



## Athletic Success Through Good Nutrition

**Eating for Peak Performance:** A number of factors contribute to reaching your athletic potential. Putting a lot of time and effort into your workout is great but it is only one piece of the puzzle. The timing and types of foods and fluids you put into your body are also key elements in reaching your athletic goals.

### Timing of Meals/Snacks

\* **Eat regularly throughout the day** (3 meals + healthy snacks between) - maximizes energy - allows for adequate intake of nutrients - maximizes and protects energy stores for future exercise - if you sweat heavily or the weather is hot, include good sources of potassium (bananas, citrus fruit/juice, potato, tomato) and sodium each day

\* **Pre-exercise eating** (up to about 15-30 minutes before) - important to delay use of stored energy so can exercise longer before fatigue - tolerance to volume and types of foods can vary among individuals - try to include an easily digestible carbohydrate with a little protein - shortly before, limit spicy or gassy foods, high fiber, high fat, carbonated beverages.

\* **Shortly After exercise** - get a meal/snack of carbs with a little protein as close to the end of physical activity as possible (greater storage of carb energy for next workout, faster repair of muscle) Some Possible Symptoms of Inadequate Calorie Intake:

- Low energy
- Slower recovery after exercise
- Anemia (feeling tired) - not enough oxygen getting to your muscles due to low iron
- Not as strong due to changes in your muscles. Decreased performance in sports
- Not as alert
- Muscle cramping
- Frequent illness
- Lightheadedness/fainting Headaches
- More frequent injuries
- Decreased academic performance