



CUSTOMIZE YOUR NUTRITION

Your weight in Kilograms: weight in lbs/2.2= _____ kg

TIMING & TIPS	CARBOHYDRATES	ELECTROLYTES & FLUIDS	MY PLAN
<p>PREPARE 2.5–.5 hours prior</p> <p>Carbohydrates, fluids, & electrolytes are key</p> <p>If you struggle to meet your needs, drinking calories can be easiest</p> <p>Low fiber, low fat meal</p> <p>Consume easily digestible carbs to top off</p> <p>Energy chews are great!</p>	<p>2.5 hours prior, eat 2–4g/kg of carbs to maximize energy stores</p> <p>_____ kg x 2.5g = _____ g of carbs</p> <p>_____ g of carbs*/20= _____ servings *~20g of carbs=1 serving</p> <p>30 minutes prior, top off with .5g/kg of carbs</p> <p>_____ kg x .5g = _____ g of carbs</p> <p>_____ g of carbs/20= _____ servings</p>	<p>2.5 hours prior, consume fluids and electrolytes. Increase during hot conditions</p> <p>Fluid recs: 16–32oz Electrolyte recs: 250mg–1000mg Sodium</p> <p>30 minutes prior, top off fluids. On hot days or if you’re a heavy sweater; add electrolytes</p> <p>Fluid recs: 8oz Electrolyte Recs: 0–500mg Sodium</p>	<p>2.5 hours prior Carbohydrates:</p> <p>Fluid & Electrolytes:</p> <p>30 minutes prior Carbohydrates:</p> <p>Fluid & Electrolytes:</p>
<p>PERFORM During activity</p> <p>Top off carbohydrates and potentially electrolytes</p> <p>Liquid carbohydrates may be easier to consume at this stage</p>	<p>Consume .5g/kg of carbs to help keep you fueled</p> <p>This can be the same or similar to your 30 minutes prior fuel</p> <p>_____ g of carbs</p>	<p>Try drinking electrolytes with hydration to help keep you fueled</p> <p>Fluid recs: Sip every few minutes to reach 12–24oz</p> <p>Electrolyte recs: ~250–1,000mg* of Sodium *This can be customized with a sweat rate calculation</p>	<p>Carbohydrates:</p> <p>Fluid & Electrolytes:</p>
<p>RECOVER 30–60 minutes post</p> <p>Consume carbohydrates and protein to repair muscle damage and glycogen lost</p>	<p>Eat 20–40g of protein* and the same amount or up to 4:1g of carbs to aid recovery *20 for smaller person, 40 for larger person</p> <p>_____ g of carbs</p> <p>_____ g of protein</p>	<p>Use a recovery shake for your recovery and hydration needs.</p> <p>Heavy sweaters may need extra electrolytes post workout, especially if recovery time is minimized. If you weighed in pre & post exercise, drink 16–20oz for every pound lost.</p>	<p>Recovery drink/snack:</p> <p>Fluid & Electrolytes:</p>



NUTRITION GUIDE

Nutrition Considerations for Performance
1 serving = ~15–20g carbohydrates

CARBOHYDRATES PER SERVING



1 cup fruit



1 Oat + Honey Bar



1/2 cup of oatmeal



1/4 cup dried fruit



1 cup pretzels



8 oz of chocolate milk



1 slice of bread



8 oz sports drink



1 pancake



1/2 cup of rice



1/4 cup granola



1/2 cup of pasta



1/2 bagel



8 oz fruit smoothie



1/2 cup apple sauce



8 oz 100% fruit juice

CARBS + ELECTROLYTES



1 Honey Stinger Energy Gel



1 Honey Stinger Energy Waffle



1/2 pack of Honey Stinger Energy Chews



16 oz Honey Stinger Sports Hydration Mix