

# AN ATHLETE'S GUIDE TO EVERYDAY NUTRIENT TIMING

## Pre-Workout Fueling

### WHY

To fuel up for the body's next challenge.

### WHAT

High-carbohydrate snack of 200-300 calories

### WHEN

30-60 minutes prior

## During Exercise

### WHY

To replace sweat loss and provide carbs to maintain blood sugar levels

### WHAT

Sports drinks that contain sodium, potassium, glucose, and fructose

### WHEN

During exercise up to one hour: 3-8 oz of water every 15-20 min

During exercise longer than one hour: 3-8 oz of sports drinks every 15-20 min

## Post-Workout Refueling

### WHY

To replenish glycogen, restore electrolytes, replace fluid losses, and repair damaged tissues

### WHAT

25-50 grams of carbs  
20-25 grams of protein  
Plenty of fluids

### WHEN

Within 45 minutes after a workout

## Daily Fueling

### WHY

To support normal activities, repair damaged tissues, and promote muscle growth

### WHAT

Meals and snacks that emphasize a balanced diet of carbs, lean protein, healthy fats, and fluids - especially water

### WHEN

Throughout the remainder of the day



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## Pre-Workout Fueling

Choose foods low in fat and fiber to prevent digestive upset.

### WHAT

- Jam\*/jelly\* on bread\*
- Fruit\*, low-fat granola\*, low-fat milk\*
- First Strike Bar\*/\*\*
- Pudding cup\* or low-fat Greek yogurt with fruit
- Small muffin (muffin top\*), low-fat milk\*

\*IN MEAL READY TO EAT (MRE)

\*\*IN FIRST STRIKE RATION (FSR)

## Exercise Hydration

Weigh before and after working out; replace 16-24 oz fluid per pound lost throughout the day (not more than 12 quarts per day).

### WHAT

- Water
- Sports drinks\*/\*\*

***Where do you find these foods? Anywhere!***

***Home, chow halls, even fast-food restaurants!***

## Post-Workout Refueling

Choose easily digestible foods and beverages that provide electrolytes and fluids.

### WHAT

- Low-fat yogurt with fruit and granola, juice
- Chocolate milk, fruit
- Pita with hummus, tomatoes, cucumbers, tea
- Tuna, crackers, fruit, water
- Pocket sandwich\*\*, sports drink\*\*
- Fruit and nut mix\*\*, sports drink\*\*
- Chicken fajita with tortilla, beans, salsa\*, water
- Stir-fried tofu with veggies, rice, soy milk

## Daily Fueling

Choose lean protein (such as meat, poultry, fish, beans, nuts, or eggs), whole grains, fruits and vegetables, and low-fat dairy products.

### MEALS

- Egg-white omelet with spinach and mushrooms, whole-grain bread, jam, low-fat milk\*
- Whole-wheat pita sandwich with turkey and veggies, pretzels, applesauce, low-fat milk\*
- Cheese tortellini in tomato sauce\*, tossed salad, grapes, water
- Lamb kebabs, pita, spinach, mango-yogurt beverage

### SNACKS

- Yogurt or cottage cheese with fruit
- Granola bar and milk
- Trail mix