

## PERFORMANCE FOODS

What you eat, and when, greatly impacts your performance on the court, field, and rink or wherever you choose to move! But don't *add* food to your day just to fuel your workouts; you want to "time" your snacks and meals around exercise to support your workout goals. Here are some tips so that you can perform your best!

**BEFORE YOUR WORKOUT:** Your body needs fuel to maximize enjoyment and your exercise performance!

- Don't exercise on empty!
  - Eat a snack ½-1 hour before you work out or,
  - Eat a meal 1-2 hours before you work out
- Focus on quality carbs from fruit, whole grains and milk or yogurt.
  - 1 slice whole grain toast with fruit preserves
  - A small apple
  - A small carton of yogurt
- Make sure you are hydrated. Check your urine. It should be a dilute, yellow color.



**DURING YOUR WORKOUT:** Hydration is essential to maintain energy during exercise of any duration and intensity; carbohydrates are needed to support longer duration exercise

- For all workouts, sip on water, especially when exercising outdoors.
- For workouts lasting longer than 90 minutes:
  - Consume carbohydrates, fluids, and electrolytes to delay mental and physical fatigue.
  - Strive to eat or drink approximately 30 grams of carbohydrates every 30 minutes.
  - Choose food or drinks that contain some sodium.
  - Here are some examples of 30 grams carbohydrate:
    - 1 banana
    - 2 fig bars
    - 20 tiny twist pretzels
    - ½ peanut butter and jam sandwich
    - 16 ounces sport drink
    - 1 sport gel
    - ½ Clif Bar
    - ½ package Clif Shot Bloks



**AFTER YOUR WORKOUT:** Recovery after exercise is essential to replenish the energy stores you have just used, reduce muscle soreness, and keep your energy up and your appetite under control. Focus on high-quality, whole foods, not sport products.

- The hours after exercise are when your body is best able to use food for recovery. But recovery foods should not be extra food added to your day, they should be planned snacks that are timed right to support exercise.
  - For workouts longer than 90 minutes, eat within 30 minutes of finishing your workout.
  - For workouts shorter than 90 minutes, eat within 1-2 hours of finishing your workout.
- Choose a balanced snack that contains a variety of foods to provide carbohydrate, protein, anti-inflammatories and antioxidants.
  - An apple and string cheese
  - Greek yogurt and a banana
  - A smoothie with plain yogurt, ground flaxseeds, frozen berries and a banana
  - A wrap on 100% whole grain tortilla with black beans, avocado and salsa
  - Salmon salad made with canned salmon, canola mayo, dried cherries and curry powder over mixed greens
- Remember to re-hydrate yourself. Drink plenty of water in the hours following exercise.