



LTK FITNESS NUTRITION FOR ATHLETES

BASIC BREAK DOWN OF FOOD

- Carbohydrates are the best fuel for working muscles
 - Include in all your meals and snacks
 - Examples include whole grain breads, cereals, brown rice and pasta, fresh fruits and vegetables, 100% fruit or vegetable juice with no added sugar
- Carbohydrates are stored in your muscles to be used during exercise
 - Stored carbohydrate is called glycogen
 - Eating carbohydrate after exercise is essential to replace the glycogen used during exercise
- Protein is important for:
 - Energy
 - Growth, development and recovery of muscle
- Sources of protein include:
 - Animal meat, eggs, fish, dairy, beans and legumes
- Fat is stored energy
 - Fat helps your body to use some vitamins as well as plant chemicals known as *phytochemicals*
 - Fat helps move substances in and out of cells, and it helps keep your brain and nervous system healthy
 - Runners and walkers burn more fat than people who don't exercise
 - Calories from fat should make up about 20–25 percent of calories in a runner's diet — choose heart-healthy fats, like canola oil, olive oil and nuts

HYDRATION BASICS

- 70% of your body is made of water, 90% of your brain is made of water – so water is vital for overall health, weight loss AND sports performance/training
- One of the most important purposes of water is to cool the body
- Dehydration occurs when body water levels are below normal
 - As little as 1 percent loss of body water can cause a decrease in performance, particularly in hot, humid environments
 - Thirst is not an accurate indicator of hydration status — feeling thirsty is a sign that someone is already dehydrated
- Check your urine
 - Easy to do every day before and after workout/competition. You want your urine to be clear or light yellow.
- Check your thirst level
 - General rule of thumb – drink before you are thirsty and eat before you are hungry. If you note thirst or hunger while working out, it may be too late!
- Check your weight
 - Weigh before and after activity — drink enough fluid to replace weight loss (Example: If you lose 2 pounds during practice or games, it is best to replace 2 pounds (32 oz.) of fluid)
- When you sweat, you lose electrolytes that are essential to hydration and muscle function
- Sports drink key ingredients:
 - Carbohydrate: Quick energy source and slows the rate at which fluid is absorbed from the intestine
 - Sodium and Potassium: Aids fluid retention to minimize dehydration

PRE WORKOUT NUTRITION

- Eating carbohydrate-rich foods before your workout helps you perform better — mentally and physically. Prime your body for exercise and top off muscle stores by choosing the right foods pre-workout.
- When your glycogen stores are low, mental and physical energy drops
- When possible, give yourself **at least** 30 minutes minimum to digest the food
- Experiment with which foods work best for you during your training – NOT race day
- 1 ½-3 HOURS BEFORE EXERCISE
 - Peanut butter + honey on toast
 - Yogurt with fruit + granola
 - Oatmeal with brown sugar + nuts + skim milk + fruit
 - Low-fat cottage cheese + fruit or veggies
 - Lean hamburger on a bun with tomato + lettuce and side salad
 - Turkey sandwich + fruit
 - Tuna sandwich + fruit + yogurt
 - [Shakeology](#) or similar protein shake
- 30–60 MINUTES BEFORE EXERCISE
 - Focus on carbohydrates (banana, bread with jam or honey, sports foods, bite-sized granola bars)

DURING & POST EXERCISE

- Too little fluid or too much carbohydrate can result in cramping and other intestinal problems.
- Choose sports drinks that contain carbohydrate and electrolytes, while avoiding ingredients that may slow digestion
- Fluids consumed with carbohydrate gels or carbohydrate-rich foods will speed fuel transport to muscles
 - Sport gels (ie Clif Shot, Gel, Hammer), beans, gummy chews

POST EXERCISE

- Restore fluid and electrolytes lost during sweat via a rehydration fluid with carbohydrates and electrolytes
 - For proper recovery, it is optimal to consume 100-200 calories post exercise – to replenish the glycogen stores and maximize recovery. Post run examples are: chocolate milk, banana w/peanut butter, apple with almonds, [post-workout recovery drinks](#), [Shakeology](#) or similar protein shake
- Eat a balanced meal with some protein, carbs and fat within 2 hours after exercise for optimal recovery and balanced metabolism.

SUPPLEMENTS

There are many different thoughts on supplementation and athletics (or just any body in general). Do we really need these to help our overall nutrition?

As an athlete, a mom/wife and a career woman, I have had quite the journey with testing out many supplements over the past decade of my life and here are my (non-medical) recommendations for all athletes. As always, check with your doctor before taking anything new or if you have a medical condition and take medication and/or supplements already.

- Omega 3 fats of some kind – either capsule or fish oil – for recovery/inflammation/injuries
- [Glucosamine](#) – for joint support/maintenance
- B vitamins – either through food or a supplement – helps with stress
- [Glutamine](#) – or a similar amino acid –to help with recovery and injury prevention

Above and beyond that, if you can get most of your nutrition through a balanced diet and or healthy meal choices, you should be set with your nutrition!

You can also visit my two websites for more nutrition/supplementation support:

www.LTKFITNESS.com

www.MyShakeology.com/LTKFITNESS - the healthiest meal of the day

Or contact me directly for a FREE nutrition consultation.

LTK FITNESS GENERAL NUTRITION GUIDELINES

See also www.sparkpeople.com & www.LTKFITNESS.com for free information on nutrition

1. Eat within first hour upon waking or after workout within 30 minutes (if you are a morning workout person). This will break the fast from the night and jump start your metabolism and energy for the whole day.
2. Eat a high fiber breakfast with some protein and fruit and/or veggies. This will provide your body some staying power for the whole day and keep your energy up – even into the afternoon.
3. Keep a food journal – specifically if you have any nutrition related goals, want to lose weight/gain muscle or just want to be mindful of what/when you eat. Ask your coach for good food journaling resources.
4. If you are exercising regularly (5 or more times/week), make sure to get roughly 4-5 small meals throughout the day (roughly every 3 hours) in order to keep your metabolism up and your body properly fueled for workouts and overall energy/health maintenance all day long. This also is a BIG support in any weight loss goals. Just make sure to keep the calorie count at or around 250-300 calories – give or take- per meal.
5. Almost always eat a protein/carbohydrate combination at every meal/snack
6. Focus on the “healthy fats” – almonds/walnuts from the nut family, avocado, cooking oils, goat cheese
7. Stick toward the lower end of the glycemic index to balance blood sugars (keeping them from spiking will support weight loss and overall sugar cravings)
8. Half your plate gets to be fruits/vegetables, one quarter complex/whole grain carbs and one quarter lean protein. Depending on your heart health (or if you are a vegetarian), beef is okay 1-2x/week. Lamb and bison beef are lower in saturated fats. Vegetarians/vegans need to make sure there is enough protein sources in your diet as well
9. Drink up to half your body weight in ounces of water every day – this can include any foods that may include water (veggies, yogurt, soup, etc), as well as juices or coffee (in moderation)
10. Cut back on caffeine – a little bit every day is okay, but definitely not necessary. Teas with caffeine are probably your best source for caffeine.
11. Cut back or cut out sugar altogether for balanced energy. Cutting it out completely is not realistic for most of us – however, you will notice a difference either way.
12. Eat out less often (if you can). Our hectic lifestyles don’t always support this – however, pre planning and time management (as well as working with a coach or some type of accountability) goes a LONG way. When someone else cooks for you, you have NO idea what is included in the making of your food. How much sodium is really in there? Sugar? Fat? Any other “secret” ingredients?
13. Get enough protein for your muscles to recover from all your workouts.
14. Consult with a coach or dietician to know more of the RIGHT foods for you. Consult with your doctor, if necessary. Not every “diet” or eating plan or food works for every body. Do your homework – research. Know what it is that you are eating before you eat it!
15. Supplementation – again depending on your goals and your overall health needs, these are not required, HOWEVER, the question I ask is this: Are you getting enough vitamins and nutrients from your food? If you aren’t eating a balanced diet or have special concerns with your health, it is more than likely you do require some type of supplementation. Talk to your doctor and/or coach to find out what’s best for YOU!

www.LTKFITNESS.com

www.MyShakeology.com/LTKFITNESS

“Fit Bodies. Fit Minds”

What are you doing to reach your health & fitness goals today?