

## Fueling for Exercise

Timing	Optimal Nutrients	Food or Drink
<b>Pre-exercise fuel</b> 1 hour prior	Carbohydrates	<ul style="list-style-type: none"> <li>• Sports bars</li> <li>• Tolerated fruit</li> <li>• Half of a sandwich</li> <li>• Sports drinks</li> </ul>
<b>During intense exercise lasting longer than 1 hour</b>	Carbohydrates, electrolytes, and fluids	<p><b>Depends on duration, intensity, and environment.</b></p> <p><b>In addition to water possibly:</b></p> <ul style="list-style-type: none"> <li>• Sports drink</li> <li>• Energy chews</li> <li>• Energy gel</li> <li>• Recommendation is to have 30-60 grams of carbohydrates/hour</li> </ul>
<b>Post-exercise fuel</b> Within 10-15 minutes and then a meal 60-90 minutes later	Carbohydrate, protein	<p><b>Immediately post-exercise:</b></p> <ul style="list-style-type: none"> <li>• Shakes</li> <li>• Bars</li> <li>• Sports drinks</li> <li>• Fruits</li> <li>• Sandwich</li> <li>• Yogurt with fruit</li> <li>• Low-fat chocolate milk</li> <li>• Low-fat cheese with crackers</li> <li>• Fruit smoothie</li> <li>• Bagel with peanut butter</li> <li>• Trail mix</li> </ul> <p><b>60 – 90 minutes post-exercise:</b></p> <ul style="list-style-type: none"> <li>• Pasta with lean protein and veggie</li> <li>• Sandwich made with whole wheat bread, lean meat, and veggies</li> </ul>

