

SPORTS NUTRITION 101

Fuel consistently. Hydrate intentionally. Recover on purpose.

Performance nutrition is not a perfect menu. It is a repeatable pattern that matches food and fluids to your training, recovery, schedule, culture, and preferences.

Four foundations

1 Fuel enough - consistently • Avoid letting hard training run on skipped meals. • Plan portable food for class, work, travel, and practice.	2 Build complete meals • Anchor meals with carbohydrate, protein, and produce. • Add fats and fluids that fit the day and your needs.
3 Match food to timing • Emphasize carbohydrate around training. • Closer to activity, choose foods that digest comfortably.	4 Recover on purpose • After strenuous or long sessions, replace carbohydrate and fluid. • Include protein to support repair and adaptation.

Your training-day game plan

BEFORE • 2-4 hours: a meal with carbohydrate + protein; reduce fat/fiber if your stomach is sensitive. • 30-60 minutes: add a quick carbohydrate top-up if needed.	DURING • Water works for many shorter or easier sessions. • For prolonged, intense, hot, or very sweaty sessions, an individualized carbohydrate/electrolyte plan may help.	AFTER • If a meal is soon, build a balanced plate. • If not, start with a carbohydrate + protein snack and fluids, then follow with a meal.
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Hydration snapshot: Pale-yellow urine can be one rough cue, but thirst, weather, sweat rate, session duration, and individual tolerance also matter. Sports drinks and energy drinks are not the same product.



Kristen P. Hamilton, DCN, RDN, CSSD

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