

Track Athlete Nutrition Thoughts

DAILY NUTRITION

*Use the USDA Food Pyramid with a slight change of adding more protein

*An athletic diet needs to be at least 20% lean protein of the total diet

*Whenever something is being eaten, there should be protein included

Example—snack-- pretzel with nuts, bagel with peanut butter

Breakfast—oatmeal with yogurt and/or nuts, cereal with a side of hard-boiled egg

Protein helps with cravings

*Water is very important, has a hand in almost everything (you can go without food for a lot of weeks, but you can not go without water for a few days)

*Daily banana and orange juice are considered biblical with athletes, keeps muscles loose and flexible

*A daily multivitamin is good to take----helping what is missed with good eating habits

*Women should make sure iron (protein) is included in their diet (checking yearly with their doctor to see if more iron should be added by supplement or food rich in iron)

*A book to get ideas of good nutrient rich food is *Super Foods RX* that can be found in most bookstores. There are books about athletic nutrition, too. A combination of both should be considered.

*Milk is needed because of the calcium in many different ways, for bones and for helping your protein molecules in the blood connecting to your muscles for recovery.

*Whole foods are best, items that are not processed. **Least amount of ingredients on a list in the food item is best.**

*Everything in moderation

*No pop, simple sugars, fried foods (I know—it hurts)

Never skip meals*****

*More meals are better for you; your body can only process a certain amount of food at a time. If you skip breakfast or other meals on a regular basis, your body goes into storage mode. Example: skip breakfast and your body does not have any calories to pull from except what has been stored from other meals, so your body stores food instead of burning it right away. If you put calories in your body on a regular basis, it will burn those calories and not have to work to store food for later use. Meaning you will have less of that stuff stored on your body. A lean marathoner of 5% fat has enough energy to run two marathons back to back.

*A regular daily routine or schedule is best. Meals and sleeping time (getting to bed at the same time daily before the body is tired) It is the best way to make adjustments because you can notice if something works or not.

*A good diet is able to keep an even blood sugar level

*Before and during practice is when you want to try different things to see what works for food and drinks rather than race day.

*You can go on-line to see some nutrition info-- powerbar.com accelerade.com enduroxr4.com

You can also look in any triathlete magazine

*During all continues exercise---4 to 6 oz. of fluids every 15 to 20 min

AFTERNOON WORKOUTS

Eating breakfast and lunch is important, bigger breakfast and medium lunch. Water throughout the day. One hour before workout, water or Gatorade (8 oz.) and then the same during (4 oz. Every 15 to 30 min. of exercise) If you are hungry before lunch (protein powerbar or nuts and pretzel) or before workout, than a powerbar (carb loaded) of some sort is best, a bite or two.

MORNING WORKOUTS or All DAY EVENTS

*The earlier you get up--the better, you can pack more calories into the body. 4 to 3 hours before event or practice, you can have around 500 calories (including protein). The later you get up, the fewer calories you can put in. 2 hours or less before the start—carbs loaded only (half of banana and half bagel) No juices day of event

*If you have a small breakfast, than you want to keep an even blood sugar level throughout the day. Eating bites of power bars or pretzel and drinking Gatorade every hour. Also needed is water throughout the day. There are so many carb tools for all day events or things lasting longer than a hour----shot blocks, sugar gu's, liquid calories and many more- just pick up a Tri-athlete magazine.

RECOVERY is almost more important than the workout itself, and rest (sleep) is part of that

RECOVERY

All the same with races or events

Within 5 min. you want Gatorade or water or chocolate milk- (has protein and carbs)

Within 30 to 60 min. you want carbs and protein getting into the body ---fuel for the muscles. The carbs and protein can be dinner or lunch after the workouts. If not the time frame of planned meal, than a (protein power bar) or (nuts & bread) or (protein recovery drink) within the 30 to 60 min. until meals happens. Woodman's carries almost all items at good prices, too