CLOCKING NUTRITION

Timing is everything, even when it comes to nutrition. Consuming the proper foods at the right time will help with endurance and performance during workouts, practices and games.

RECOVERY IS NECESSARY FOR RESTORATION OF MUSCLE AND LIVER GLYCOGEN STORAGE (refueling), replacement of fluid and electrolytes lost in sweat (rehydration), protein synthesis for repair and adaptation (rebuilding) and care of other systems such as immune, inflammatory and antioxidant. Consume carb-rich and protein-rich foods to aid in muscle repair and improve muscle glycogen storage.

FOODS: Whole grain or brown rice with grilled chicken/fish; whole wheat pasta with meat sauce or meatballs; hoagie/wrap; sweet potato and steak

CARB AND PROTEIN CONSUMPTION is needed immediately after physical activity to assist in glycogen restoration and prevent fatigue.

FOODS: Low-fat chocolate milk; smoothie; yogurt; bagel; piece of fruit with peanut butter

GIVE ADDITIONAL FUEL TO EXERCISING MUSCLES during prolonged exercise. If physical activity consists of high intensity in a short duration—around one hour—carb consumption can improve performance. If physical activity lasts longer than two hours, carb consumption can help prevent or delay hypoglycemia and increase endurance.

FOODS: Sport gels, bars or drinks; pretzels; crackers; high-carb granola bars

CONSUME MORE LOW-GI, Carb-rich foods to ensure optimal fueling.

FOODS: Pancakes or waffles with syrup, fruit and milk; yogurt with granola and fruit; bagel with cream cheese; 1 to 2 eggs with toast and fruit; sandwich with fruit and milk

OPTIMIZE CARBOHYDRATE status to prevent fatigue and restore glycogen content. Consume a carb- rich meal that is low-fat, low-fiber and low- to moderate-protein to avoid GI discomfort.

FOODS: Sport gels, bars or drinks; pretzels; crackers; high-carb granola bars

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