



# EATING ON THE RUN

*Nourishing Health & Performance*

Summer 2016

## QUICKBITES

### Protein for Breakfast

It's important to eat protein throughout the day, rather than getting it all in during one meal. Protein helps keep you full, so spreading out your intake throughout the day helps manage your appetite. There are lots of good sources of protein. Meat is

...continued on page 4

## IN THIS ISSUE

Hydration

Eating for Endurance

Fuel for the Summer

**QUICKBITES:** Protein, Energy Bars, Diet Supplements

## Exercise & Hydration

The upcoming summer season is a great time to get outdoors and take advantage of all the summer recreation opportunities in Wyoming. It is also a time that many young athletes are involved in sport-specific camps and various off-season training activities. This shift in activity coupled with warmer summer temperatures can make it a bit more challenging to ensure athletes are consuming the proper amount of fluids to support both health and physical performance.

Hypo-hydration, commonly called dehydration, can cause fatigue, cognitive and mood impairment, heat intolerance, headaches, and nausea. Over-hydration (hyponatremia) is much less common but can be quite serious. This is caused by drinking too much fluid, and is more likely to take

place during endurance and ultra-endurance activities.

So how much fluid is needed to maintain balance during exercise? Fluid needs vary widely across individuals and are greatly affected by fitness level, exercise intensity, and environmental conditions. The best method for determining individual fluid needs is to check bodyweight before and after exercise while keeping track of any fluids consumed. Urine color (aim for pale yellow) is another good indicator of hydration status.

Standard recommendations emphasize the importance of beginning your activity hydrated and consuming fluids regularly during activity to replace what is lost in sweat. Consuming 16-32 ounces of fluid each hour of exercise is typically adequate, though strenuous activity in hot

...continued on page 2



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EXTENSION

continued from page 1...

environments can result in sweat losses nearing 64 ounces each hour!

Water is the best fluid choice throughout the day and for most short-duration activities. Sports drinks may be a good choice for activities longer than 1 hour. Look for sports drinks that provide 20~40g carbohydrate and 200~400mg sodium per 16 ounces of fluid. Individuals that are very heavy sweaters or have a 'salty' sweat may need to make an effort to consume additional salt to replace losses. Energy drinks and shots are NOT good substitutes for sports drinks.

Proper hydration is vital for both health and performance. Be aware of individual differences in fluid needs to help all athletes perform their best.

## GENERAL FLUID GUIDELINES

### 2-3 hours before activity

16 ounces water

### 15 minutes before activity

8 ounces water or sports drink

### during activity

Enough to limit dehydration to <2% body weight loss, typically 16-32 ounces per hour (water or sports drink)

### after activity

16-24 ounces for each pound lost (water, milk, and other recovery beverages are good choices)

## Eating for Endurance Sports

Whether your favorite activity is running, cross country skiing, or another endurance sport, there are lots of factors that go into performing your best. Training right, getting enough sleep, and eating a healthy diet are all important. But with some planning, your nutrition doesn't have to be a chore. Learn more about what you should eat for endurance sports training, and you can create a meal plan that's easy to follow and will fuel your workouts and recovery.

What exactly is the best diet for endurance training? This can be tough to figure out, as there's lots of conflicting information out there. One of the confusing issues is the conflicting information on low-carb vs. high-carb diets. There's lots of advice on eating a low-carb diet for fat loss and muscle building, but you may have also heard about endurance athletes eating high-carb diets. So which is right?

As an endurance athlete, you need carbohydrates to fuel your workouts. A low-carb diet does not give you the fuel you need to get the most out of each workout and make progress with your training. The only time that it would be okay to eat a low-carb diet would be in the off-season, when you're training less

and aren't as focused on quality workouts. But during your race season, it's better to eat enough carbs.

Other than getting enough carbohydrates, what should you eat? A well balanced diet that includes all the food groups is best. Creating your own daily checklist at [www.choosemyplate.gov](http://www.choosemyplate.gov) is a good place to start. You'll get a list of how many servings of each food group to eat, and then can make adjustments depending on how much you're training.

Once you figure out how many servings of each food group you need, you can think about scheduling your meals and snacks around your training. You want to make sure to eat some carbohydrate before your workouts, and eat carbohydrates and protein after workouts for recovery. If you're training in the morning, this may mean you eat a small breakfast before your workout and a snack immediately after. Or if you train in the afternoon, make sure to eat a snack before you head out. After your workout, you can eat dinner for your recovery meal, or eat a small snack if it's going to be a while before dinner. Following this type of meal pattern will help you recover from your workouts and be ready to go again the next day!

# Tips to Fuel for the Summer!

The summer months are approaching fast and thoughts of fall sports are always in the back of our minds. Summer time is one of the best times to make gains in performance. Ask yourself what your performance goals are for this coming season. Are you hoping to make varsity or increase your playing time? Are you going to summer camps or participating in summer workouts with your coaches?

Whatever your goals may be, you might do the work, but are you fueling correctly for it? Fueling = nutrition and without proper nutrition the goals you are looking to reach might not occur. With proper nutrition and timing of meals you will be able to recover better, increase performance, and feel better. This doesn't mean you can eat well once a week or even eat a well-balanced meal one time per day. Proper fueling takes time, preparation, thought, and dedication. It is hard to eat correctly all the time, so following a 90% / 10% rule is a way to find balance. Below are some great basic sports nutrition tips to help you reach your performance goals.

## #1 – Decrease junk food and eat whole food!

Fresh fruits, vegetables, whole grains, nuts, lean dairy products, eggs, and lean meats are where the nutrition is! Decrease the hot pockets, pizzas, fast food items, and candy bars this summer to help increase performance. These foods are all highly processed and yes they provide calories, but not the ones you want!

## #2 – Eat!

This sounds simple, but eating correctly throughout the day takes time, practice, and an effort of 100%. Work on eating 3 meals and 2-3 snacks per day. If you have a summer job or are balancing workouts and social life, try to pack snacks and meals with you. Take a



look at these sample meals for a high school athlete. Some of these are easy foods you can have with you at all times.

### SAMPLE MEAL OPTIONS

#### Wake-up/Pre-workout snack

Whole grain tortilla with peanut butter and bananas

#### Breakfast (post workout)

2-3 eggs, 1-2 pieces of toast, fruit

#### Snack (mid morning)

Apple and 1-2 string cheese

#### Lunch

Sandwich on whole grain bread, carrot sticks, small bag of pretzels, salad, glass of milk

#### Snack (mid afternoon)

Sport bar or healthy homemade cookies

#### Dinner

Grilled chicken breast, rice, favorite vegetables, fruit-based dessert

#### Snack (bed time)

Yogurt topped with granola or mixed nuts

## #3 – Challenge your diet before breaking the bank!

Before buying the newest protein shake or performance supplement, try challenging your diet first. By shifting to whole, nutrient dense foods (fresh fruits, vegetables, nuts, nut butters, lean dairy and meats, eggs, and whole grains) you might surprise yourself on how good you feel and perform. Avocados and

olive oils are nutrient dense and sources of good fats. Again try the 90%/10% rule and work on getting these foods in your diet. One supplement you could try is a multivitamin.

## QUICKBITES

*continued from page 1...*

a common source, but you can also get protein from nuts, beans, seeds, eggs, cheese, milk, and soy foods. Including a variety of these foods is a good way to increase your protein intake.

For breakfast, Greek yogurt is a good source of protein. Instead of cereal and milk for breakfast, try Greek yogurt with some berries and healthy (not too much added sugar) granola. Add some almond slivers for even more protein! Eating eggs for breakfast is another good way to get some protein. Fill a tortilla with scrambled eggs, black beans, and cheese for a delicious, high-protein breakfast.

### Bar Bewilderment?

Choosing an energy bar can be confusing. Here are a few tips to help clarify your decision:

- If snacking, look for 15-20g carbohydrate; include more if looking for a meal replacement. Good sources of carbohydrate are brown rice, oats, quinoa, wheat, and rye.
- Pick a bar with 3-5g fiber
- 6-20g protein is appropriate for most uses
- Choose no more than 1-2g saturated fats. Look for good fats such as nuts and nut butters

Choosing more natural ingredients (ones you can pronounce) is a good general guide. Ingredients are listed by weight (most to least).

If a sweetener, syrup, or chocolate is one of the first ingredients...keep looking for a better option!

### Supplement Savvy

Recent studies on dietary supplements have highlighted growing concerns about the purity of many products. DNA testing has revealed that many supplements contain NO trace of the listed main ingredient, and it's estimated that 10% of sport supplements are contaminated with prohibited ingredients. This makes it difficult to justify taking most supplements, especially considering very few have any evidence supporting their effectiveness. For more information visit [www.bit.ly/uwsupplementblog](http://www.bit.ly/uwsupplementblog).

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## QUESTIONS? NEED MORE INFORMATION?

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