



OhioHealth Sports Medicine

What to Eat to Finish Strong

When the body does not receive the proper hydration and nutritional foundation your athletic performance will be effected. Proper fuel will help you prepare for exercise, sustain energy, and recover quickly. Try different foods during training to determine what will work best for competition. It is not recommended that you try new foods the day of a competition.

Fuel Before	
3-4 hours before	Summary: A carbohydrate-rich meal to top off your fuel supplies and moderate protein for muscle recovery.
	<ul style="list-style-type: none">• Peanut butter and jelly sandwich, non-fat milk• Yogurt and granola, strawberries• Pasta w/low-fat meat sauce and garden vegetables, bread sticks, non-fat milk• Breakfast wrap - scrambled eggs, cheese and salsa
30-60 min before	Top off your tank with easy to digest carbohydrates.
	Granola bar, pretzels and banana, graham crackers, bagel

Fuel During	
Up to 60 min	If you consumed an appropriate pregame meal, no additional fuel should be needed.
Exercise > 60 min	30-60 grams of carbohydrates/hour sports drinks, gels, chews, bars

Fuel After	
30 min after	<p>Summary: The first 30 minutes after a workout are essential for recovery. Choose foods or drinks rich in carbohydrates (60-100 grams) and protein (10-20 grams).</p> <ul style="list-style-type: none">• Peanut butter and jelly sandwich• 2 string cheese, whole-grain crackers, apple• Bagel with cheese or turkey• Smoothie: low-fat yogurt, frozen berries and banana

Hydration Before	
2-3 hours before	Checking your urine color is a quick way to make sure you're hydrated. It should be pale yellow.
	16-24 oz. of fluids <ul style="list-style-type: none">• Water• Sports drink• Non-fat milk• 100% fruit juice
10-20 min before	~8 oz. (~8 mouthfuls)
	<ul style="list-style-type: none">• Water• Sports Drink

Hydration During	
Every 15-20 min	8 oz. - water is fine
More than 60 min	8 oz. every 15-20 minutes water or sports drink

Hydration After	
How much did you lose?	<p>For every pound of body weight lost during your exercise, consume 16-24 oz. of fluid. Check your urine color.</p> <ul style="list-style-type: none">• Chocolate milk, low-fat• Recovery beverage with carbohydrate, protein, and electrolytes (Gatorade O3 shake or electrolyte drink, EnduroxR4, Recoverite, or Ironman Restore)

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