



Food Tips for Training & Competition

	Endurance Sports Long distance running Swimming Cycling Cross country skiing	Power Sports Football (offensive & defensive lineman) Field events Weight-lifting Sprinting (run or swim)	Stop & Go Sports Team sports (Basketball, Volleyball, Soccer, Tennis) Football (other than OL & DL) Boxing Wrestling
1- 4 hours before Exercise	Consume 0.5 - 1.8 g of CHO per lb of BW in a high-CHO, low-fat, moderate PRO snack or meal		
30 - 60 minutes before Exercise	Consume 0.3 - 0.5 g of CHO per lb of BW Choose familiar, low-fat, low-fiber foods		
During Exercise	If exercise < 60 minutes	If exercise > 60 minutes	If total time spent in exercise in less than 1 hour and the athlete has come into the exercise in a fed state, then no additional CHO, PRO, or fat is needed during exercise.
	Consume 6 - 12 ounces of cool fluid every 15-20 minutes.	Consume 30 - 60 grams of CHO in an easily digestible snack or beverage every hour.	
30 minutes after Exercise	Consume 0.7 g of CHO per lb of BW in a low-fat snack		Consume 0.7 g of CHO per lb of BW in a low-fat snack
Within 2 hours after exercise	Eat a high CHO (0.5-0.7 grams of CHO/lb BW), moderate PRO, and low-fat meal.		
Daily	<ul style="list-style-type: none"> • For exercise lasting 1 to 3 hours daily, consume 2.7 - 4.5 grams CHO/ lb BW. • For exercise lasting 4 or > hours daily, consume 5.4 - 5.9 grams CHO/lb BW. 		
	Protein Needs*: 0.4 – 0.7 g/lb BW	Protein Needs*: 0.4 – 0.8 g/lb BW	Protein Needs*: 0.5 - 0.7 g/lb BW
Snacks with 30g of CHO	<ul style="list-style-type: none"> ▪ 16 oz Sports Drink ▪ 1 Large Banana ▪ 3 Fig Bars/Cookies ▪ 2 cups of Cheerios® 	<ul style="list-style-type: none"> ▪ 6 Graham Crackers Squares ▪ 1 cup 100% Apple Juice ▪ 12 Saltine-like Crackers ▪ 1 Fruit Cereal Bar 	

CHO = carbohydrate, g = grams, lb = pound, BW = body weight, PRO = protein, oz = ounce

*Note: There are currently no specific guidelines for protein intake before, during, or after exercise. Research does support benefit of protein intake along with carbohydrate in pre- and post-exercise meals and snacks. Protein needs are higher in early training and then taper off.

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