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

12HOURS AFTER (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 glucogen 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

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.

3-14 HOLHS BEFORE 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

CARB AND PROTEIN

CONSUMPTION is needed immediately after physical activity to assist INNIEURIELY AFTER

milk; smoothie; yogurt; bagel; piece of fruit with peanut butter



FUEL TO EXERCISING

MUSCLES during prolonged 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 and drinks; small piece of fruit such as clementine, half a banana, small apple, handful of grapes

DURING

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

380398 4001 101555 FOODS: Sport gels, bars or drinks; pretzels; crackers; high-carb granola bars

Sources: SCAN, "Clinical Sports Nutrition" 5th edition, "Sports Nutrition: An Introduction to Energy Production and Performance," Journal of the International Society of Sports Nutrition

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