



Fueling For Peak Performance

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Fueling for Peak Performance

Hydration / Rehydration

Importance of Protein, Carbohydrates & Fat

Fueling on easy, moderate, and hard training days

Fueling during exercise

Supporting a low-energy day

Post Training Recovery

Year-Round Nutrition Balance

HYDRATION

01

Our blood is 90% water; blood supplies oxygen to our muscles. Without proper hydration our muscles will not receive adequate oxygen and cannot provide peak performance

02

If we are dehydrated, we are already at a performance disadvantage.

03

Goal is to show up to workouts & races hydrated.

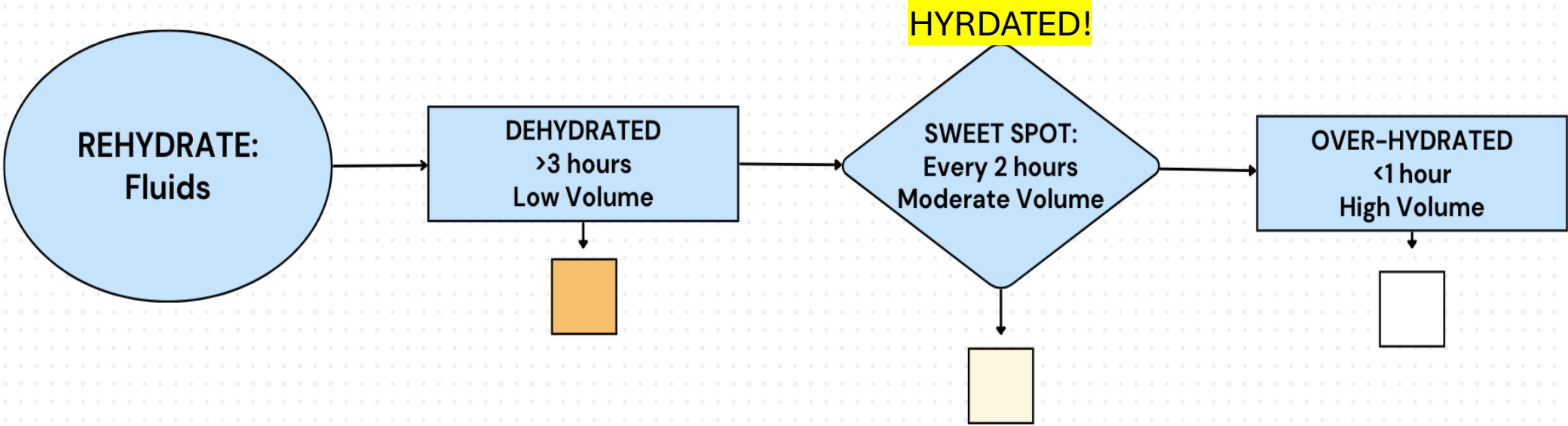
% Body Water Loss & Effects on Sports Performance

Body Water Loss	Effects
0.5%	Increased strain on heart
1%	Reduced aerobic endurance
3%	Reduced muscular endurance
4%	Reduced muscle strength; reduced fine motor skills; heat cramps
5%	Heat exhaustion; cramping; fatigue; reduced mental capacity
6%	Physical exhaustion; heatstroke; coma

Relationship Between Urine Color, Volume, Frequency, and Hydration Status

**Goal is to wake up each morning hydrated.*

**You want to pull up to the race starting dock hydrated!*



Rehydrate / Electrolytes

**Hydrate throughout the day with water.*



**Use electrolytes to replace fluids loss from sweat during a workout.*



Pickles



Soy Sauce



Pretzels




Sliced Deli Turkey




Add some salt to your food or water!

PROTEIN - Repair

Exercise causes intentional damage to muscle tissue




We need protein to help not only help repair muscle tissue, but help it grow and change. Encourage muscles to be more metabolically active. (repair)



Important to help regulate appetite. Helps us naturally rely more on our hunger and satiety hormones.

How much Protein

For youth athletes – around 70-115gm per day.
1-1.5/kg body weight.



Important to distribute protein intake throughout the day. (Include protein at each meal/snack)



Helps preserve appetite throughout the day.

Distribute Protein Throughout Your Day

3-4 hours apart

High Protein Food List



A Guide to Healthy Foods to Meet Your Protein Needs

Meats



Chicken breast (27g per 3oz)
 Ground beef, 93% lean (22g per 4oz)
 Ground turkey (22g per 4oz)
 Pork tenderloin (23g per 3oz)
 Lean steak (23g per 3oz)

Fish & Seafood



Canned tuna (22g per 3oz can)
 Salmon fillet (22g per 3oz)
 Cod fillet (19g per 3oz)
 Shrimp (20g per 3oz, about 12 large)
 Canned sardines (16g per 3oz can)
 Tilapia fillet (21g per 3oz)

Dairy Products



Greek yogurt (15g per 5.3oz container)
 String cheese (7g per stick)
 Cottage cheese (14g per 1/2 cup)
 Mozzarella cheese (7g per 1oz)
 Chocolate milk (8g per cup)
 Protein shake (20-30g per bottle)

Plant-Based



Black beans (7g per 1/2 cup)
 Chickpeas/Garbanzo beans (7g per 1/2 cup)
 Lentils (9g per 1/2 cup cooked)
 Tofu (10g per 1/2 cup)
 Edamame (11g per 1/2 cup shelled)

Nuts & Seeds



Peanut butter (7g per 2 tablespoons)
 Mixed nuts (6g per 1oz, about 1 handful)
 Almonds (6g per 1oz, about 23 nuts)
 Trail mix (5g per 1oz, about 1 handful)

Eggs & Quick Proteins



Whole eggs (6g per large egg)
 Protein/Energy bars (15-20g per bar)
 Turkey jerky (13g per 1oz)

Tips



- > A palm-sized portion of meat is about 3oz
- > Men should aim for 56g/day, women should aim for 46g/day
- > 1kg = 2.2lb 1lb = 16oz 1oz = 28g 1g protein = 4 calories

Disclaimer: This guide is for informational purposes only. Always consult with your healthcare provider or registered dietitian for personalized advice.

PROTEIN CHART



Chicken breast
(27g per 3oz)



Ground beef, 93% lean
(22g per 4oz)



Pork tenderloin
(23g per 3oz)



Lean steak
(23g per 3oz)



Canned tuna
(22g per 3oz can)



Salmon fillet
(22g per 3oz)



Shrimp
(20g per 3oz, ~12 large)



Cod fillet
(19g per 3oz)



Greek yogurt
(15g per 5.3oz container)



Milk
(8g per cup)



Mozzarella cheese
(7g per 1oz)



Cottage cheese
(14g per 1/2 cup)



Black beans
(7g per 1/2 cup)



Chickpeas
(7g per 1/2 cup)



Edamame
(11g per 1/2 cup shelled)



Tofu
(10g per 1/2 cup)



Whole eggs
(6g per large egg)



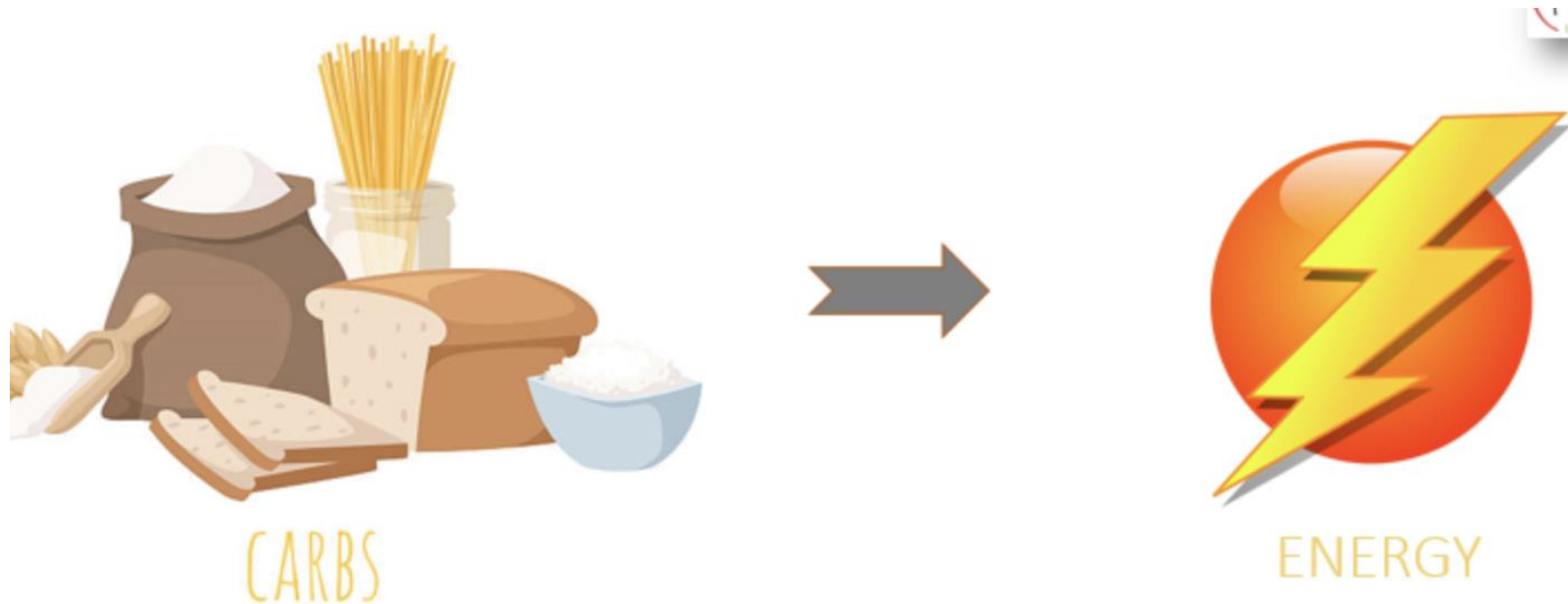
Peanut butter
(7g per 2 tablespoons)



Almonds
(6g per 1oz, about 23 nuts)

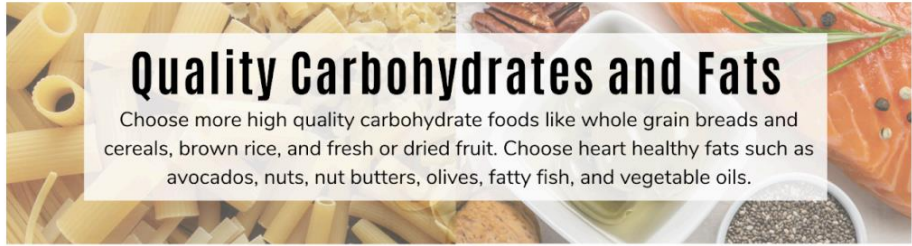


Whey protein shake
(20g per serving)



Carbohydrates – Main Source of Energy

- As intensity & duration increases = carbohydrate needs increase.
- As carbohydrate needs increase = your protein needs stay the same.
- Carb needs includes mix of both simple and complex carbs.



Quality Carbohydrates and Fats

Choose more high quality carbohydrate foods like whole grain breads and cereals, brown rice, and fresh or dried fruit. Choose heart healthy fats such as avocados, nuts, nut butters, olives, fatty fish, and vegetable oils.

Quality Carbohydrates

-  Whole wheat bread
-  Flour or corn tortillas
-  Whole wheat or white pasta
-  White or brown rice
-  Fresh, frozen, or dried fruit
-  Potato (white or sweet), corn
-  Applesauce pouch
-  Pretzels, graham crackers, animal crackers, goldfish

Heart Healthy Fats

-  Avocado
-  Nuts
-  Nut butters
-  Seeds
-  Fatty fish (salmon, trout, mackerel)
-  Olives
-  Avocado oil
-  Olive oil

Try these convenient, on-the-go snacks!



Trail mix
Nuts and dried fruit
Add pretzels for added crunch.



Mini charcuterie
Olives and crackers
Add cheese or nuts for additional protein.



Mini bagel + salmon
Smoked salmon and mini bagel with cream cheese

Key Components of a Balanced Plate for Athletes

Carbohydrates

Choose more whole-grains and quality carbohydrates, regardless of your training cycle. Look for whole wheat bread, pasta, bagels, tortillas, pita, and crackers. Other options include brown rice, oatmeal, quinoa, farro, couscous, whole-grain breakfast cereals, and starchy vegetables like potatoes, corn, and peas, and legumes like red beans, pinto bean, black beans, and chickpeas. For off-season and light training days, your carbohydrate needs will be lower than heavy, hard training days and competition.

Protein

Lean, quality proteins can give your muscles nutrients for recovery, repair, and growth. Look for lean cuts of beef, such as 90/10 or 93/7 ground beef, eye of round, top round, or bottom round. "Choice" and "Select" cuts will be lower in fat than "Prime" cuts. For pork and beef, choose cuts with "loin" in the name, such as sirloin or pork loin. Other options of lean protein include chicken, turkey, fish, eggs, low-fat cheese, low-fat cottage cheese, Greek yogurt, tofu or other soy products, and dried beans and peas.

Fat

Fat is essential for hormone and immune function, as well as providing flavor and increasing the satiety of dishes. Choose more unsaturated, heart-healthy fats, such as those found in most plant-based foods and fatty fish. Good sources include avocados, nuts, seeds, nut and seed butters, olives, oil-based salad dressings, and oils such as olive, avocado, canola, and vegetable oils. Coconut oil and palm kernel oils are plant-based, but should be limited due to high saturated fat. Fish sources of unsaturated fats include salmon, trout, sardines, tuna, mackerel, scallops, and halibut.

Fruit and Vegetables

Fruit and vegetables provide your body with inflammation-fighting antioxidants and other nutrients that are important for staying healthy, strong, and injury-free. Choose any type of fruit and vegetables to balance your performance plate, such as blueberries, watermelon, apples, oranges, bananas, strawberries, potatoes, corn, green beans, yellow squash or zucchini, bell peppers, cauliflower, broccoli, dark leafy greens, carrots, or tomatoes.

Fluids

Drink fluids throughout the day to replenish those lost in sweat during training or competition. Outside of training, choose beverages such as water, low-fat milks (cow's milk or plant-based), and 100% fruit juice. Before, during, or after training, a carbohydrate-rich sports drink may be appropriate depending on your needs for training or competition.

Handy Guide to Portion Sizes

CARBS: FRUITS, LEGUMES, WHOLE GRAINS, STARCHY VEGETABLES



1 serving = 15 grams

- 1 serving = cupped handful (if grainy, ex: pasta or rice) or 1 flat hand (if flat, ex: slice of bread or tortilla), or a CD-size pancake, or flattened pile of grain/starch
- 3 servings = 1 cup = size of a fist or baseball, or large handful (~3 servings of grain/starch)
- 1 1/2 servings = 1/2 cup = size of a tennis ball or small handful (~1 1/2 servings of grain/starch)
- 1 serving/ounce = 1/4 cup = size of a large egg (~1 serving of granola or Grape Nuts)

PROTEINS: MEATS, FISH, PLANT PROTEINS, DAIRY



1 serving = 7 grams, or 1 ounce

- 1 serving = 1/2 handful (ground animal protein, plant-based crumbles or cooked beans/lentils) or 2 fingers (tofu, seitan or cheese)
- 1 serving/ounce = 1/4 cup = size of a large egg (~1 ounce of cottage cheese, Greek yogurt, Skyr, or other strained yogurts, shredded cheese)
- 1 serving/ounce = size of a pair of dice (cheese cubes)
- 3 servings/ounces = 1 cup = size of a fist of baseball, or large handful (~3 servings/ounces of ground animal protein, plant-based crumbles, Greek or strained yogurt, cottage cheese)
- 3 servings/ounces protein = palm of hand; 6 servings/ounces protein = whole hand

FATS: OILS, BUTTER, NUTS, SEEDS, AVOCADO



1 serving = 5 grams

- 1 serving = 1 tsp = thumbnail (butter, oils, mayo)
- 1 serving = 2 tbsp = thumb or ping pong ball (nut butters, cream cheese, avocado)
- 1 serving = 1-2 thumb(s) or 3 fingers (plant-based dips, ex: hummus, guacamole)



FIST



HANDFUL



PALM



THUMB

EASY TRAINING / LIGHT DAY: +

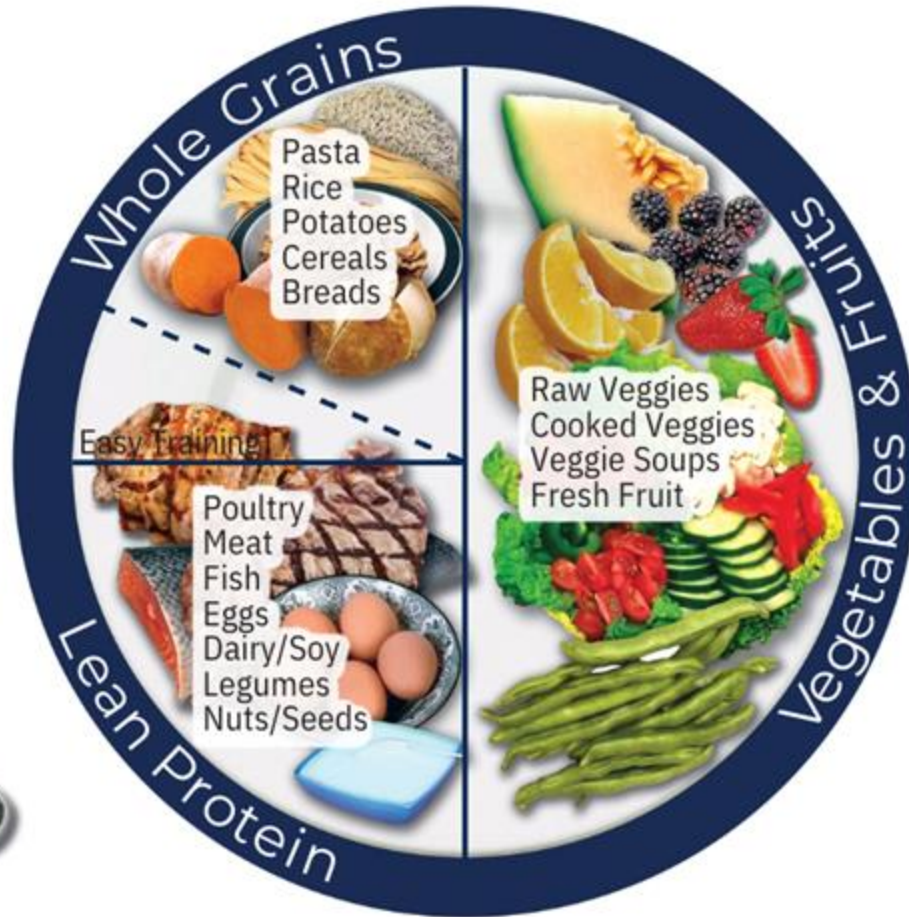
Easy Training;
Day off;
1 Short Session;
Skills Work
(or off season)

FATS

1-3 Teaspoon(s)



Avocado
Oils
Nuts
Seeds
Cheese
Butter



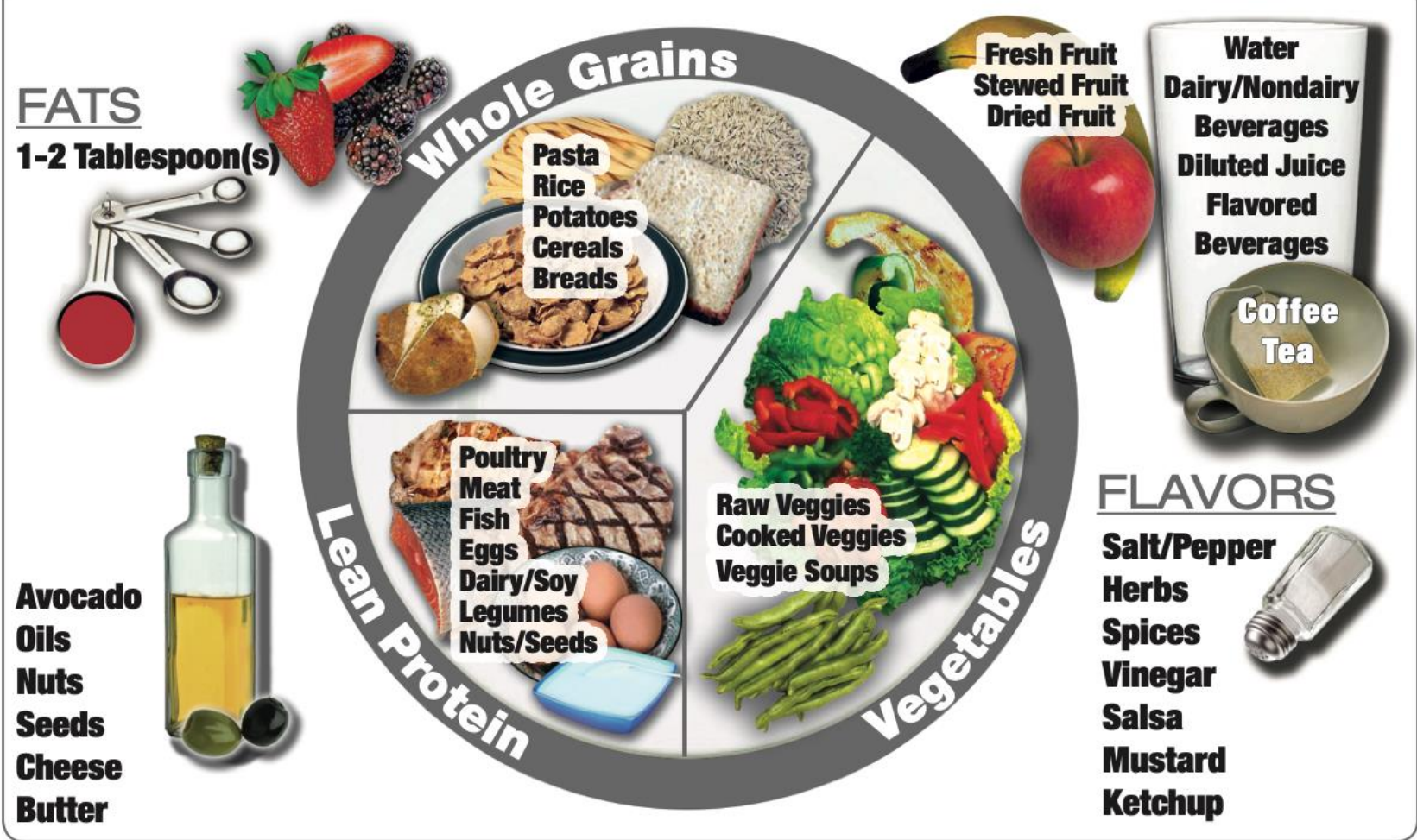
FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



Moderate Training:
 >2 hours ;
 2 sessions;
 (1 quality, 1 skills)

MODERATE TRAINING:



Hard Training:
3+ hours ;
2+ sessions;
**Race Day *start 24h
prior if multiple
events.**

HARD TRAINING:

FATS

2-3 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads



Fresh Fruit
Stewed Fruit
Dried Fruit



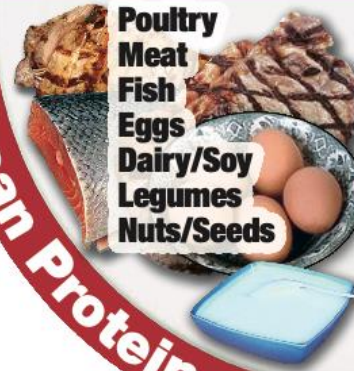
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



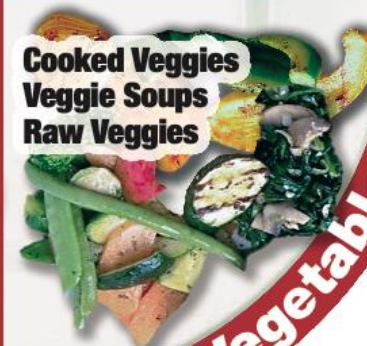
Coffee
Tea

Lean Protein

Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds



Cooked Veggies
Veggie Soups
Raw Veggies



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



Moderate Training Day - School



BREAKFAST
Egg Sandwich
Strawberries
Yogurt



LUNCH
Turkey Sandwich
Pretzels, Grapes
Carrots & hummus cup



DINNER
Spaghetti & Meatballs
Garden Salad w/dressing
Mixed berry bowl w/ whipped cream



MORNING SNACK (optional)
Barbell Protein Bar
Apple



PREWORKOUT SNACK
1-2 hours before training
Choose 1-2: Pretzels, PB cup,
banana, granola bar



NIGHT-TIME SNACK
Peanut butter banana toast

Fueling During Exercise

Carbohydrate
FUELING DURING EXERCISE

*Athlete's need 30-60gm of quick absorbing carbohydrates for every 45-60 minutes of exercise. This helps top off their fuel tank and prevent their glycogen stores from being depleted during their workout.

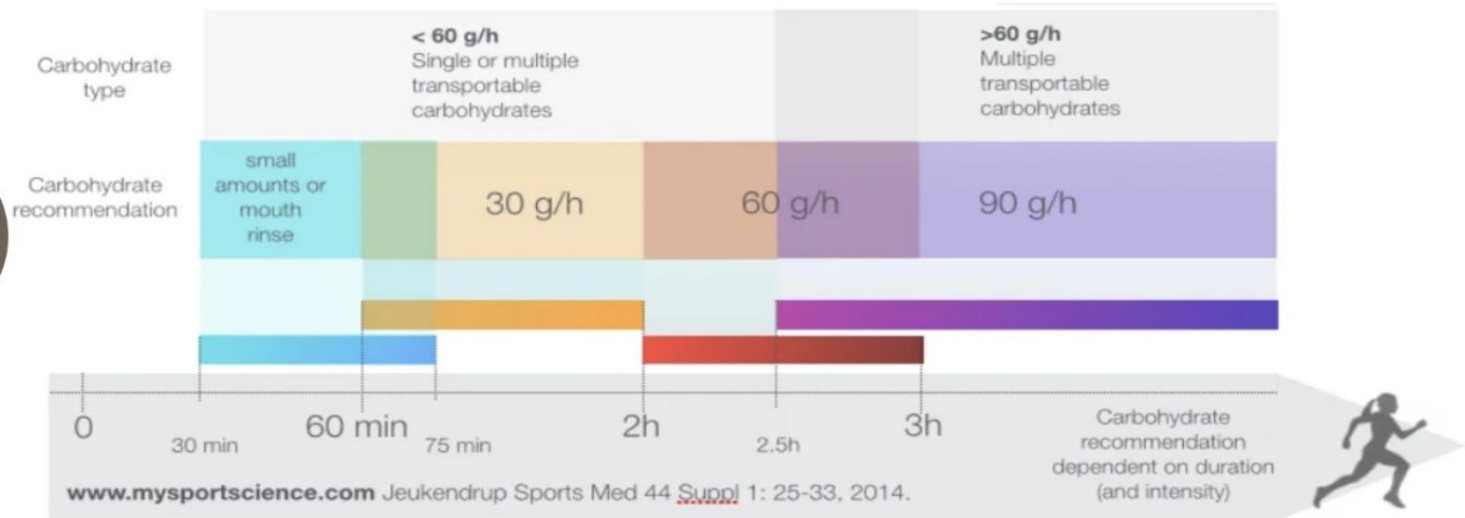
Recommendations chart

Carbohydrate intake **during** exercise



@jeukendrup

www.mysportscience.com



www.mysportscience.com Jeukendrup Sports Med 44 Suppl 1: 25-33, 2014.

Nutritional training recommended



Estela Schmitt, PhD, RDN, LD

Example Fueling Timelines

Before Training or Race:

3-4 hours – large meal

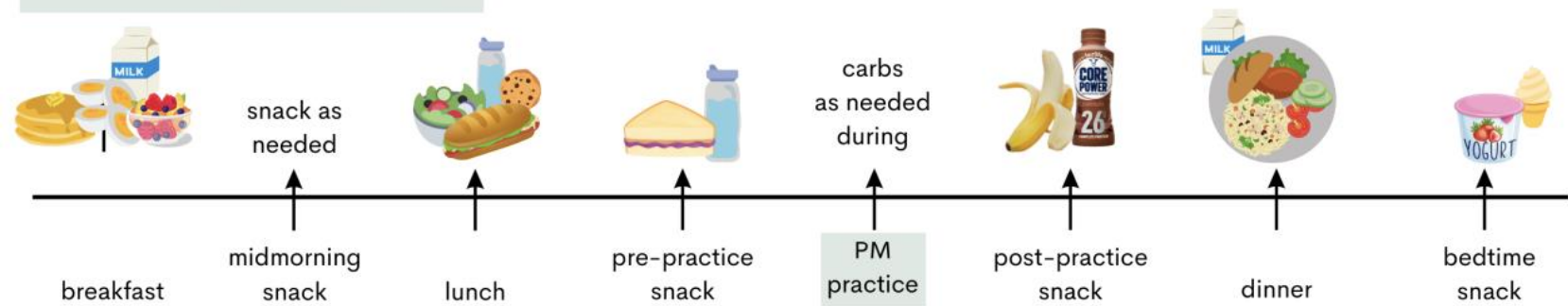
2-3 hours – small meal

1-2 hours - small easily digested snack

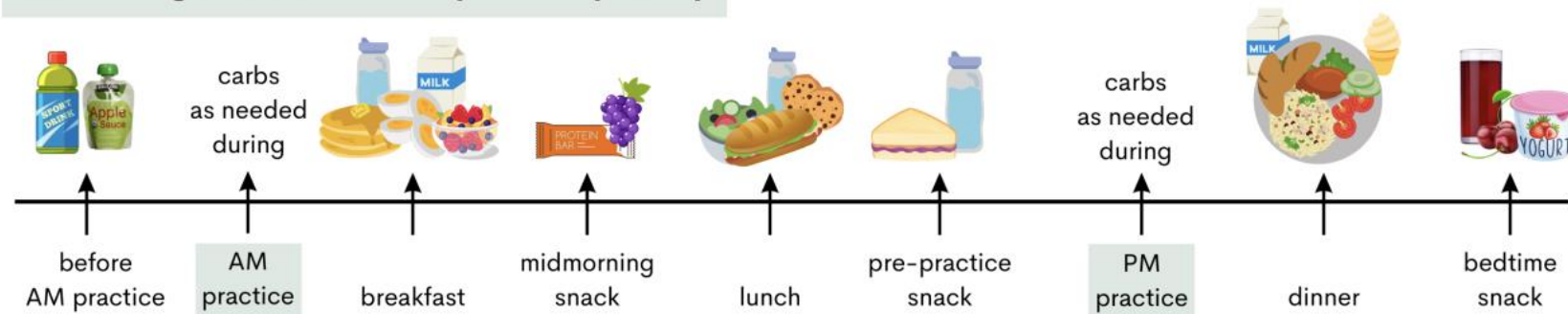
<1 hours – easy digestible carb snack

*Do NOT try anything new the evening before and/or the day of a competition, either in terms of foods or eating habits. Stick with food consistency with your meals through training and race days.

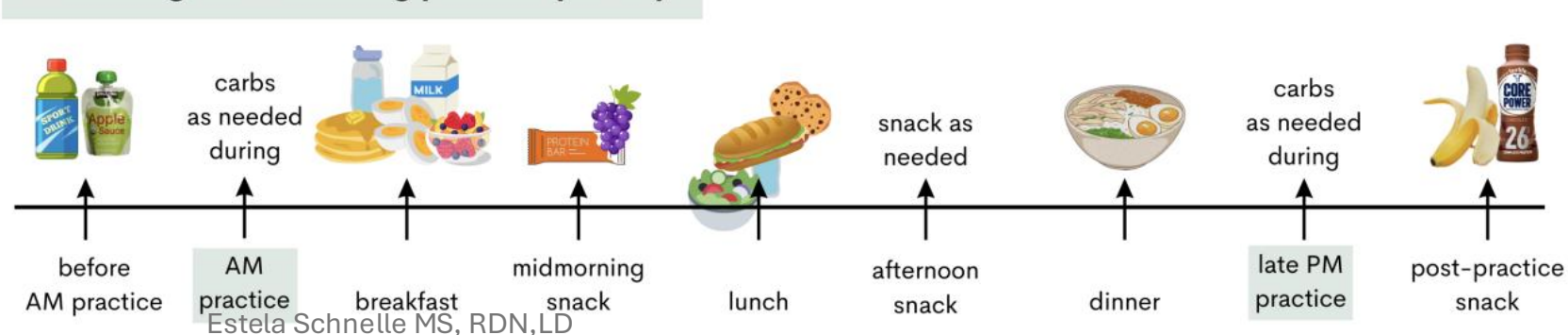
1 afternoon practice per day



1 morning and 1 afternoon practice per day

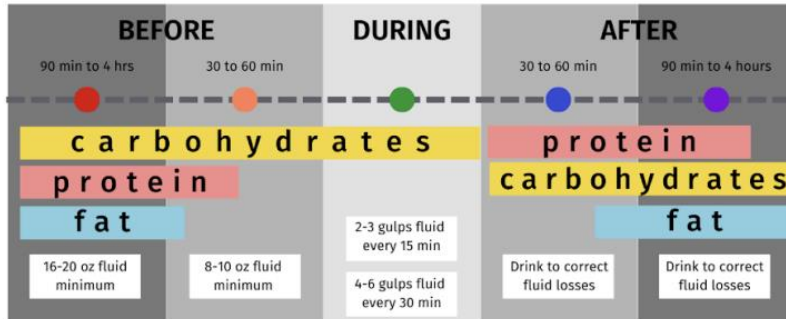


1 morning and 1 evening practice per day



Estela Schnelle MS, RDN, LD

FUELING TIMELINE



BEFORE TRAINING OR COMPETITION



90 MINUTES TO 4 HOURS BEFORE

Eating snacks or meals high in carbohydrates, with moderate protein and fat 90 minutes to 4 hours before training or competition will provide your body with sustainable energy to perform. Add some fruit or vegetables for color and micronutrients, and don't forget to drink fluids for hydration. Most athletes need 16-20 oz fluid within 2 hours of exercise, but you may need more depending on your sweat rate.



BEFORE TRAINING OR COMPETITION



30 TO 60 MINUTES BEFORE

If it has been more than 2 hours since your last meal, have a small, high carbohydrate snack and drink a minimum of 8-10 oz fluids 30-60 minutes before your training or competition. Drinking carbohydrate-rich fluids, like sports drinks or 100% juice will provide you with fluid for hydration and carbohydrates for energy.



DURING TRAINING OR COMPETITION



30 TO 60 MINUTES DURING

Drink fluids during your training or competition to stay hydrated and replenish fluid losses in sweat. Some athletes need 4-6 oz fluid every 30 minutes, but you may need more fluid depending on your sweat losses. Drink to your thirst. Depending on the length of your training or competition, you may also need a high carbohydrate snack during exercise, such as energy gels, energy chews, or a sports drink.



AFTER TRAINING OR COMPETITION



30 MINUTES TO 2 HOURS AFTER

After exercise, have a snack or meal that is high in protein and carbohydrates to help your muscles recover. If you are not hungry right after exercise, try drinking a smoothie or shake, then eat a meal with carbohydrates, protein, fat, and fruit or vegetables within a couple of hours.



BEFORE

2-4 hours before: follow your performance plate + 16-20 oz fluid minimum



30-60 minutes before: high carbohydrate snacks + 8-10 oz fluid minimum*



DURING

High carbohydrate snacks and fluids: 2-3 gulps fluid every 15 mins*, 4-6 gulps every 30 mins*



*These ranges may not be optimal for you; talk to your dietitian about your individual needs.

AFTER

30-60 minutes after: 20-25 grams* of protein and 40-80 grams* of carbohydrate



*These ranges may not be optimal for you; talk to your dietitian about your individual needs.

30 minutes to 2 hours after*: meal high in carbohydrates and protein, with some fat



*If you are able to eat a full meal within 30 minutes of training or competition, you may not need an additional meal within 2 hours.

Supporting Low Energy Balance



avocado toast
and milk



turkey & cheese sandwich
and cookies



nut butter and
protein bar

- Post training, mid-day, & bed-time snacks should resemble a “mini-meal” snack composition
 - Carbohydrates
 - Protein
 - Fat
 - Calcium
 - Color
 - Snack Food



cheese toast, fruit
and chips



edamame, cheese, crackers,
and a rice krispy treat

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**If you have signs of low energy balance such as poor recovery from training, chronic injuries or illness, recurring dizziness or fatigue, add a “mini-meal” for added calories and nutrition.*

Building “Mini-Meal” Snacks

Circle your favorites from 2-3 columns (or add your favorite) to create your “mini-meal”.

Athlete’s who are struggling with low energy availability can use “mini-meal” snacks to fill in energy gaps and prevent Relative Energy Deficiency in Sports (RED-S).

“Mini-Meals” are not appropriate before or during a workout due to digestibility, they will be helpful at other times of the day.

High Carb	High Protein	High Fat	Calcium	Treats
				
				
				
				

Recover & Repair: Post Training Recovery Checklist

- 1) **Replenish** Electrolytes: drinking or eating electrolytes after a workout can help replenish what was lost in sweat. (sports drink, pretzels, pickles, soups)
- 2) Eat a snack with a 3:1 carb ratio within 1-hour post exercise: Protein and carbs are needed to help with muscle recovery and to top off glycogen stores. Good target = 60gm Carbs 20gm Pro (yogurt & granola, pb & J sandwich, corepower protein drink + apple). *Muscles are most responsive to nutrients within first hour post workout.
- 3) **Hydrate!!** Replace fluids lost from workout.
- 4) Muscles take 24-48hrs to to recover.
- 5) **REPEAT** every 3-4 hours daily...



carbs +
protein



POST-WORKOUT RECOVERY SNACKS ON THE GO

HANDY RECOVERY SNACKS FOR BUSY ATHLETES

When building a recovery snack, don't forget the 3 Rs: **REFUEL**, **REPAIR** and **REHYDRATE**. For optimal recovery, aim to have a recovery snack within 30 minutes after training or competition.

Remember: this recovery snack is not a replacement for a meal! You will also need a balanced meal within 1-2 hours after training.

- 1 REFUEL** with carbs
Snack should include at least 45-60 grams of carbs
Simple carbs will help replace glycogen stores quicker
- 2 REPAIR** with protein
Snack should include at least 15-20 grams of protein
Higher BCAA protein sources like dairy, soy or eggs will help with the highest rates of muscle recovery
- 3 REHYDRATE** with fluids + electrolytes
Drink 16 oz (2 cups, or about 1/2 liter) for every pound lost in sweat. If you sweat a lot, you will need additional sodium replacement (from electrolytes or salty foods or beverages).

SNACK SUGGESTIONS



Muscle Building Snacks

Power Snacks

This guide can help you plan snacks for pre-workout, during a workout, post-workout, and between meals. Choose one or two items from each column to create snacks that will fuel your training.



Noosa Mates yogurt



fruit smoothie made with nut butter and whole milk Greek yogurt



edamame cheese & crackers



olives and crackers



parfait made with whole milk yogurt, granola, and fruit



fruit and nuts



turkey and cheese sandwich with avocado or mayo



pita and hummus



cheese toast & fruit



avocado toast and milk



peanut butter packet and protein bar



granola and dried fruit

Carbohydrates

As an athlete, carbohydrates are your body's #1 fuel source. Your energy levels will stay high with a steady source of carbohydrates throughout the day.



3 slices of bread



2 6" flour tortillas



1 cup rice or pasta



1 1/4 cup Greek yogurt



1/2 cup dried fruit



16 oz fruit juice or sports drink



1 1/2 cup pretzels



4 applesauce pouches



1 large potato (white or sweet)



4 graham cracker sheets



2 6" pita



2 medium whole fruits or 2 cups sliced fruit



2/3 cup granola



2 fig bars



2 granola bars



1 Larabar

Protein

Protein is essential for muscle recovery, repair, and growth. Choose high protein foods multiple times per day to help you meet your needs.



3 large eggs



1 cup edamame



3/4 cup cottage cheese



1-2 scoops protein powder (check label)



8 oz tofu



3/4 cup Greek yogurt



3.5 oz canned tuna



12 oz ultra-filtered milk



6 oz lean deli meat



1 protein bar (varies, check label)



4 oz jerky



1/2 protein cookie



4 turkey breakfast sausage patties

Fat

Fat helps your body stay healthy and strong on and off the field. Add a source of fat to meals and snacks.



1/4 cup nuts or trail mix



1-2 tbsp nut butter



1/2 medium avocado



1 cup olives, sliced



1/4 cup sunflower or pumpkin seeds



1 tbsp oils or dressings



4 oz fatty fish (+ 30 grams protein)

HIGH PROTEIN FOOD



SNACKS



HIGH CARBOHYDRATE FOOD



SNACKS





NON-PERISHABLE MEALS & SNACKS FOR TRAVEL

FRUIT & VEGETABLES

- applesauce
- fruit cups
- dried fruit (raisins, dried cherries, dried apricots, etc)
- freeze-dried fruit (strawberries, apples, pineapple, etc)
- vegetable juice
- freeze-dried vegetables
- North Bay Trading Co
- Karen's Naturals
- Harmony House Foods

SNACKS

- | <i>high carbohydrate</i> | | <i>high protein</i> |
|--|--|--|
| <input type="checkbox"/> mini bagels | <input type="checkbox"/> fig bars | <input type="checkbox"/> roasted edamame |
| <input type="checkbox"/> pretzels | <input type="checkbox"/> popcorn | <input type="checkbox"/> tuna packets |
| <input type="checkbox"/> granola bars | <input type="checkbox"/> animal crackers | <input type="checkbox"/> jerky |
| <input type="checkbox"/> fruit snacks | <input type="checkbox"/> graham crackers | <input type="checkbox"/> protein bars |
| <input type="checkbox"/> fruit leather | <input type="checkbox"/> granola | Bobo's protein bar |
| <input type="checkbox"/> dry cereal | <input type="checkbox"/> Clif bars | TruBar |
| | | Aloha bar |
| | | ProBar |
| | | Rx Bar |

MEAL REPLACEMENT BARS

- ProBar meal bars
- SANS meal bars
- Possible meal bars
- Lenny & Larry's complete protein cookie
- MET-Rx Big 100 Colossal protein bar
- Greenbelly meal bar

MIX AND MATCH MEAL SUGGESTIONS

- | CARBOHYDRATES | PROTEIN | FAT & EXTRAS |
|---|--|--|
| <input type="checkbox"/> microwave pasta | <input type="checkbox"/> tuna salad kit | <input type="checkbox"/> nut, seeds |
| <input type="checkbox"/> microwave rice | <input type="checkbox"/> canned chicken | <input type="checkbox"/> nut butter packets |
| <input type="checkbox"/> instant oatmeal | <input type="checkbox"/> canned salmon | <input type="checkbox"/> trail mix |
| <input type="checkbox"/> bread, naan, pita | <input type="checkbox"/> beef or vegan jerky | <input type="checkbox"/> olives/pickles |
| <input type="checkbox"/> tortillas | <input type="checkbox"/> protein powder | <input type="checkbox"/> soy or almond milk boxes |
| <input type="checkbox"/> instant mashed potatoes | <input type="checkbox"/> canned soup with 15+ grams of protein per can | <input type="checkbox"/> powdered milk |
| <input type="checkbox"/> English muffins and bagels | <input type="checkbox"/> dried chickpeas, lentils, or beans | <input type="checkbox"/> single serving salad dressing |
| <input type="checkbox"/> pancake mix | | <input type="checkbox"/> condiments |
| <input type="checkbox"/> ramen noodles | | |

DRINKS

- bottled water
- boxed milk
- instant tea
- instant coffee
- flavored water packets
- iced tea or lemonade packets
- sports drink packets
- Liquid IV
- Gatorade
- Skratch Hydration
- Gatorade Endurance
- UCAN Hydrate
- LMNT

ON THE GO TRAVEL NUTRITION

BREAKFAST SUGGESTIONS



Panera: avocado, egg white, spinach and cheese; Greek yogurt parfait



Starbucks: decaf latte and egg/turkey bacon sandwich



Chick-fil-A: egg white grill sandwich and Greek yogurt parfait



Hotel breakfast: pancakes, waffles, bagel or oatmeal; scrambled eggs, fruit

LUNCH AND DINNER SUGGESTIONS



Olive Garden: pasta with marinara, breadsticks, salad



Chipotle: burrito or bowl with protein, rice, cheese, guac and vegetables



Jimmy John's: turkey, ham, or roast beef sandwich with cheese and vegetables, baked chips



Chick-fil-A: 1-2 grilled chicken sandwiches, chicken noodle soup

COMPETITION NUTRITION CHECKLIST FOR TRAVEL

FRUIT & VEGETABLES

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> melon | <input type="checkbox"/> berries |
| <input type="checkbox"/> oranges | <input type="checkbox"/> dried fruit |
| <input type="checkbox"/> bananas | <input type="checkbox"/> sliced cucumber |
| <input type="checkbox"/> grapes | <input type="checkbox"/> snap peas |
| <input type="checkbox"/> fruit pouch | <input type="checkbox"/> carrot sticks |
| <input type="checkbox"/> fruit cups | <input type="checkbox"/> bell pepper rings |

SNACKS

- | | | |
|--|---|---|
| <i>high carbohydrate</i> | | <i>high protein (recovery)</i> |
| <input type="checkbox"/> mini bagels | <input type="checkbox"/> fig bars | <input type="checkbox"/> edamame |
| <input type="checkbox"/> pretzels | <input type="checkbox"/> popcorn | <input type="checkbox"/> cheese sticks |
| <input type="checkbox"/> granola bars | <input type="checkbox"/> animal crackers | <input type="checkbox"/> beef jerky |
| <input type="checkbox"/> fruit snacks | <input type="checkbox"/> graham crackers | <input type="checkbox"/> chocolate milk |
| <input type="checkbox"/> fruit leather | <input type="checkbox"/> Belvita biscuits | <input type="checkbox"/> pre-made protein shake |
| <input type="checkbox"/> dry cereal | <input type="checkbox"/> Clif bars | |

DRINKS

- water
- sports drinks
- sports drink packets
- 100% fruit juice
- coconut water
- chocolate milk
- lactose-free milk

MIX AND MATCH MEAL SUGGESTIONS FOR TRAVEL

- | CARBOHYDRATES | PROTEIN | FAT & EXTRAS |
|---|--|--|
| <input type="checkbox"/> microwave pasta | <input type="checkbox"/> tuna salad kit | <input type="checkbox"/> nut butter |
| <input type="checkbox"/> microwave rice | <input type="checkbox"/> cheese sticks | <input type="checkbox"/> hummus |
| <input type="checkbox"/> microwave potatoes | <input type="checkbox"/> hard boiled eggs | <input type="checkbox"/> tzatziki dip |
| <input type="checkbox"/> bread, naan, pita | <input type="checkbox"/> turkey, ham, or roast beef deli meat | <input type="checkbox"/> jarred marinara |
| <input type="checkbox"/> English muffins and bagels | <input type="checkbox"/> rotisserie chicken | |
| <input type="checkbox"/> pancakes and waffles | <input type="checkbox"/> canned soup with 15+ grams of protein per can | |

MEAL SUGGESTIONS FOR DINING OUT BETWEEN EVENTS

- | | | |
|---|---|---|
| <input type="checkbox"/> pasta with marinara and meatballs | <input type="checkbox"/> rice with grilled shrimp | <input type="checkbox"/> pita with gyro or chicken and a salad |
| <input type="checkbox"/> steak fajitas with grilled veggies | <input type="checkbox"/> grilled chicken salad with rolls | |
| <input type="checkbox"/> turkey and spinach wrap | <input type="checkbox"/> sushi with cooked fish | <input type="checkbox"/> pasta salad with grilled chicken or fish |
| <input type="checkbox"/> baked potato with sour cream, cheese, broccoli and grilled chicken | <input type="checkbox"/> roast beef sub sandwich | <input type="checkbox"/> egg salad sandwich |
| | <input type="checkbox"/> grilled fish with rice pilaf | |



Performance Friendly Restaurant Meals

Tips for Dining Out

- Choose **quality carbohydrates** such as pasta, rice, bread, rolls, bagels, oatmeal, potatoes, quinoa, flour or corn tortillas
- Choose **lean meats** that are **grilled, baked, or roasted**, such as rotisserie chicken, turkey, lean beef or pork, or fish
- Choose a **colorful fruit or vegetable**
- Drink plenty of **water** for hydration
- Follow the performance plate rule for athletes: 1/2 plate carb, 1/4 plate protein, 1/4 plate fruit/vegetables

Restaurant Meal Options

Fast Food

- Grilled chicken sandwich, wrap or pita
- Grilled chicken salad with low-fat dressing
- Turkey, ham, or roast beef sub sandwich with cheese and vegetables
- Sides: fruit cups, baked chips, 1-2% milk, broth-based soup, meat or plant-based chili

Mexican

- Fajitas on flour tortillas with cheese, vegetables, guacamole, Spanish rice, black beans
- Grilled chicken burrito with tomato-based sauce, Spanish rice, black beans
- Chicken or beef crunchy tacos with cheese, lettuce, tomato, guacamole, Spanish rice, black beans

Italian

- Tomato sauce-based pasta dishes with lean protein
- Whole wheat pasta dishes with olive oil-based sauce and lean protein
- Grilled chicken dishes with vegetable, pasta side dish, bread
- Grilled chicken salad meal with 1 to 3 slices of bread

Asian

- Grilled chicken/beef/shrimp, vegetable, brown rice meals with brown or soy sauce
- Sides: miso or egg drop soup, edamame, spring rolls in rice paper (not fried)

Periods and Performance



WHY SHOULD I TRACK MY PERIOD?

- Helps you know if you're fueling well for sport and life
- Helps you figure out your individual cycle length and gap between cycles so you know what's normal for you
 - Might take 3-4 months to figure out a trend
- Helps you track how you feel during different stages of your cycle
- Apps made for teens
 - Flo, Clue, MagicGirl, Period Tracker Lite, SpotOn

WHAT IF I SKIP A PERIOD?

Skipping periods is a sign of low energy availability, which can lead to Relative Energy Deficiency in Sport (RED-S).

When your body doesn't have enough energy for training and growth, some of your body processes will slow down, including hormone production, which can impact your long term bone health.

If you skip a period, reassess your training schedule and how you're feeling

- Has training increased? Are you feeling really tired? Are you sleeping well?

Consider taking an extra rest day each week or skipping a second practice

- Add more healthy fats and high calorie foods to your eating pattern
- Build a performance plate for your current training effort
- Eat on a schedule
- Work with an RD if you need extra help

SYNCING NUTRITION AND YOUR CYCLE

Day 1 to Day 5-7 (Follicular Phase):

- Bump up your carbs
- Include more fiber-rich whole grains and drink more fluids to reduce constipation
- Continue to eat healthy fats to help with hormone production
- Follow hunger cues!
 - Whole grains, heart healthy fats, fruits and vegetables
- Add foods high in iron and magnesium to help with blood loss and cramping

Day 5-7 to Day 15 (Mid-Late Follicular Phase):

- Pay attention to how your energy levels
- Might not need as many carbs as in the Follicular Phase
- Follow the Performance Plate guidelines for your current training effort

Day 15-16 (Ovulatory Phase):

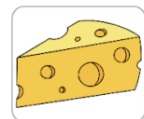
- Follow the Performance Plate guidelines for your current training effort

Day 17 to Day 28 (Luteal Phase):

- Many female athletes feel more tired and don't recover as well during this phase
 - Pay attention to how you feel
- Consider increasing protein by 10-15 grams per day
 - 1/2 cup cottage cheese or Greek yogurt, 2 oz cheese, 1/2 cup edamame
- Consider increasing antioxidant-rich foods
 - Tart cherry juice, colorful fruit and vegetables, heart healthy fats like avocado and nuts
- May have more fluid loss from higher body temp
 - Drink more fluids and add electrolytes as needed

what is **normal eating?**

Normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food, and your feelings.



eating when hungry, and eating until you are satisfied



choosing food you like, and eating **enough** of it -- not stopping because you *think* you shouldn't eat that much



choosing nutritious foods, but not being so restrictive that you miss out on enjoyable food



giving yourself permission to eat sometimes because you're happy, or bored, or just because it feels good



leaving some cookies on the plate because you had enough and you know you can eat more tomorrow



eating mostly 3 or 4 meals per day, or sometimes choosing to have smaller meals or graze on snacks all day



overeating at times, feeling stuffed and uncomfortable
AND
undereating at times, wishing you had more



trusting your body to make up for your mistakes in eating



normal eating takes up some of your time and attention, but keeps its place as only one important area of your life

What about FUN FOOD?!

- There is room for all foods. Never focus on what foods to restrict.
- Use the 70/30 method to create a healthy balance year-round. 70% of the day, honor your body with gentle nutrition, 30% of day, enjoy all foods in moderation. We should also eat this way in the off-season
- Think about balance. Try to balance a high-sugar treat with some protein or fat to slow digestion.
- High fat deserts take longer to be digested. Be careful not to enjoy too close to a workout or race.
- When race day gets closer the margins slowly close to 90/10 but never get to 100%.

