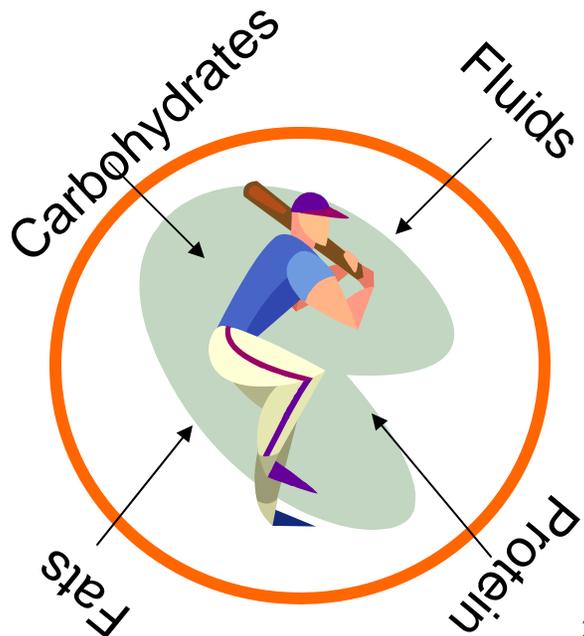
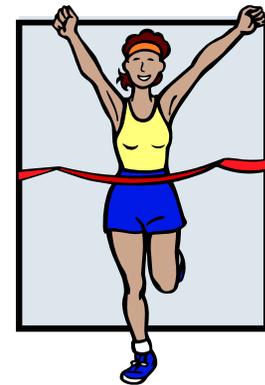


Energy Needs

Becoming an elite athlete requires good training and conditioning along with a sensible diet. Optimal nutrition is essential for peak performance. Whether you are going for the win, or heading to the gym, you can get more out of your work-out by eating the right foods. Carbohydrates, fluids, fats and proteins are essential energy components in an athlete's diet.



EAT LIKE A CHAMPION



Nutrition Guidelines for athletes, coaches, or anyone who loves being active



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Carbohydrates



Carbohydrates give us energy for physical activity. It is the preferred energy source for muscle contraction and biological work. Carbohydrates exist in two forms: complex and simple carbohydrates. **Complex carbohydrates, such as starch, are the most important for athletes.** Common starches include bread, cereal, pasta and other grains. Recommended intake of carbohydrate is 7-10 servings per day for athletes.



Fluids



Water is key to life. **During exercise or physical activity, athletes need to stay hydrated for optimal performance.** Dehydration, or excessive fluid loss, causes the blood volume to drop which increases heart rate as it tries to compensate for the decreased blood supply. Signs of dehydration include muscle cramps, dizziness, and fatigue. Make sure to hydrate yourself before, during and after exercise. While you exercise drink about half a 20 oz. bottle of water every 10-15 minutes.



Fats



Fats are an important source of energy in the human body. Fat helps to fully release available energy in carbohydrates during high intensity activity. During low intensity, long-duration events, fat serves as the primary fuel. Since fat digestion is slow, the use of it as an immediate energy source is limited. Fat consumption should be kept at a minimum before exercise. **The best time to incorporate fat is four or more hours before any physical activity.**



Protein



Protein is an important nutrient for athletes because exercise breaks down muscle proteins, which require repair and restoration. Like fat, proteins are not a preferred energy source. Many athletes believe that increasing protein intake will increase muscle mass. However, muscle mass and strength can only increase as a result of physical activity and strength training. Post-exercise protein consumption is important for muscle repair and restoration. The recommended protein intake for athletes ranges from 2-3 servings per day depending on the energy expenditure and demand of exercise.

Training Diet

Pre-exercise:

Fuel for the muscles is usually provided by meals 2-3 days before exercise—these meals should include carbohydrate-dense foods such as pasta, bread, brown rice, whole grains

During Exercise:

The purpose of eating food during an event is to quickly provide energy without upsetting the stomach. Experts recommend sports drinks during exercise to replenish electrolytes that are lost when you sweat.

Post Exercise:

Replacing fluid loss takes priority after a workout. The post-exercise meal is extremely important because it determines the recovery and energy level for the following competition or exercise period. A meal high in carbohydrates and protein, like spaghetti and meatballs is most beneficial toward a successful recovery. It is a good idea to consume carbohydrates within 15 minutes after exercise to start restoring glucose.