

Nutrition for Activity

BRETT SINGER, MS, RD, CSSD, LD

Macronutrient Review

Carbohydrates



GRAINS

FRUIT

STARCHY VEGGIES

Energy!

Fat



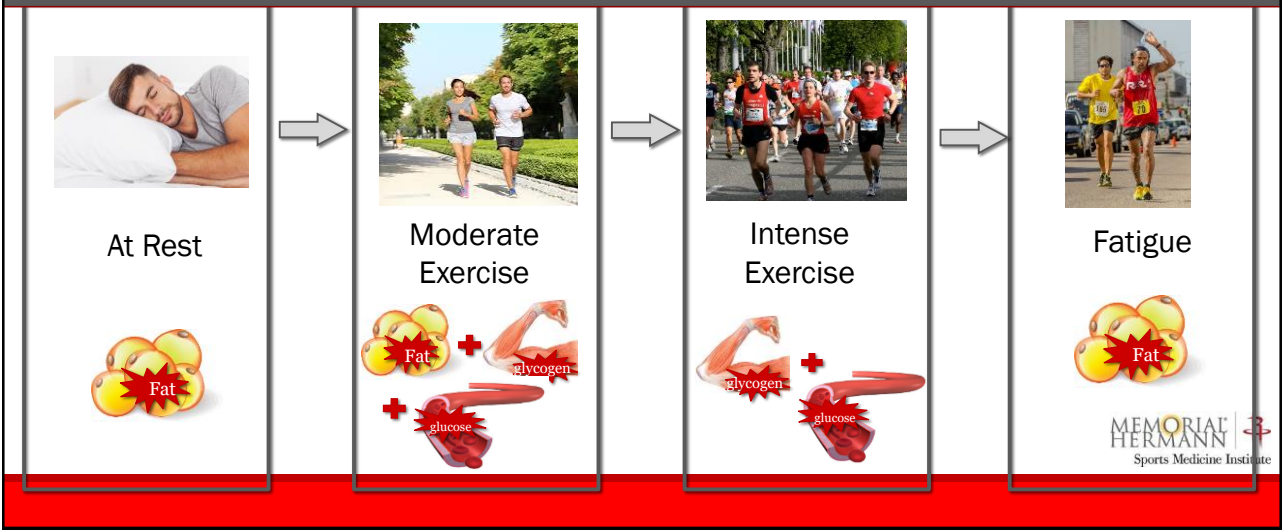
FATS

Energy

+

Vitamin absorption
Joint Health
Inflammation

Muscle Energy Sources



Protein



Meat & Poultry



Fish & Seafood



Dairy & Eggs

Growth & Repair!

Pre-Activity Nutrition

What Happens During Exercise?

Carbohydrates and fat are used for energy

Fatigue sets in as carbohydrates stores are depleted

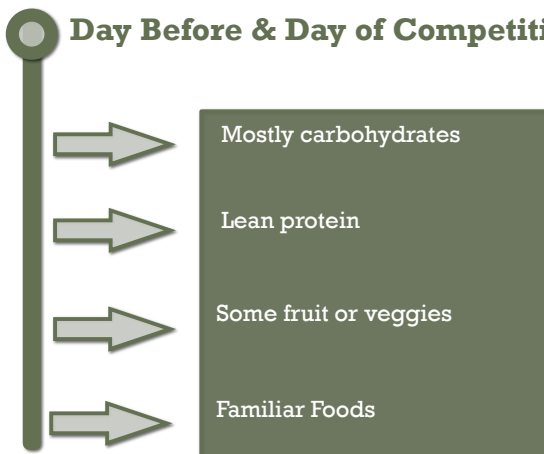
Sweat and electrolytes are lost to remove heat from body

Goals of pre-fueling

- Begin competition with adequate carbohydrates available in your body
- Feel content, not stuffed or uncomfortable
- Begin properly hydrated

Food Groups Day Before

Day Before & Day of Competition



Lunch – How Can We Improve?



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Competition Day



YES!

- Easily digestible carbs
- Fluids
- Lean proteins

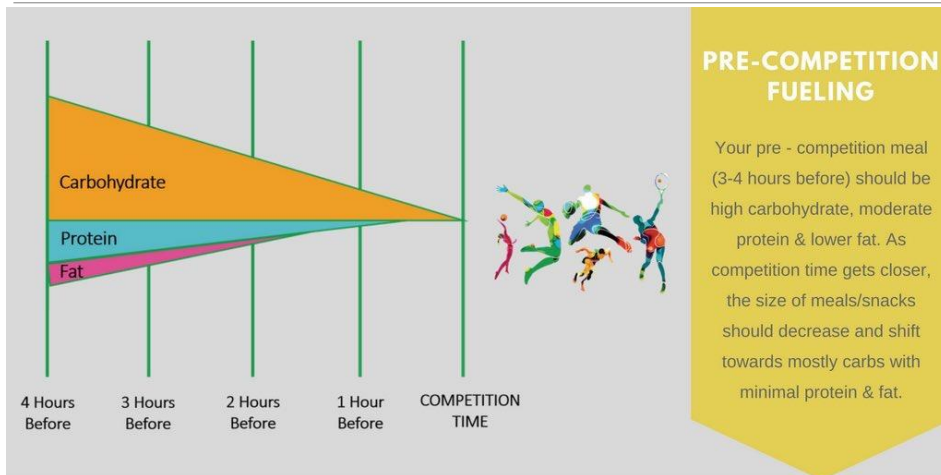


NO!

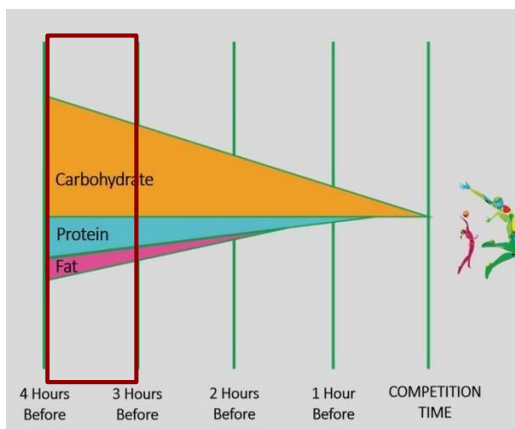
- High fiber foods
- High fat foods
- Greasy foods
- Big portions

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Pre-Competition Meal



3-4 hours before activity



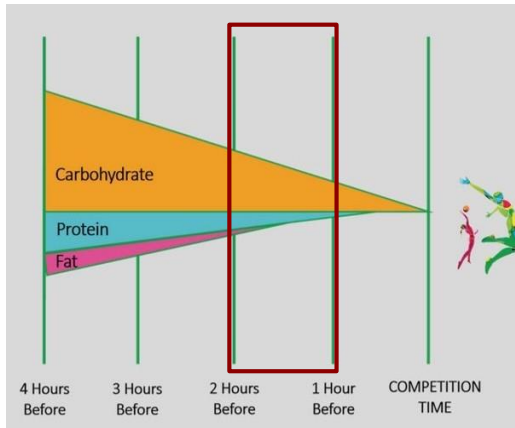
Goals

- Top off muscle glycogen
- Maintain blood glucose for mental focus
- Stay hydrated
- Consume familiar foods

Foods

- Overnight oats with honey, PB, yogurt, and fruit
- Turkey Sandwich with fruit
- Pasta Salad with grilled chicken and fruit

1-2 hours before activity



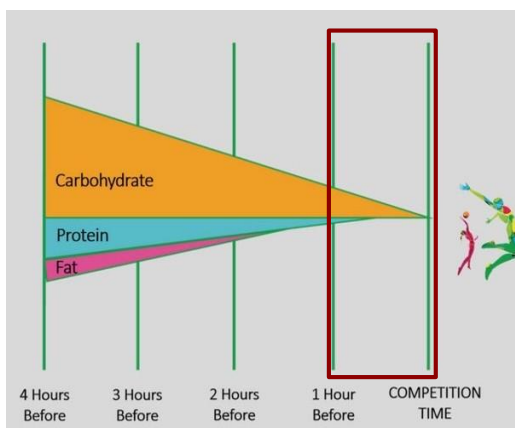
Goals

- Consume mostly carbohydrates
- Focus on familiar foods that are easy to digest
- Stay hydrated

Foods

- Turkey wrap with fruit
- Bagel with honey
- Crackers and fruit
- Smoothie

<1 hour before activity



Goals

- Use carbohydrates for quick energy (<30 g)
- Easy to digest
- Continue to hydrate

Foods

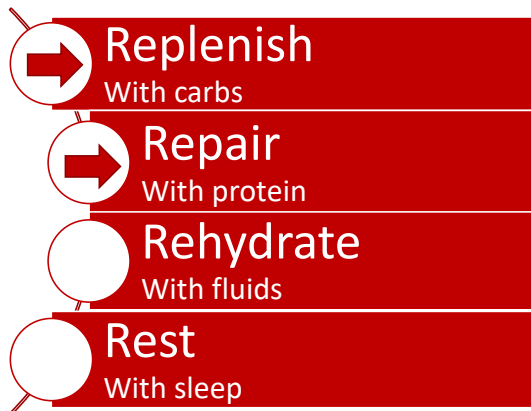
- Fruit (dried, fresh, fruit pouch, juice)
- Sports products (drinks, gels, wafers)

Early Morning Workout in <1 hour	Sugar free Gatorade	Regular Gatorade
	Whole bagel with peanut butter	Toaster waffle with honey
	Greek yogurt parfait with granola and berries	Applesauce pouches

Afternoon workout ~2 hours after lunch	Turkey sandwich with grapes and crackers	Chipotle-style bowl with queso
	Hamburger	Grilled chicken sandwich
	Salad	PB&J with chocolate milk
	Protein bar	Greek yogurt parfait with granola and berries

Recovery Nutrition

The 4 Rs of Recovery



Replenish with carbohydrates



Physical activity uses the stored energy in your muscles



The stored energy comes from consuming carbohydrates

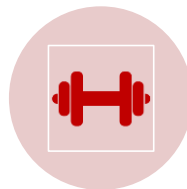


Consume carbohydrates to replace the used energy and be fully prepared for your next session

Repair with protein



DURING EXERCISE MUSCLE BREAKDOWN OCCURS, THIS IS NORMAL AND THE FIRST STEP IN BUILDING MUSCLE.



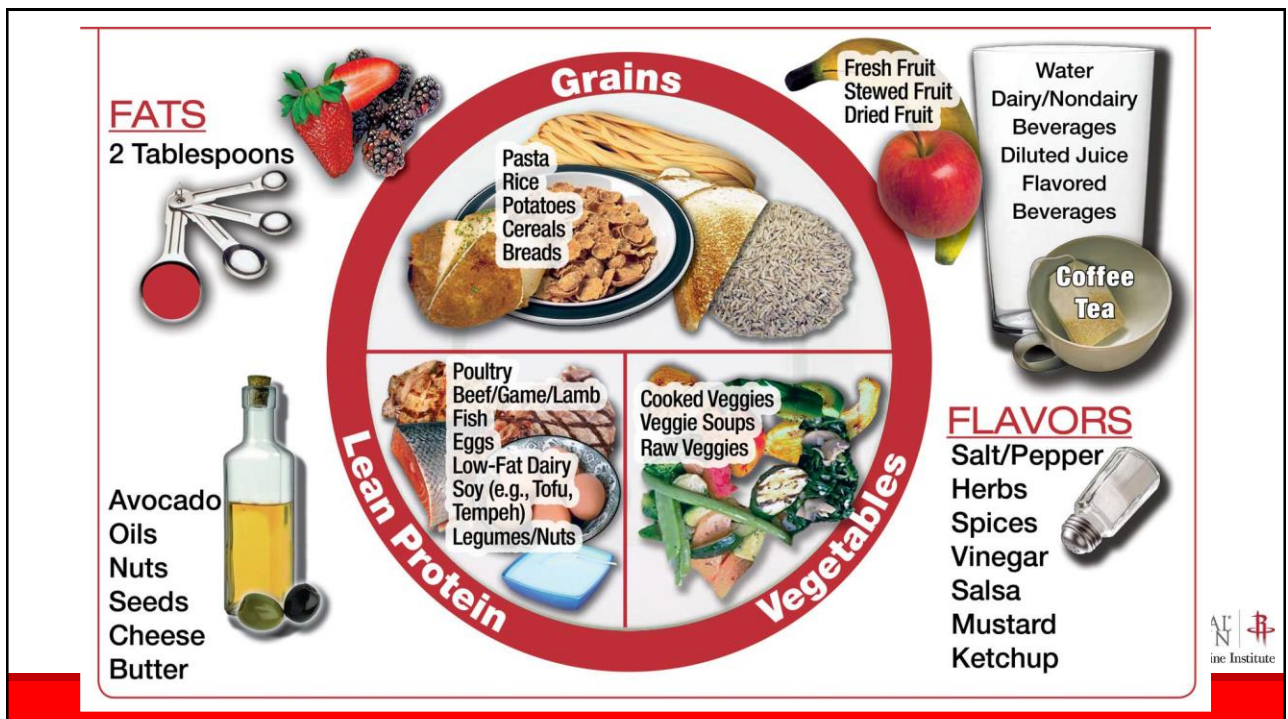
PROTEIN STIMULATES GROWTH AND REPAIR IN THE MUSCLE.



REPAIRING MUSCLE LEADS TO MUSCLE GAINS AND IMPROVED PERFORMANCE.

Protein + Carbohydrate Snacks

- ➡ 1.5 – 2 cup Chocolate milk
- ➡ 6 oz Greek yogurt + 1 Tbsp honey + ¼ cup granola + water
- ➡ ½ PB&J + string cheese + water
- ➡ Turkey sandwich with 1-2 slices of turkey + banana + water



Example Meals



Simple Recovery

Just consume **at least 1 serving** of protein,
carbs, fluid after exercise

Advanced Recovery

Immediate recovery snack

Carb based snacks

Recovery meal 3 hours post- competition

Pre-Sleep Protein



Snacks for Athletes

Pre-Workout
carb + lean protein



Post-Workout
pair protein with carb and color



@meredithdarcienutrition

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3 R's for Rapid Recovery: Rehydrate, Refuel, Repair

with fluid with carbs with protein

30 min - 1 hr between events
Choose carbs + water



1 - 2 hrs between events
Choose "large snack" of carbs + protein + water



3+ hrs between events
Choose "small meal" of carbs + protein + water



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Summary



Carbohydrates provide energy for activity



Fat provides energy at rest



Protein supports growth and repair



Snacks before activity should consist of carbohydrates



Replenish and repair with carbohydrates and protein after activity

Questions?

Brett Singer, MS, RD, CSSD, LD

Email: brett.singer@memorialhermann.org

Instagram: @bsinger_sportsrd

Twitter: @bsinger10