CLOCKING NUTRITION

Nutrition depends on good timing. Eating appropriate foods at the right times supports endurance and helps you perform well during workouts, practices and competitive games.

1-2 HOURS AFTER

RECOVERY IS ESSENTIAL TO REFILL MUSCLE AND LIVER GLYCOGEN STORES (refueling), replace fluid and electrolytes lost in sweat (rehydration), build protein for repair and adaptation (rebuilding), and support other systems, including immune, inflammatory and antioxidant. Choose foods rich in carbs and protein to support muscle repair and replenish muscle glycogen.

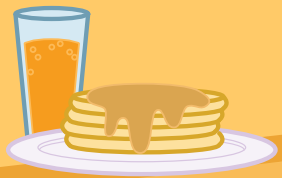
IDEAS: Whole grains or brown rice with grilled chicken or fish; whole-wheat pasta with meat sauce or meatballs; a hoagie/wrap; steak and sweet potato



3-4 HOURS BEFORE

BUILD CARBOHYDRATE stores to ward off fatigue and replenish glycogen. Choose a carb-rich meal low in fat and fiber with low to moderate protein to reduce digestive discomfort.

IDEAS: Waffles or pancakes with syrup, fruit and milk; fruit and granola with yogurt; a bagel with cream cheese; 1 to 2 eggs, toast and fruit; a sandwich served with fruit and milk



IMMEDIATELY AFTER

EAT CARBS AND PROTEIN right after physical activity to help replenish glycogen stores and keep fatigue from setting in.

IDEAS: Low-fat chocolate milk; a smoothie, yogurt or bagel; a piece of fruit with peanut butter



LESS THAN 1 HOUR BEFORE

ADD MORE low-GI, carb-rich foods for the best possible fueling.

IDEAS: Sports gels, bars or drinks; pretzels; crackers; carb-rich granola bars



DURING

SUPPLY EXTRA FUEL TO WORKING MUSCLES during extended exercise. For high-intensity activity over a short period - about one hour - consuming carbs can enhance athletic performance. When exercise lasts more than two hours, carbs help avert or delay low blood sugar and support longer-lasting endurance.

IDEAS: Sports gels, bars or drinks; small fruit such as a clementine, half a banana, a small apple or a handful of grapes



Sources: SCAN, "Clinical Sports Nutrition" 5th edition, "Sports Nutrition: An Introduction to Energy Production and Performance," Journal of the International Society of Sports Nutrition

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Nutrition infographic supplied by the National Athletic Trainers' Association