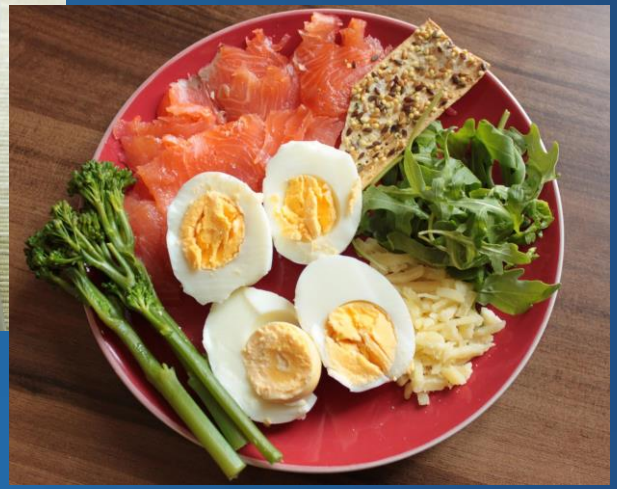
Eating to Optimize Performance

H.O.P.E. Talks

“Who has time for breakfast?!”



Starting off Right

- Refuel your body to give it energy!
  - provides vital vitamins and minerals
  - reduces unhealthy fat, cholesterol, and sugar consumption which equals overall a generally lower calorie consumption

Getting Back to Basics

- Whole grains
  - wheat bagels, bran muffins, crackers, oats/cereal
- Lean proteins
  - fish, seeds, nuts/nut butters, eggs, beans
- Low-fat dairy options
  - Yogurt, milk, cottage cheese
- Fruits and Veggies
  - Fresh is the best, lower sodium/sugar frozen

Carbohydrates (everyone's frienemy)

- Your body's main source of energy!
  - Glycogen storage form of glucose (which all carbohydrates break down too)
    - During workouts lasting less than 30 mins
    - During low (blood) and high (muscle) intensity workouts

CHO continued

- Timing and Type
  - moderate GI CHO intake 2 hours prior and lower GI CHO 30 minutes before exercise
- Glycemic Index (measures how CHO affects blood glucose levels)
  - High: white breads, instant oatmeal, melons
  - Moderate: whole wheat, quick oats, brown rice
  - Low: steel-cut/rolled oats, sweet potato, most fruits & non-starchy veggies, legumes(beans, nuts) bulgar

Lipids (fats)

- The other important fuel source
  - Primary source during low intensity
  - Primary source during longer exercise (>30mins) at a moderate pace
- Provide essential vitamins and fatty-acids (omega-3's…), structural components, and protective padding for body's organs

Proteins

- Contribute >2% to energy production
  - when low CHO converted to glucose or metabolic intermediates
- Recommended 0.8g/kg body weight
- 9 essential and 11 non-essentials

Examples of a pre-workout Breakfast

- Whole wheat toast, with banana, and cinnamon
- Greek yogurt and trail mix
- Apple slices and nut butter
- Overnight oatmeal with milk and fruit
- Poached eggs and asparagus
- Chia pudding with fruit

Should I eat during?

- Prolonged, higher intensity workouts
  - can help to delay fatigue, and prevent hypoglycemia
  - spares liver glycogen
- Can be a liquid (gel form, solution) or solid
  - estimate and intake prior to exhaustion

Examples of post-workout meal

- chocolate milk
- veggie omelet with avocado
- english muffin, nut butter, bananas, and honey
- homemade cereal bars (good for big batches)

HYDRATION!

- Even a 2-4% loss of H2O can affect you!
- Sweat is the main way your body maintains temperature
- Sweat is NOT just water but electrolytes
  - Na, Cl, K, and Mg
  - important for bodily functions such as tissue excitement, enzyme and hormone functions

Staying Hydrated

- Before: best to slowly drink 15-20 oz. up to 4 hours prior (urine is a key indicator of hydration)
  - eat small salted snacks/drinks
- During: recommended 8 oz. every 15 minutes
- After: LOTS!!!