

How To: Fuel Your Inner Athlete

PRE-WORKOUT

Carbohydrates are your body's main energy source. Consume them before your workout for more energy, more strength, and better recovery.

- Examples: banana, fruit smoothie, oatmeal, a sandwich on whole grain bread, potatoes, or rice.

Hydration can make a huge difference in your performance.

- Aim for 20 ounces in the 2 hours leading up to your workout.

Caffeine has been shown to increase performance in some people.

- Try coffee or green tea (Max 400 mg caffeine per day. Limit caffeine past 3 pm).

POST-WORKOUT

Maximize your workout by rebuilding your muscle, replenishing your glucose stores, and rehydrating with this combo within 2 hours after your workout:

- 0.18 g **protein** per pound body weight + at least equal # of grams of **carbohydrates** + about 16 oz of **fluids**

Try these:

- Turkey sandwich with a glass of milk
- Smoothie with protein powder, banana, berries, kale, chia seeds, and coconut water
- Quinoa/Rice bowl with beans, salmon, roasted veggies, and a vinaigrette + glass of water with lemon

EXTRA CREDIT

Fueling during your workout:

- For a workout that is 60 minutes or less, water is enough. Aim to consume 10 oz for every 20 minutes of exercise.
- For a workout lasting longer than 60 minutes, aim to consume ~30 g carbohydrates per hour of additional exercise.
 - Examples: coconut water, sports drinks or gels, fruit purées, banana, dried fruit, PBJ sandwich

Antioxidants & an anti-inflammatory diet help reduce the stress that is produced during the body's inflammatory response, reducing muscle soreness and tissue damage.

- ALL fruits, vegetables, herbs & spices. Certain foods like cinnamon, pomegranate, beetroot, tart cherry juice, and turmeric have all been explored as recovery enhancers.

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