

# FUELING AND HYDRATION GAME PLAN

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## GOALS OF GAME PLAN:

- Educate athletes to make healthy choices
- Athletes that can perform optimally
- Athletes with adequate energy throughout the season
- Athletes who are neither starved nor stuffed
- Training athletes can get their nutritional requirements by adhering to a nutritionally sound diet

## GETTING ATHLETES TO “BUY IN” / LISTEN

- Parental involvement and support are very significant resources
- Focus on performance (the “edge”)
- Make it a team commitment to be adequately fueled and hydrated

## NUMBER OF MEALS

- Bodies cannot / should not exercise on “empty”
- Requires planning
- Ideally, eat within 1 hour of waking and every 3-4 hours after to provide a constant fuel source

## FLUIDS / HYDRATION

- You should drink a *minimum* of 8 – 11 cups of water per day
- Drink 10 – 20 oz *before* exercise and for every *hour* of exercise
- Encourage athletes to drink early, often, and enough at every opportunity
- A sports drink or salty snacks can help body recover from sodium loss
- Dehydration can diminish energy and impair performance

## CARBOHYDRATES

- Primary fuel source for exercising athletes
- Amount required: approx. 2/3 of the plate at each meal or 3 grams/pound of body weight
- Type of Carbs: complex carbs grains, rice, fruits and vegetables are good sources
- Without adequate carbohydrates, the body may burn muscle for energy
- Timing: 1- 2 hours before exercise, can be helpful during long bouts of exercise (sports drink, gels) Refueling with carbs after exercise can aid in muscle glycogen resynthesis

## PROTEIN

- NOT an efficient FUEL source for exercise
- An ESSENTIAL component of muscle growth and repair
- Amount required: approx. 0.5- 0.77 grams/pound of body weight
  - 200lbs x 0.77gm = 154grams
- Excess protein may result in oxidation of amino acids or very expensive urine!
- Timing: before and shortly after a work out to aid in muscle growth and repair

## FAT

- An energy source for low-intensity exercise
- Dual Duty Foods: cheese, nuts, peanut butter
- Fat is an essential nutrient to aid in normal processes of the body.
- Limit saturated fats

| EASY SNACKS                |                    |
|----------------------------|--------------------|
| Granola and cereal bars    | Bottled water      |
| Energy bars                | Sports drink       |
| Fresh fruit or dried fruit | Lowfat/nonfat milk |
| Fresh veggies              | Cheese sticks      |
| Pretzels                   | Yogurt             |
| Graham crackers            | Sandwiches         |

Since sweat rates can vary based on the individual, weather, and intensity of exercise, athletes should be aware that:

$$\begin{array}{c}
 \text{How much weight they lose during} \\
 \text{exercise (in ounces)} \\
 + \\
 \text{How much fluid they consume during} \\
 \text{exercise (in fluid ounces)} \\
 = \\
 \text{The amount they should drink to replace} \\
 \text{sweat losses}
 \end{array}$$

| Weight (lbs) | Daily Protein requirements(grams) |
|--------------|-----------------------------------|
| 125          | 96 grams                          |
| 175          | 135 grams                         |
| 200          | 154 grams                         |
| 225          | 173 grams                         |

| GOOD PROTEIN SOURCES |              |                 |
|----------------------|--------------|-----------------|
| FOOD                 | SERVING SIZE | PROTEIN (grams) |
| Cheese               | 1 oz.        | 7               |
| Milk                 | 1 cup        | 8               |
| Peanut Butter        | 2 Tbsp.      | 8               |
| Tofu                 | 1/2 cup      | 10              |
| Cottage Cheese       | 1/2 cup      | 14              |
| Plain Yogurt         | 1 cup        | 14              |
| Canned Salmon        | 1/2 cup      | 24              |
| Canned Tuna          | 1/2 cup      | 26              |
| Roast beef           | 3 oz.        | 24              |
| Chicken Breast       | 3 oz.        | 26              |
| Turkey Breast        | 3 oz.        | 26              |