated? Learn the basics of eating and drinking to maximize your workouts.

### Before Exercise

<table>
<thead>
<tr>
<th>Necessary Nutrients</th>
<th>Fluids</th>
<th>Options</th>
</tr>
</thead>
</table>
| • Carbohydrate rich foods as a part of a meal or snack  
• The size of the meal/snack depends on your body weight, the type of exercise and your exercise goals  
• To minimize stomach upset, choose lower fiber and lower fat options  
• Choose salty foods if you are a salty or heavy sweater | • Produce a clear colored urine  
• At least 16 ounces of fluid in the 2 hours prior to endurance exercise  
• Top off with 8 ounces immediately before exercise | • Oatmeal with fruit  
• Toast with natural peanut or almond butter and preserves  
• Smoothie with yogurt and berries  
• Whole grain pasta with marinara sauce |

### During Exercise

<table>
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</table>
| • If less than 60-90 minutes, no carbohydrate or protein is needed  
• If longer than 60-90 minutes, **30-60 grams of carbohydrate per hour**  
• Small amounts of protein may enhance endurance and/or reduce muscle soreness for exercise longer than 3 hours  
• Include adequate electrolytes (sodium, potassium, calcium and magnesium) during endurance exercise | • Consume fluids to minimize weight loss during exercise  
• Do not gain weight during exercise  
• Calculate your sweat rate  
• Aim for 16-24 ounces per hour | • Sports drink (see list of recommended brands below)  
• Sports gels  
• Sports chews  
• Clif Bar  
• Banana  
• Yogurt  
• Peanut butter and jelly sandwich squares  
• Pretzels  
• Frozen grapes  
• Fig bar |
After Exercise

<table>
<thead>
<tr>
<th>Necessary Nutrients</th>
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</tr>
</thead>
<tbody>
<tr>
<td>• If less than 60-90 minutes of exercise, a small snack within 1 hour</td>
<td>• Consume 16-24 ounces of fluid per pound of weight lost during exercise</td>
<td>• Recovery drink (see list of recommended brands below)</td>
</tr>
<tr>
<td>• If longer than 60-90 minutes of exercise, a snack or meal containing carbohydrate and protein within 1/2 hour</td>
<td>• Aim for 24 ounces within 1/2 hour</td>
<td>• Low fat organic chocolate milk</td>
</tr>
<tr>
<td>• The size of the meal/snack depends on your body weight, the type of exercise and your exercise goals</td>
<td></td>
<td>• Omega 3 eggs with toast, fruit and tomato juice</td>
</tr>
<tr>
<td>• Choose antioxidant rich and anti-inflammatory foods</td>
<td></td>
<td>• Turkey sandwich and a plum</td>
</tr>
<tr>
<td>• Choose salty foods if you are a salty or heavy sweater</td>
<td></td>
<td>• Whole grain bagel with lox, light cream cheese and tomato slices</td>
</tr>
</tbody>
</table>

Recommended Brands
- CarbBoom
- CamelPack Elixer
- Clif (new ready-to-drink Clif Quench)
- E-Load
- Gu
- Hammer Nutrition
- Powerbar
- Xood

Avoid products containing high fructose corn syrup or synthetic dyes.

For more information contact, Hana A. Feeney, MS, RD, CSSD at nutritionist_hana@msn.com or 520-429-3418.

Together we can personalize these recommendations to make them fit your lifestyle and your fitness and your body composition goals!