

Sports Nutrition 101

Pre-Workout

- Meal 3-4 hours before workout
 - High carbohydrate (50-70% of meal), moderate protein, low fat & fiber
 - Examples of pre-workout meals based on workout times...
 - Early morning training: Energy bar and a banana or a baggie of dry cereal, granola, and a few nuts or shake with fruit and low-fat milk
 - Mid-morning training: 1 ½ cups oatmeal w/ 1 spoon peanut butter mixed in, 1 fruit, 12oz low-fat milk mixed with 1 scoop whey powder
 - Afternoon-training: Thick wheat bread sandwich w/3-5oz turkey or ham, cheese, lettuce tomato, mustard, 1 cup cold pasta or fruit, small energy bar
- Snack approximately 30 minutes before workout
 - High carbohydrate, low protein
 - Examples: energy bar, granola bar, fruit, small fruit smoothie

During-Workout

- After working out for 1 hour, you need to start adding carbohydrate every 30 minutes to keep energy levels up
 - High carbohydrate, low to no protein, no fat
 - Examples: Gatorade, small energy bar, small chewy granola bar, fruit, crackers, peanut butter crackers
- If you are trying to gain weight, work on drinking or eating something during workout like an energy bar, banana, granola bar, shake with carbohydrate and some protein (Muscle Milk Collegiate, Met-Rx Collegiate, EAS Myoplex, etc.), can also sip on Gatorade consistently throughout workout

Post-Workout

- “2 Hour Window of Opportunity” = EAT as soon as you can post-workout!!!
- Try to eat a snack within 30 minutes post workout and then a meal within 2 hours post-workout unless you can eat a meal immediately
- Goal is to eat a 4:1 ratio of carbohydrates to protein (4 grams carbohydrate to every 1 gram protein) in order to replace energy stores lost and muscle tears that happened during your workout
- Immediate post-workout snack ideas:

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| <ul style="list-style-type: none"> ○ 16-20oz Low-fat chocolate milk ○ Clif, Gatorade, or Power bar ○ Smoothie: 1-2 cups low-fat milk, fruit, & 1 scoop protein powder ○ Shake ex. Muscle Milk Collegiate | <ul style="list-style-type: none"> ○ 1-2 cups whole-grain cereal w/milk ○ 1 cup fruit yogurt w/ granola <ul style="list-style-type: none"> ○ Trail mix w/ 1 cup cereal, 1 cup granola, small amount of nuts ○ Granola bar and 12oz low-fat milk |
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- Meal 1-2 hours post-workout ideas:
 - 2 egg/2egg white omelet with low-fat cheese, veggies if you like, & ½ c chopped lean ham, 2 whole wheat Eggo waffles with low-fat butter and drizzle syrup
 - 12” Subway on wheat or honey oat w/veggies, lean meat, & cheese, baked chips & fruit
 - 5 oz grilled chicken breast, 2 cups pasta w/ marinara sauce, 1 cup green veggie, 1 wheat roll, 1 piece fruit
 - 1 grilled chicken sandwich, 1 bag Baked Lays, energy bar, & fruit
 - 1 whole wheat bagel w/ 3oz lean ham and Swiss cheese, 1 cup cold pasta salad, energy bar



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Performance Grocery Shopping

Best Energy Bars

Power Bar Nut Naturals • Power Bar Performance • Power Bar Triple Threat • Power Bar Harvest • Cliff Bar • Clif MoJo Bar • Kashi Go Lean Crunchy • Kashi Go Lean Bar • Kashi Go Lean Roll Gatorade Bar • Advocare Snack Bar •

Best Granola Bar Choices

Nature Valley Crunchy • Nature Valley Trail Mix • Kashi TLC Chewy • Kashi TLC Crunchy All Bran Bar • Smart Start Bar • Kellogg's Granola Munch'ems • Quaker Oatmeal-To-Go Bar

Best Cracker & Chip Choices

Wheat Thins Harvest • Wheat Thins 5-Grain • Wheat Thins Multi-Grain • Kashi TLC Crackers Whole Grain Triscuits • Ritz Toasted Chips • Multi-Grain Goldfish • Baked Lays • Sun Chips

Best Cereals

Quaker Oatmeal Squares • Multi-Grain Cheerios • Quaker Mini Wheats • Yogurt Burst Cheerios
Kellogg's All Bran Yogurt Bites • Total Whole Grain Flakes • Kellogg's Cracklin' Oat Bran Post Grape Nut Flakes • Kellogg's Raisin Bran Crunch • Post Honey Bunches of Oats
Kellogg's Smart Start • Complete Bran Flakes • Low-fat Granola • Kashi Heart-to-Heart Total Oatmeal Crisp • Quaker Weight Control Oatmeal • Fiber One Honey Clusters
Kellogg's Raisin Bran • Post Grape Nuts Trail Mix Crunch • Kashi Go Lean Crunch • Quaker Oatmeal

Best Dairy Choices

Gain Weight... 2% milk • 2% cheese • Yoplait yogurt • Yoplait Whips • Yoplait Thick & Creamy
Lose weight... Skim milk • 2% cheese • Yoplait Light • Dannon Light-n-Fit • Activia Light

Weight Gain Tips

- Eat carbohydrate/protein/fat meals every 2-3 hours...do not skip breakfast or late-night snack
- Eat high-calorie meal right before going to bed (shake, high-calorie protein bar, PBJ & milk)
 - High calorie shake: 16oz 2% milk, 2 scoops protein powder, 2 Tbs. peanut butter, 2 Tbs. honey, 1 scoop ice cream
- Take in calories during workout via shake or bar & eat immediately post-workout, within 15 min.
- Add 2-3 spoons of peanut butter to a bagel, toast, in a pack of oatmeal, to waffles, etc.
- Add 1 cup (fist size) granola to a bowl of cereal, add granola to oatmeal, granola based trail mix
- Add avocado to sandwiches, wraps, fajitas, salads, etc.
- Using high calorie protein powder (Met-Rx, Muscle Milk Collegiate) in oatmeal & in shakes made w/ 2% milk
- Eating peanut butter and jelly sandwiches as “in-between meal” snacks or desserts after a meal
- Eat nuts & granola as a snack
- Choose higher calorie cereals, yogurts, granola bars, energy bars

Weight Loss Tips

- Eat smaller carbohydrate/protein/fat meals every 2-3 hours...do not skip breakfast
- Choose “quality” calories = whole grain, lean protein, healthy fat meals, ex: oatmeal vs. pop-tarts
- Avoid refined/processed carbohydrates, fried food, high fat foods, & excess alcohol
- Add fruits and vegetables with skin to meals and snacks & add a salad to dinner w/dressing on side
- Avoid eating the hour before you go to sleep...drink lots of water