

FUEL UP FOR SPORTS

1. Think of your body as a sports car. Fill your tank with high quality fuel.
2. Fill your tank often – aim for 3 meals per day, 1-3 healthy snacks & consistent hydration.
3. Eating balanced meals **in and out of season** will make training easier and more effective.
4. Focus on whole grains, fruit, vegetables, lean protein, low fat dairy, healthy fats and fluid.
5. Limit unhealthy fats & added sugars. Timing of simple carbohydrates is key.
6. Find out what works best for YOU. Experiment, but NOT on game/competition days.

CARBOHYDRATES = PREMIUM FUEL FOR ENERGY

Choose from these before exercise:

SIMPLE, EASILY DIGESTED CARBOHYDRATES

White bread, pasta, rice, crackers, low fiber cereal

Graham crackers

Jam, Honey

Bananas, apples, oranges (some fruit is higher in fiber
– experiment w/ type & timing)

Raisins

Sports Drinks

Sports bar/gel

Choose from these for your main meals:

COMPLEX, HIGHER FIBER CARBOHYDRATES

Whole grain (WG) bread, WG pasta, WG crackers,
brown rice

Nuts & Seeds

Vegetables

Beans



PROTEIN = FUEL FOR RECOVERY

Enjoy these after exercise and with meals:

LEAN PROTEIN SOURCES

Skinless chicken breast

Turkey breast

≥90% ground beef

Low-sodium beef jerky

Beans

Fish

Lean cuts of steak: sirloin tips, top round,
top sirloin, eye of round roast or steak

Eggs

Low-fat cheese (ex: string cheese)

Skim or 1% Milk (milk also provides carbo-
hydrate)



FAT = ESSENTIAL FOR THE BODY TO FUNCTION AND TO FUEL ENDURANCE EXERCISE

Choose from these for your main meals:

HEALTHY FAT SOURCES

Nuts & Seeds

Avocados

Vegetable oils



Courtesy of Natalie Nacheff, Registered Dietitian at the ShopRite of Wayne.

To schedule free nutrition counseling, grocery tours, community events, or to inquire about Culinary Workshop Cooking Classes, contact Natalie at: Tel: 201-419-9165 or Natalie.Nacheff@wakefern.com

FUEL UP FOR SPORTS

3-4 HOURS PRE-EXERCISE

Goal: Fill up with high carb meal with me to digest before exercise. Low fat & lower fiber
CARB + LEAN PROTEIN + FRUIT or VEGETABLE



30-60 MINUTES PRE-EXERCISE

Goal: Provide instant energy to fuel workout. High carb, low fat & low fiber.
SNACK WITH EASILY DIGESTED CARB



DURING EXERCISE LASTING > 90 MINUTES

Goal: Prevent depletion of energy during long-term exercise. High carb, low fat & low fiber.
SNACK WITH EASILY DIGESTED CARB



15-60 MINUTES POST EXERCISE

Goal: Recovery – replenish fluid, replace carbohydrate fuel used during exercise, and provide protein to repair damaged muscle. Focus on protein and fluid.

CARB + PROTEIN + FLUID



Milk contains both carbs and protein



3-4 HOURS POST EXERCISE AND EVERY DAY MEALS

Goal: Replenish energy used during exercise, and maintain overall condition of the body
HIGH FIBER CARB + FRUIT and/or VEGETABLE + LEAN PROTEIN + HEALTHY FAT



FLUID (In addition to baseline fluid needs of ≥ 11 cups for males & ≥ 8 cups for females)
2 HOURS PRE-EXERCISE: 16 ounces (2 cups) of fluid
DURING EXERCISE: 5-10 ounces every 15-20 minutes of exercise
AFTER EXERCISE: 16-24 ounces (2-3 cups) of fluid per pound lost during exercise

