CLOCKING NUTRITION

Timing is everything, even when it comes to nutrition. Consuming the proper foods at the right time will help with endurance and performance during workouts, practices and games.



RECOVERY IS NECESSARY FOR RESTORATION OF MUSCLE AND LIVER GLYCOGEN STORAGE

(refueling), replacement of fluid and electrolytes lost in sweat (rehydration), protein synthesis for repair and adaptation (rebuilding) and care of other systems such as immune, inflammatory and antioxidant. Consume carb-rich and protein-rich foods to aid in muscle repair and improve muscle glycogen storage.

FOODS: Whole grain or brown rice with grilled chicken/fish; whole wheat pasta with meat sauce or meatballs; hoagie/wrap; sweet potato and steak

OPTIMIZE CARBOHYDRATE

status to prevent fatigue and restore glucogen content. Consume a carb-rich meal that is low-fat, low-fiber and low- to moderate-protein to avoid GI discomfort.

FOODS: Pancakes or waffles with syrup, fruit and milk; yogurt with granola and fruit; bagel with cream cheese; 1 to 2 eggs with toast and fruit; sandwich with fruit and milk



CARB AND PROTEIN CONSUMPTION



GIVE ADDITIONAL FUEL TO EXERCISING

exercise. If physical activity consists of high intensity in a short duration—around one hour—carb consumption can improve performance.

FOODS: Sport gels, bars and drinks; small piece



CONSUME MORE

LOW-GI, Carb-rich foods to ensure optimal fueling.

> FOODS: Sport gels, crackers; high-carb granola bars

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DURING

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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